

Dance 3-5 (Lesson Plan 4)

Teacher: *Toria Talbott*

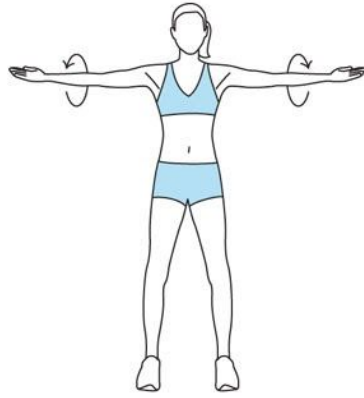
Music options:

Song	Artist	Link
Without You	David Guetta ft. Usher	https://www.youtube.com/watch?v=ZywDWOaQ9GU
Beautiful Soul	Jesse McCartney	https://www.youtube.com/watch?v=fQLKHXhSHno&list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&index=15
One Step at a Time	Jordin Sparks	https://www.youtube.com/watch?v=SRUCgpOv9Ck&list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&index=21
Pocket Full of Sunshine	Natasha Bedingfield	https://www.youtube.com/watch?v=0btXhLdAuAc&list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&index=22
Good Life	OneRepublic	https://www.youtube.com/watch?v=q7QQLsC7QEw
Stuck Like Glue	Sugarland	https://www.youtube.com/watch?v=5Q9Gou6d9Uo&list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&index=27
A Thousand Years	Christina Perri	https://www.youtube.com/watch?v=hrM-Bkm4c_I
Life is a Highway	Rascal Flats	https://www.youtube.com/watch?v=s5TlulzXoXo&list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&index=31
Love Song	Sara Bareilles	https://www.youtube.com/watch?v=92PsAqPZnQM
Unwritten	Natasha Bedingfield	https://www.youtube.com/watch?v=MXbEWtEnTgl

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

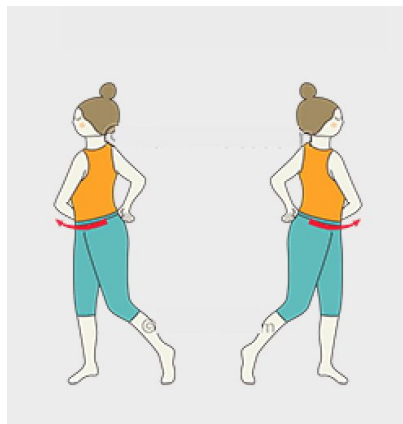
1. Cardio Warm-up:

- 1.1. Arm Circles: Stand in place and circle your arms 10 times to the front and the back.



1.1.1.

- 1.2. Side Twist: Step to the side and twist your upper body side to side 20 times.



1.2.1.

- 1.3. Side Lunge: Keeping your arms in front of you stand with your leg wide to the side. Bend one leg and keep one leg straight, then shift your weight from one leg to the other. Count to 30 out loud.



1.3.1.

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

2. Stretches:

- 2.1. Forward bend: Reach both arms up as high as you can. Then bend forward at the hips keeping the knees straight and try to touch your toes.

2.1.1. Repeat this 5 times, counting 10 second each time.



2.1.2.

2.2. Downward Dog: Try to keep your heels on the ground and your knees straight. (as shown in diagram)

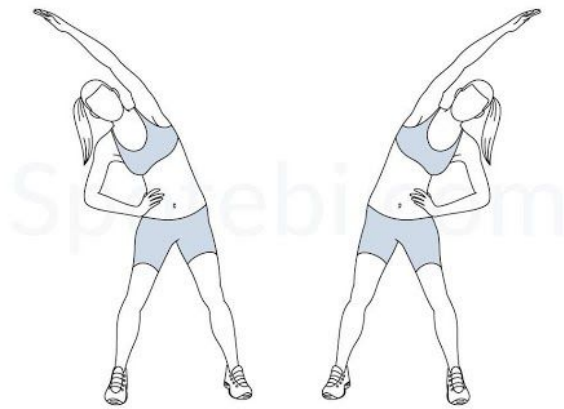
2.2.1. Hold for 30 seconds

How to Down Dog



2.2.2.

2.3. Side Stretch: Stand with your legs apart placing one hand on your hip and the other straight up. Reach the arm that is straight to the opposite side creating a side curve. (As shown in the diagram below) Hold for 20 seconds on each side.

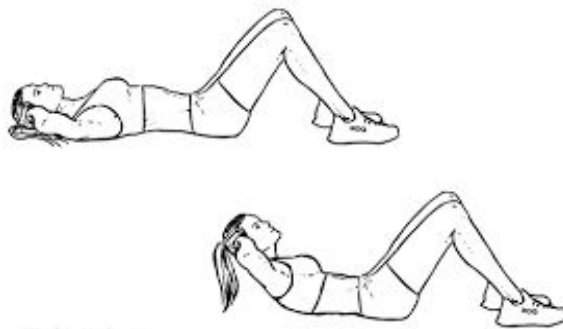


2.3.1.

3. Conditioning:

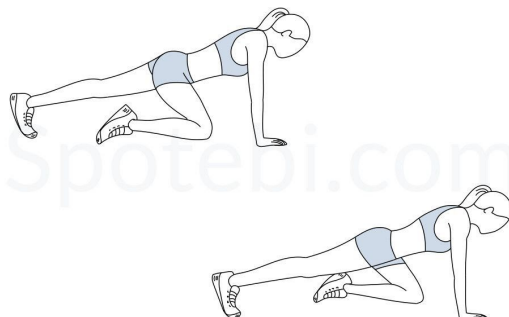
- 3.1. Crunches: Lay on your back with your knees bent at a 90 degree angle and your hands behind your head with your elbows to the side. Using your abdominal muscles lift your head off the ground while maintaining space between your chin and your chest. (imagine you have a big orange under your chin and you can't squish it)

3.1.1. Do 10 crunches, and try to challenge yourself to do more.



3.1.2.

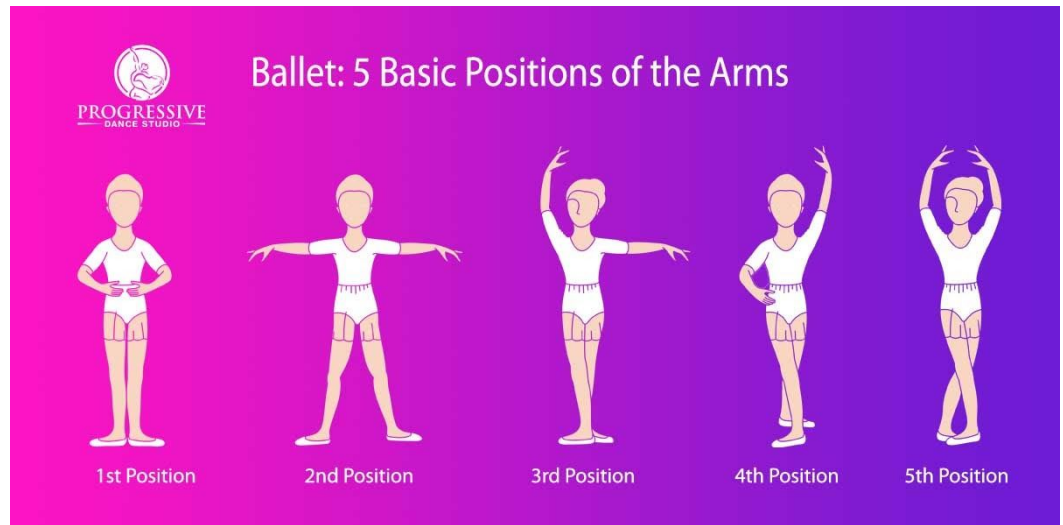
- 3.2. Mountain Climbers: Get into a push-up position and then alternate bringing your knee to your elbow. You can do the same side connections or crisscross. The idea is to move fast and work up a sweat! (Try to do 45 seconds - 1 minute or challenge yourself to do more!)



3.3.

4. Technique: *Ballet Positions*

- 4.1. Practice standing in all 5 ballet positions. (as shown in the diagram below) Hold each position for 10 seconds. Make sure to switch which foot is in front in position 3-5.



4.2. Balance Training:

- 4.2.1. Before starting make sure to have a timer or a clock available.
- 4.2.2. Start by standing with your feet together and your hands on your hips or straight to the side.
- 4.2.3. Start the timer and pull one foot up to your knee in a passé position as shown in diagram:



4.2.3.1.

- 4.2.4. Time how long you can stand on one leg.
- 4.2.5. Repeat steps on the second leg.
- 4.2.6. Repeat a second time on each leg trying to do better than the first time.
- 4.2.7. Compare each side and determine which leg is easier to stand on.