**Pre Kindergarten Dance Lesson**

**Dance Concepts:**

Shapes – Circles, curvy shapes, straight shapes

Space – Self and General

Relationships – Over, under, through, in front, behind, between

1. **Warm up**

**Brain Dance Rhymes**

Music: Brain Dance Rhymes CD **or** your own voice

Have students sit in a circle or in their chairs to run the whole sequence or just on a specific pattern.

Variation:

5 Minute Brain Dance (narration)

Music: Brain Dance CD

1. **Exploring the Concept**

**Spots and Wands**

* Give students a spot, a wand (foam tube) and a scarf.
* Have students find a place in the room that is not close to anyone or anything. Stuff the scarf into the end of the wand to form a “paint brush”.
* Explore dancing on the spot and then dancing moving through the space **between** the spots.
* Explore drawing circles with your “paint brush”, squares and triangles**, in front,** **behind** and **around** you while standing on the spot (**Self space**).
* Put down the “paint brush” on the spot and dance in **curvy** lines and **straight** lines through the space (**general space**).
* Repeat dancing in **self** and **general space**.

*Music: Contrast and Continuum Volume II Track 1 Whales*

**Variation:**

Use musical instruments (such as rhythm sticks, shakers) instead of the “paintbrush” to play in time with the music until the music stops. Put down the instruments and move through **general space** to the next selection of music. When the music stops go back to the spot and play in time with the music. Repeat.

Note: In the musical selection Potpourri the music will stop and start on its own.

*Music: Contrast and Continuum II Track 21 Potpourri*

1. **Developing Skills**

**Circle Dance:**

* All holding hands in a circle
* Walk in one direction and count out loud to 16
* Let go hands and roll hands from low to high level (8 counts)
* Turn in a circle making a **curvy** shape with your body (8 counts)
* Freeze in a **curvy** shape while music says “shh, shh, shh”
* Repeat

*Music: Contrast and Continuum II Track 9 Ski Reel*

1. **Across the Floor (improvisation)**

**Obstacle Course**

* Arrange spots, chairs and other classroom furniture to create an obstacle course in either a **curvy pathway** or a **straight pathway**.
* Have students move **over, under** and **through** obstacles. Have students jump and leap from spot to spot, using two foot and one foot jumping.

*Music: Contrast and Continuum II Track 11 Caribbean Leaps*

1. **Cool Down**

**Rolling and Resting**

* Have student lie or sit on the floor and put calming music on.
* Encourage student to close his/her eyes and breath.
* Tip side to side or roll side to side, taking breaks for resting and breathing.

*Music: Contrast and Continuum II Track 10 Pastorale*

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