DANCE LESSON PLAN · SAMPLE

Pembee

Ballet and tap combo

Ages 5–7 | 45 minutes | 22 min ballet · 3 min shoes · 20 min tap

Objective: Keep weight over the balls of the feet in shuffles and sautés.

PROPS & SETUP

Ballet and tap shoes lined up by the wall before class. A barre if you have one, or a "pretend barre" (hand on hip, arm in second).

MUSIC

Slow tracks (about 60 to 80 BPM) for pliés, medium (about 90 to 110 BPM) for tendus and tap technique, and a short upbeat "beat the music" song for the shoe change.

PART	TIME	WHAT HAPPENS	MUSIC
BALLET · 22 MINUTES			
Warm-up	5 min	Marching, arm circles, point and flex feet seated, then stand and rise up and down on two feet	Medium, steady
Technique	7 min	At the barre or a "pretend barre": pliés in first, tendus front and side, then sautés in first, landing through the feet	Slow for pliés, medium for tendus
Across the floor	5 min	Ballet runs, skips and chassés in pairs, one correction before each pass ("tall like a crown")	Bright, faster
Combination	5 min	8-count phrase: tendu, tendu, plié, rise with port de bras, repeated to the other side	Slow to medium, often 3/4
Shoe change	3 min	Children race to swap into tap shoes before the song ends	"Beat the music" song
TAP · 20 MINUTES			
Warm-up	3 min	Toe taps, heel digs and ankle circles, then marching in tap shoes to hear the sound	Medium, clear beat
Technique	7 min	Shuffles front, flaps in place, then step-ball-change. If they're back on their heels, the shuffle goes quiet	Medium, 4/4
Across the floor	3 min	Traveling flaps in lines of three	Medium, swing or pop
Combination	5 min	16-count combination built from today's steps. Teach counts 1 to 8 this week, add 9 to 16 next week	Medium, counted in 8s
Cool-down	2 min	Calf stretch, call-and-response rhythm ("I tap, you tap") and a bow	None, or soft

Build in the shoe change

Plan the 3 minutes in, or the swap comes straight out of the tap combination.

Listen for weight

A quiet shuffle usually means weight on the heels. Cue "over the balls of your feet."

Seed the recital

Add 8 counts to the tap combination every week or two and by spring the class has a full routine.

NOTES FOR NEXT WEEK (who was absent, what to repeat, one carry-forward correction)