

#203 Dancing GymBears

[Click here to purchase #203-Dancing GymBears One Year Lesson Plan Package](#)

LESSON PLAN #10

Week of January 1 & 2

Theme: Food For Fun!

Music: Pre-Ballet Music for Young Child
Jumping Jack

Sub-theme: Walk on demi- pointe

Prop List: Dots for children to stand on,
Toy shopping cart, and pretend toy food

Entrance:

Dance Train (don't forget to pick a new leader!) Before students come into class, discuss the Big Five and how we should have five fruits and vegetables per day. Each student should name his/her favorite fruit or vegetable.

Warm up Song: (same song for two weeks)

Jumping Jack

Stretching:

Song: Pre-ballet Music for the Young Child, #8 & 9

1. Stretch out all the children in the basic gymnastic positions. (butterfly, straddle, pike, v-sit, & squat)
2. Call the children over to their spots at the barre one at a time.

Barre Work:

Week 1:

1. 4 Pliés in all five positions
2. Tendú to side with right foot

Week 2:

1. Pliés same as week one
2. Tendú with right and left

Across the Floor:

Put a toy shopping cart or bag on the opposite side of the room

Week 1:

1. Walk in demi pointe across the floor and place the toy food in the cart or bag

Week 2:

Alphabet Soup- Have a large bucket filled with and place the toy food in the cart or bag rubber chickens and alphabet letters. Place additional letters on the floor. Students sauté to a letter, pick up the letter then chasse back and add letters to the bucket. Also, add a few swim noodles to the bucket and then have chicken noodle soup.

*Teacher Note: Legs need to be firmly together when practicing bouré

Center Work: (make a circle in the center of the room-have children hold hands)

Place shopping cart in the center of the circle. Pick out a food and talk with the children about foods they should "always" eat and some foods that we should only eat "sometimes".

Ending Song/ Activity: (done in a circle)

CD: Barney's Favorites Volume 3 Song: "Muffin Man Medley"

(Ed. Activities)

Practice counting 1 through 8 out loud, as you skate while using paper plates to skate.

Parent Handout:

Week 1:

1. Recital Note #1 (explaining cost of costumes, tickets, date and location of recital)
2. Coloring page- Plié

Week 2:

1. Coloring page: Path to Good Health