

Creative Movement Lesson Plan

Ages 2.5-4

Concept: Balance

Objectives:

1. Help the movers understand what on and off balance is.
2. Help the movers understand what helps maintain balance and also what causes the body to go off balance.

Minnesota State Standards:

- 0.1.1.1.1
- 0.1.2.1.1
- 0.2.1.1.2

Warming Up:

Song: "Hit Song" Music For...Anything

Quick Warm-up: Explore what it means to be on and off balance throughout the space.

BrainDance: Provide verbal direction to use the breath to maintain balance and fall off balance, tactile movement to pull and push on and off balance, distal points to go on and off balance, the separation of head and tail conceptually, transverse movement conceptually, sagittal movement conceptually, cross lateral movement conceptually, and vestibular movement conceptually (beginning to travel more through the space with weight and momentum to take dancers on and off balance).

Exploring the concept:

Song: "Tzigane, Rhapsodie de Concert Pour Violon Et Piano" Multiple Artists

Concept Exploration: Using contrasting songs, explore on and off balance letting the music drive the on and off balance with parents holding child's hands and the child guiding the on and off balance.

Shaping: Setting shapes and falling away from the shape off balance throughout the space letting the child make the shape and the parent replicate.

Developing Skills:

Song: Piano "C" scale downward

Obstacle Course: Using water bottles of the parents and children, create a pathway the children must guide their parents through using on and off balance at each water bottle and falling to the next.

Creating:

Song: "Hit Song" Music For...Anything

Free Dance: After hearing the ideas of on and off balance, again allow the children to move into the space with their parents to explore more. Have them pick one shape to fall away from to then go around in a circle showing their classmates what they and their parent discovered and created.

Cooling Down:

Have the children sit near you in circle in order to breathe deeply as you go around giving tactile touch and positive feedback.