

Dance 3-5 (Lesson Plan 3)

Teacher: *Toria Talbott*

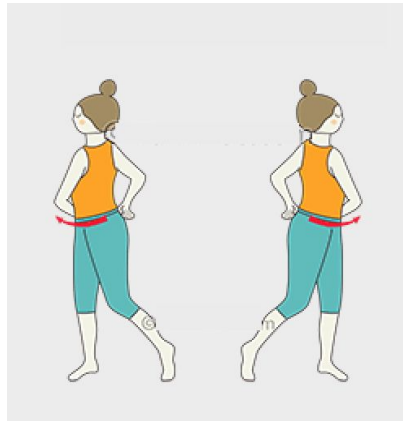
Music options:

Song	Artist	Link
What Makes You Beautiful	One Direction	https://www.youtube.com/watch?v=QJO3ROT-A4E&list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&index=4
Dance With Me Tonight	Olly Murs	https://www.youtube.com/watch?v=iFQAdLJz8G4
Forget You	Cee Lo Green	https://www.youtube.com/watch?v=PPkrEL_GuW8
Live While We're Young	One Direction	https://www.youtube.com/watch?v=_Uorz7yilr8
Saturday Night	Whigfield	https://www.youtube.com/watch?v=j3CWkayic5Y
Dancing Queen	Abba	https://www.youtube.com/watch?v=AZGR_fz-oxA
Boom Clap	Charli XCX	https://www.youtube.com/watch?v=Dzvs8P4kk_8
Car Wash	Rose Royce	https://www.youtube.com/watch?v=PkxaunLybuM&list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&index=21
I Wanna Dance With Somebody	Whitney Houston	https://www.youtube.com/watch?v=AZGR_fz-oxA
Good Time	Owl City ft. Carly Rae Jepsen	https://www.youtube.com/watch?v=cmLSizwDGj4

- ★ Before you start, turn on some fun and upbeat music. (option to use suggested music from the list above)

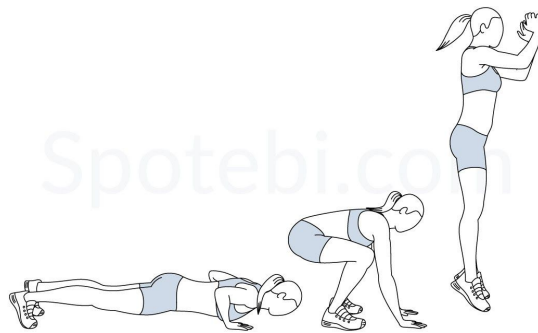
1. Warm-up Cardio:

- 1.1. Side Twists: Step to the side and twist your upper body side to side while transferring your weight between legs. Do this 20 times.



1.1.1.

- 1.2. Burpees: Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to. Do 10-15 Burpees. (as shown in the diagram below)



1.2.1.

- 1.3. Scissor Jumps: Begin in a standing position with one foot in front of the other. Jump up and switch the locations of your front foot and your back foot. Try this exercise slowly and then speed up the movement. Repeat this movement 20 times.

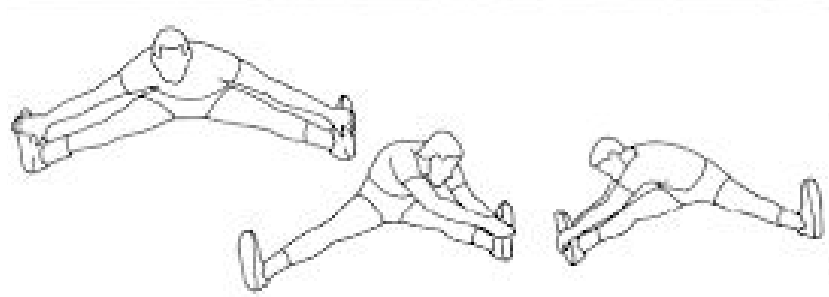


1.3.1.1.

★ *Grab a quick drink of water. It is always important to stay hydrated while performing a physical activity.*

2. Stretches:

- 2.1. Side seat straddle: Sit with legs spread apart in the front. Hold the right shin with two hands and lean forward. Hold this position for a few seconds and come back to the original position. Repeat the same with your left leg.



2.1.1.

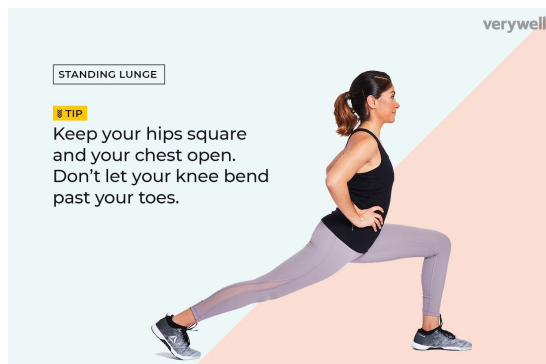
- 2.2. Knee-To-Chest Stretch: Lie on your back with your knees bent. Bring one knee into your hands and gently let your arms pull your knee toward your chest. Hold, then lower your bent leg. Relax, then repeat with the other leg.



2.2.1.

- 2.3. Lunge: The front leg should be bent with the knee in-line with the ankle and the back leg should be straight.

2.3.1. Hold stretch on both sides for 30 seconds.

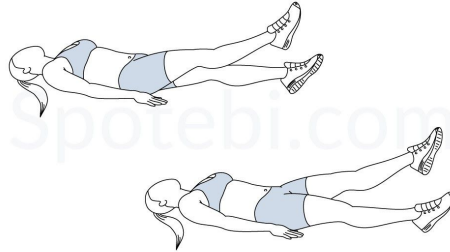


2.3.2.

★ *Make sure to stretch out any other muscles you feel necessary before moving on.*

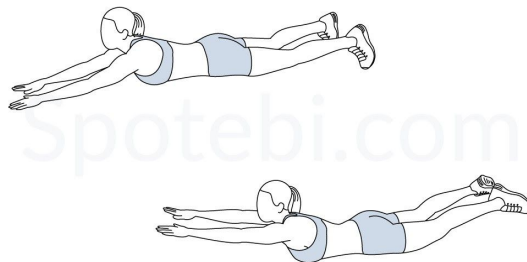
3. Conditioning:

- 3.1. Butterfly Kicks: Lay flat on your back and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Try to keep your lower back on the floor and think about pulling your belly button in towards your spine. (as shown in the diagram below)



3.1.1.

- 3.2. "Supermans": Lay on your stomach, then lift their arms and feet off the ground, a la Superman flying through the air. Do this 10-20 times. (Keep your core muscles engaged the whole time)



3.2.1.

4. Choreography: "Name Dance"

- 4.1. Materials: Paper, pen or pencil.
- 4.2. Start by writing your name, to the best of your ability, on a piece of paper. Then, try to position your body to spell out each letter of your name.
- 4.2.1. (For example, if your name starts with a T [like mine] I would stand straight with both my arm to the side)

- 4.3. Once you have all of your letter positions try to string them together to create your own name dance. For more fun choose your favorite song to perform it to.

5. **Cool Down Stretch:**

- 5.1. Seated Toe Touch: Sit on the floor with your legs straight forward and feet next to one another. Slowly bend forward and touch the toes with hands. Hold the position for 10-30 seconds and return to the original position.



5.1.1.

- 5.2. Butterfly Stretch: Sit up straight and tall with your knees bent. Drop your legs to the sides and bring the soles of your feet together. Grasp your feet and ankles and slowly lean forward, keeping your spine straight. Place your elbows on the tops of your thighs and gently press down until you feel a stretch. If you want more of a stretch, push down on the thighs with your elbows, to move your knees toward the floor.



5.2.1.