

## Dance 6-8 (Lesson Plan 1)

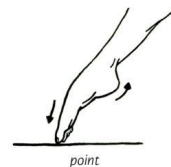
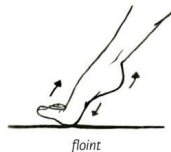
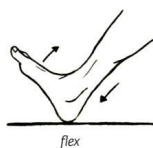
### Music options:

Song	Artist	Link
Happier	Marshmello ft. Bastille	<a href="https://www.youtube.com/watch?v=RE87rQkXdNw">https://www.youtube.com/watch?v=RE87rQkXdNw</a>
Best Day of My Life	American Authors	<a href="https://www.youtube.com/watch?v=0fTUj9mfnUk">https://www.youtube.com/watch?v=0fTUj9mfnUk</a>
Soul Sister	Train	<a href="https://www.youtube.com/watch?v=JloUN9j9cJ8">https://www.youtube.com/watch?v=JloUN9j9cJ8</a>
Count On Me	Bruno Mars	<a href="https://www.youtube.com/watch?v=Msl2fl3h59l">https://www.youtube.com/watch?v=Msl2fl3h59l</a>
Thunder	Imagine Dragons	<a href="https://www.youtube.com/watch?v=GtEvysh1654">https://www.youtube.com/watch?v=GtEvysh1654</a>
Believer	Imagine Dragons	<a href="https://www.youtube.com/watch?v=W0DM5lcj6mw">https://www.youtube.com/watch?v=W0DM5lcj6mw</a>
Roar	Katy Perry	<a href="https://www.youtube.com/watch?v=9VcDnWMOBtw">https://www.youtube.com/watch?v=9VcDnWMOBtw</a>
Happy	Pharrell Williams	<a href="https://www.youtube.com/watch?v=cmCDqX3ngfA">https://www.youtube.com/watch?v=cmCDqX3ngfA</a>
Lost Boy	Ruth B	<a href="https://www.youtube.com/watch?v=QvVzFS4Vyf0">https://www.youtube.com/watch?v=QvVzFS4Vyf0</a>
Waka Waka	Shakira	<a href="https://www.youtube.com/watch?v=bi_Dz1Yr5Tg">https://www.youtube.com/watch?v=bi_Dz1Yr5Tg</a>

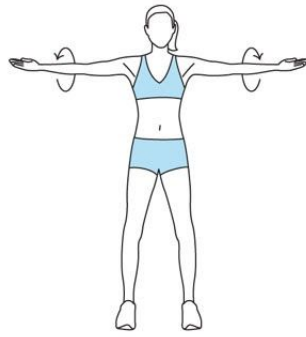
★ *Before you start, turn on some fun and upbeat music. (option to use suggested music from the list above)*

### 1) Warm-up Cardio:

- a) Depending on your available space, start with a light jog either move around or in place.
  - i) Jog for at least 1 minute. (option to jog longer)
  - ii) Focus on articulating/pointing the feet and ankles as you jog. (as shown in diagram)

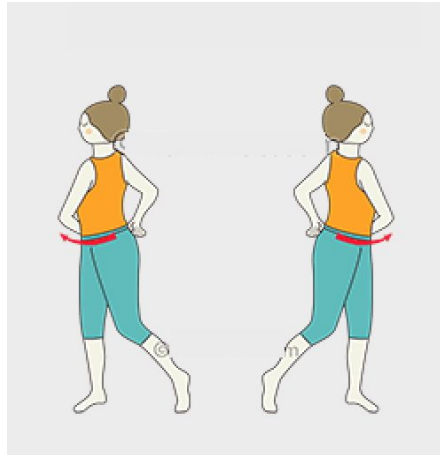


- b) Next, stand in place and circle your arms 10 times to the front and the back.



i)

- c) Step to the side and twist your upper body side to side 20 times.



i)

- d) Next, do at least 20 jumping jacks. (For more of a challenge try for 50, or if you have a parent/guardian/sibling willing to participate, challenge them to see who can do the most jumping jacks.)



i)

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

## 2) Stretches:

a) 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.

i) Repeat this 5 times, counting 10 second each time.



ii)

b) After the 5th time, stay bent over and walk your hands forward into a downward dog position. Try to keep your heels on the ground and your knees straight. (as shown in diagram)

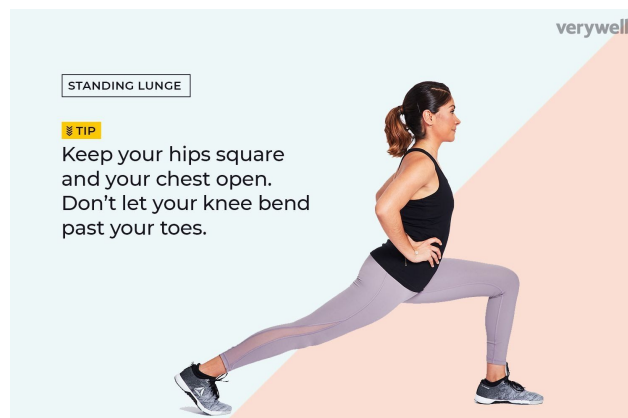
### How to Down Dog



i)

c) Next, pull one leg forward into a lunge position. The front leg should be bent with the knee in-line with the ankle and the back leg should be straight.

i) Hold stretch on both sides for 30 seconds.



ii)

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

### 3) Balance Training:

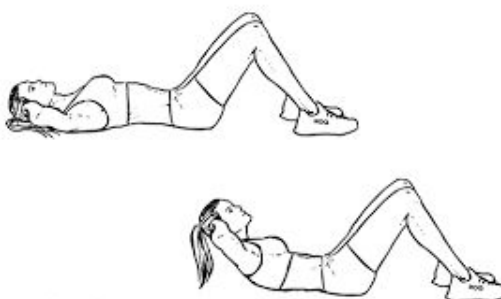
- a) Before starting make sure to have a timer or a clock available.
- b) Start by standing with your feet together and your hands on your hips or straight to the side.
- c) Start the timer and pull one foot up to your knee in a passé position as shown in diagram:



- i)
- d) Time how long you can stand on one leg.
- e) Repeat steps on the second leg.
- f) Repeat a second time on each leg trying to do better than the first time.
- g) Compare each side and determine which leg is easier to stand on.

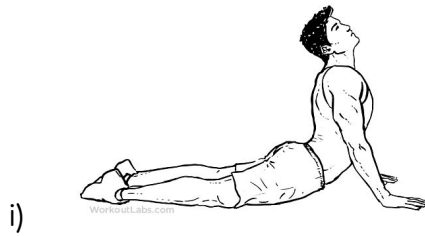
### 4) Conditioning:

- a) 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)
  - i) Do at least 20 crunches, and try to challenge yourself by do more.

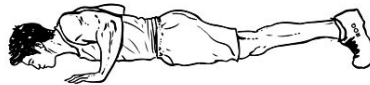
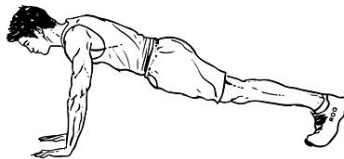


ii)

- b) Once you've finished your crunches, roll over onto your belly, place your hands under your shoulders and push your torso off the ground into a cobra stretch.



- c) Next, make your way to a plank/push-position and do 10-15 push-ups.



i)

- ★ *Grab a quick drink of water.*

#### 5) (Optional) Dance Combination Video:

- a) Follow along with this dance video to learn a fun movement combination. (If you do not have internet connection, create your own 30 second dance routine.)

- i) Instructional video:

<https://www.youtube.com/watch?v=gmohgMYlieQ>

- ii) Dance being performed by kids:

<https://www.youtube.com/watch?v=t8zqUxZOKKq>

#### 6) Cool down stretch & Self-reflection:

- a) Take a minute to cool down the body with a few of your favorite simple stretches (forward bend, lunge/calf stretch, shoulder stretch etc.)

- i) Hold each stretch for 30 seconds.

- ii) Focus on steadying your breath and relaxing your muscles in each stretch.

- b) While you are stretching think about this question:

- i) *What is dance?*

- c) After you finish stretching, write down a list of all the things dance is/means to you.