DANCE LESSON PLAN · SAMPLE

Pembee

Hip hop

Ages 8–12 | 60 minutes | Foundations + combination

Objective: Stay on the beat while changing direction.

SETUP

Clear floor with room for lines of three to travel. Space at the front for small groups to perform for the rest of the class.

MUSIC

Clean versions of every track, in class order, with a backup on a second device. Steady groove around 90 to 100 BPM for the warm-up; faster tracks for drills once the moves are secure.

PART	TIME	WHAT HAPPENS	MUSIC
Warm-up	10 min	Bounce and rock in place, then isolations (head, shoulders, chest, hips) and a dynamic leg warm-up of knee raises and side lunges	Steady groove, about 90 to 100 BPM
Foundations	15 min	Drill the two-step, running man and a basic top rock in sets of 8. Teach each one slowly without music, then on the counts, then to music. Link them with a direction change on count 8	None, then counts, then music
Across the floor	12 min	Traveling two-steps and running man in lines of three, adding a quarter turn on the last 8. Change the lines' order each pass	Upbeat, clear 8-counts
Combination	18 min	Teach 8 new counts and review the 16 from previous weeks. Face the mirror first, then turn to face the back wall. Finish with groups of four performing all 24 counts	Combination track, clean version
Freestyle & cool-down	5 min	Short cypher where anyone who wants to takes 8 counts in the middle, then hamstring, quad and calf stretch	Groove, then slow down

Keep them moving

Students this age want to dance, not wait. Save the talking for short bursts between drills.

Use small groups

Performing for each other shows you exactly who's lost on which 8-count.

Fix it as a group

Don't single anyone out: "Everyone, counts 9 to 16 again."

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