

## Objective

By the end of this lesson, the preschool student will be able to demonstrate basic dance movements and coordination.

## Materials and Prep

Materials:

- Open space for movement
- Music player with dance music
- Comfortable clothing for movement

Prep:

- Select a variety of dance music to use during the lesson
- Clear the open space of any obstacles

## Activities

1. Warm-up: Play a lively dance song and encourage the student to move freely to the music, exploring different ways of moving their body.
2. Follow the Leader: Take turns being the leader and following each other's dance moves, encouraging creativity and expression.
3. Dance Freeze: Play music and have the student dance, then pause the music at intervals, prompting the student to freeze in a fun dance pose.
4. Cool Down: Play a calming song and guide the student through gentle stretching movements to cool down their body.

## Preschool Grade Talking Points

- "Today, we are going to learn how to move our bodies in different ways to music. It's going to be so much fun!"
- "When I say 'freeze', let's stop and make a funny pose like a statue."
- "Let's take turns showing our favorite dance moves to each other."
- "Remember to take deep breaths and stretch at the end to relax our bodies."