

# JUST DANCE Lesson Plan Week of 10/9

## Ballet/Hip Hop/Creative Movement

Introduction: Arm and leg stretches. \*Points & Flexes, touching toes in pike and straddle, splits, mermaids/raindrops, etc\*. (5 minutes)

Ballet Positions of the arms - First through Fifth - Ballet Positions of the feet - First through Fifth (5 minutes)

Barre Work: emphasize posture. (7 minutes)

- Plie
- Pique
- Arabesque
- Jete
- Develope

Skills & Technique: (10 minutes)

- Skipping Prep: Having the students hop on one foot one time, switch feet, hop on other foot one time. This will be done while staying in place.
- Port de Bras Walks - Walks with fluid arm movements - in Releve for more advanced students
- Kicks - Simple waist-high kicks across the floor focusing on technique - eyes forward, straight legs, pointed toes
- Hip Isolations: Practicing isolating hip movements
- Drop Outs: Full Body Movement - Jumping out into a plank position from a Squat
- Slide Claps: The students slide to the front or back and clap when their feet meet together to work on timing and coordination. Done in one place or while traveling across the floor.

Ending: (5 minutes)

Emotion Movement: The dancers will be presented with different feelings and emotions. They will give their interpretation of how you would move as that emotion using their bodies and faces but not their words.