DANCE LESSON PLAN · SAMPLE

Pembee

Creative movement: snow day

Ages 3–5 | 30 minutes | Creative movement | Themed

Objective: Stop and hold a shape on the music's cue.

PROPS & SETUP

Poly spots in a circle, cones to mark the start and finish of the traveling lines, a scarf per child and a sheet of stickers.

WHY IT WORKS

Under-6s need a new activity every 3 to 5 minutes. The snow-day theme changes week to week, but the shape underneath stays fixed, and the same hello and goodbye songs bookend every class.

PART	TIME	WHAT HAPPENS	MUSIC
Hello circle	3 min	Name song. Each child shows a "hello" movement for the class to copy	Same hello song every week
Seated warm-up	5 min	"Wake up" each body part: wiggle toes, point and flex feet, roll shoulders, stretch tall	Gentle, medium tempo
Ballet in the circle	5 min	Pliés as "melting snowmen," rises as "growing icicles," pointed and flexed feet	Slow, calm instrumental
Traveling	7 min	Tiptoes, gallops and marches across the room in pairs, then a freeze game: when the music stops, hold a snowflake shape	Upbeat with clear stops
Imagination dance	5 min	Scarves become falling snow: float, swirl, settle on the floor, rise again	Light, flowing instrumental
Cool-down	5 min	Lie down and "melt in the sun," butterfly stretch, recap ("What did we do when the music stopped?"), bow and sticker	Same goodbye song every week

One instruction at a time

A three-part instruction gets you one part. Give the next step once the first one has landed.

Show, don't tell

Do the movement and let them copy. Demonstration beats explanation at this age.

Same rituals every week

Identical opening and closing songs tell children what's coming, so they settle faster.

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