

Dance 3-5 (Lesson Plan 5)

Teacher: *Toria Talbott*

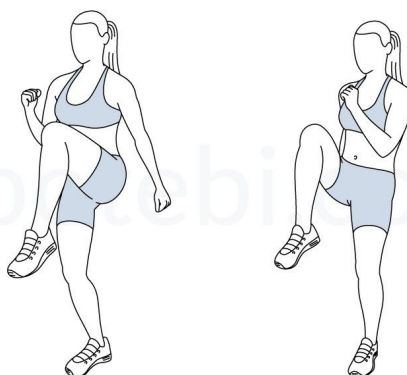
Music Options:

Song	Artist	Link
A Thousand Miles	Vanessa Carlton	https://www.youtube.com/watch?v=ERw2LuU6Jj8
Best Song Ever	One Direction	https://www.youtube.com/watch?v=4XALIOohc0g
Walk Away	Kelly Clarkson	https://www.youtube.com/watch?v=9ALL4fn8fuE
Chasing Cars	Snow Patrol	https://www.youtube.com/watch?v=NINe6ZCRgBQ
Break Even	The Script	https://www.youtube.com/watch?v=e0puK1w7bGo&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=66
Burn	Ellie Goulding	https://www.youtube.com/watch?v=_KX1zPv7YqE
Haven't Met You Yet	Michael Bublé	https://www.youtube.com/watch?v=yohpXtf6CaM&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=88
Ho Hey	The Lumineers	https://www.youtube.com/watch?v=QmuYIYleTG4
Beating Heart	Ellie Goulding	https://www.youtube.com/watch?v=Ar31xIUSSyI
It's A Beautiful Day	Michael Bublé	https://www.youtube.com/watch?v=rhkrPUXop9w&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=122

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

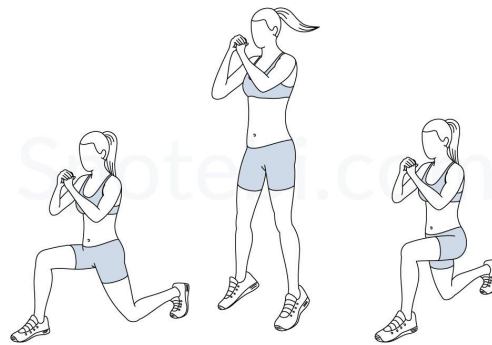
1. Warm-up Cardio:

- 1.1. High Knees: Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace for 30-60 seconds.



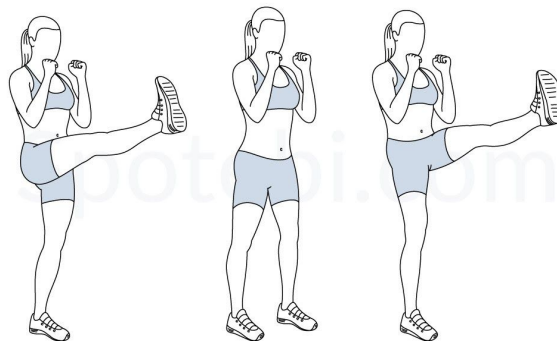
1.1.1.

- 1.2. Jumping Lunges: Prepare to jump by bending your knees and sinking down into a deep lunge. Lean slightly forward and contract your core muscles. (maintain core muscle engagement throughout the exercise.) Quickly sink your weight down and then explosively drive both feet into the floor and launch your body upward, fully extending your knees and hips. As you jump into the air, bring your feet quickly together and switch positions as you begin to land. As you land, maintain a balanced foot position. Your forward knee should be over your forward foot and not beyond. Attempt to land softly on the forward mid-foot and let your heel come in contact with the ground. Avoid remaining on the toes of the forward foot. Keep your hips back and allow your hips and knees to bend deeply to absorb the landing. Don't lock your knees. Repeat 20-30 times.



1.2.1.

- 1.3. High Kicks: Stand with your feet shoulder-width apart and your arms by your sides. Lift one leg straight out as high as you can while reaching for it with your opposite hand. Avoid leaning too far forward, and maintain a neutral back. Lower your lifted leg and repeat with the opposite leg. Continue alternating sides for 30-60 seconds.

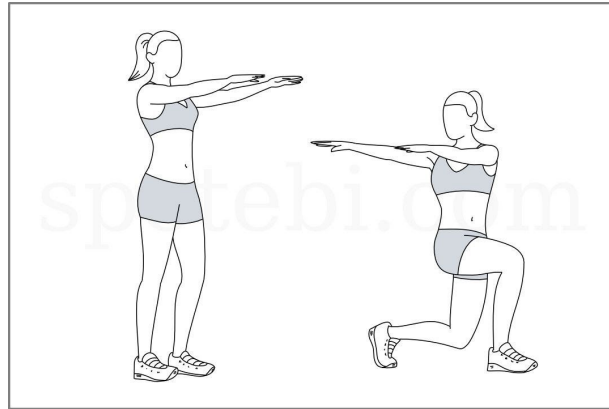


1.3.1.

2. Stretches:

- 2.1. Front Lunge With Twist: Start standing with your feet hip-width apart and arms reaching forward.. Take a big step forward with your right foot and bend your knees to lower into lunge while twisting your

torso over your right leg. Hold for 10 seconds and return to standing. Repeat 3 times then switch to the other side.



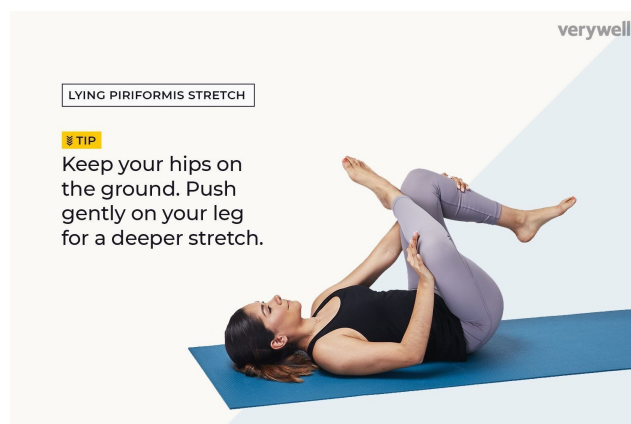
2.1.1.

- 2.2. Seated Towel Calf/Hamstring Stretch: sit with your leg out in front of you and wrap a towel around your toes and the ball of your foot. Grab both ends of the towel and pull until you feel a stretch behind your lower leg. Hold the stretch for 30 seconds, and repeat 3 times on each leg.



2.2.1.

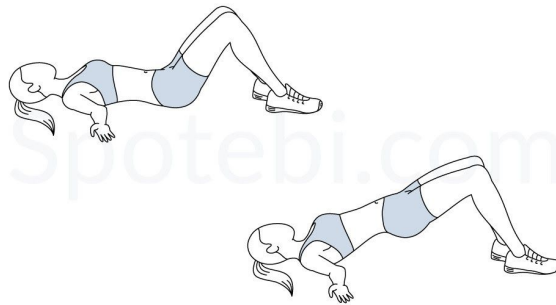
- 2.3. Supine Piriformis Stretch: Lie down and bend your knees upwards. Cross one leg over your other leg and bend it upwards toward your chest. Grab your knee with one hand and your ankle in your other hand. Pull the bent leg across your body until your glutes are pulled tight. Hold for 30 seconds to a minute and release.



2.3.1.

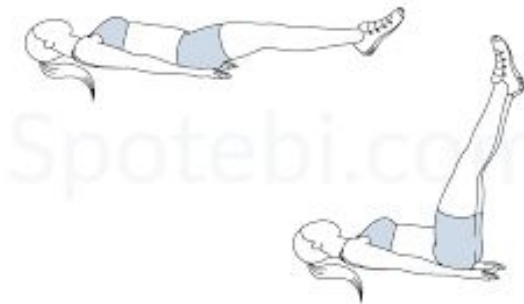
3. Conditioning:

- 3.1. Bridging: Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees. Tighten your abdominal and buttock muscles by pushing your low back into the ground before you push up. Raise your hips to create a straight line from your knees to shoulders. Squeeze your core and pull your belly button back toward your spine. Hold for 10 seconds, and then return to your starting position. Repeat at least 10 times.



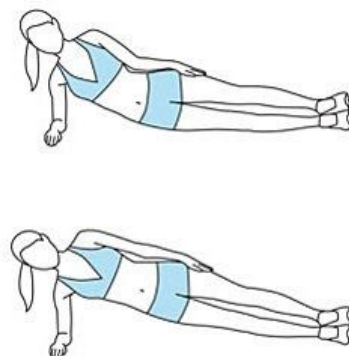
3.1.1.

- 3.2. Supine Leg Raise: Lie on your back with your legs straight and together. Keep your legs straight and lift them all the way up to the ceiling. Slowly lower your legs back down till they're just above the floor. Hold for a moment. Raise your legs back up. Repeat 10-15 times.



3.2.1.

- 3.3. Side Plank: Lie on your side with your knees bent, and prop your upper body up on your elbow. Raise your hips off the floor, and hold for 30 seconds. Repeat on the other side.



3.3.1.

4. Choreography: Make Your Own

- 4.1. Choose your favorite song or a song that inspires you and choreograph a 20-60 second dance. Think creatively to choreograph your very own dance! Use the beat, and the lyrics to inspire your movement. Make sure to incorporate choreography for the legs and the arms and remember there are infinite possibilities for movement! Most importantly, have fun! (Option to perform your dance for your family)

5. (Optional) Inspirational Dance Video:

- 5.1. Link: <https://www.youtube.com/watch?v=T-l1tzhVXaA>

6. Cool-Down Stretch:

- 6.1. Tricep Stretch: Raise the right arm up overhead, palm facing in towards your head. Then bend the elbow so your fingers touch, or reach toward, the middle of your upper back. Grab the right elbow with the left hand and gently pull back until you feel the stretch in the right tricep. Hold for 10 to 30 seconds. Then switch arms and repeat.



6.1.1.

- 6.2. Cat-Cow: This yoga-influenced stretch is good for the spine and also strengthens the abdominal muscles. Start on all fours with the spine and neck in a neutral position. The back should be flat like a tabletop. Eyes should look straight down to the ground. Inhale, drop the belly down and slowly lift the neck and head up. This is the cow half of the pose—picture a cow's swayed back with bony hips. Next, on an exhale, lift the belly and spine so the back is arched like a cat's. Eyes look toward the belly button. Alternate 5 to 10 cat-cow stretches.



6.2.1.

- 6.3. Crossover Toe Touch: Cross the legs while standing with arms hanging loosely at sides and knees very slightly bent. Slowly roll down from the back and reach toward the toes with your hands. Actually touching them is optional! Hold the stretch without bouncing for 30 seconds.



6.3.1.