

Wild Weather Week 1

Beginning: Colors of the Wind

Give each child a piece of Colored Crepe Paper. Have the children do a variety of motions with their Crepe Paper in the Wind.

- Paint a Rainbow in the Sky (half circles above head)
- Make it Rain (lift crepe paper above head then ripple down)
- Tornado (swirl crepe paper above head in a circle)
- Sunny Day (circle the crepe paper in front of your body)

Review Positions First Through Fifth with Arms and Feet

Center & Barre Work: Puddles

Place your Puddles around the room (blue dots) They don't want to land in the puddles or they could get all muddy.

1. Jump over the puddle with 2 feet
2. Passé next to the puddle and extend leg over it. - jump over it landing on the outstretched foot. Be careful not to let the back foot touch the puddle either.
3. Jeté leaps over the puddles

Introduce Eschappé with both hands on the bar. We touched on this last week with the Valentine's Lesson plan. Feet Start in First, Sauté to Second, and Sauté back to First. Make sure to start with a Plié with heels down. (Jumping in and out of Puddles)

Across the Floor: A Rather Blustery Day (Tornadoes)

This portion of class will go over turns. Each child gets 2 scarves. They will start as a thunderstorm that turns into a tornado.

Hold Scarves, one in each hand.

- 2 sous sous (feet in fifth, arms in fifth) ~it's starting to rain~
- As the teacher taps each child on the head, they will Boureé turn with scarves in each hand (arms in second). ~the wind is picking up~
- 2 steps Boureé then Boureé turn (arms in second as they step then close to first when they turn) ~the tornado is forming
- Chainés across the floor (arms in first) to be a Tornado!

Ending: After the Rain comes the Flowers

Have the students squat into seeds around the room. They are seeds planted under the ground. Once you "tap raindrops on their heads" they can start to grow into flowers. They will grow with their arms into fifth. Have them tell you what their flower looks like once they are all grown up.