

KinderDance 1
May Lesson Plan

- During our stretching section we will work on hugging knees and popping out into a straddle. Dancers will then reach for their right toe and left toe to get a great stretch.
- Body isolations will focus on circling the body around to the right and to the left. Dancers will also work on jack-in-the-box
- Our motor skills section will review all motor skills learned this Spring
- During ballet we will work on bouree turns, all 5 positions of the arms and changements forward and backward. Dancers will also work on sauté arabesque. We will do all of our dances: Hear Me-Hear Me, Toy Chest, Hold the Ball and Changements. Dancers will also practice their ballet dance for their recital!
- In our body awareness section we will have fun doing our “Let’s Go” dance and “Boogie Beat” dance with maracas!
- Tap this month will focus on learning the following skills: Slide to the right and left, toe-heel in a circle, marching in different directions and flaps. Dancers will also work on their tap dance for recital!
- Our final touches will be put on our Kinderdance Theme Song and dancers will learn the tap portion to the song as well.