DANCE LESSON PLAN · SAMPLE

Pembee

Contemporary for teens and adults

Teens & adults | 75 minutes (60-min version below) | Contemporary

Objective: Use the breath to start and finish each movement.

SETUP

Clear floor for floor work and traveling, with room to split the class into two groups for phrase work. Offer an easier option on every floor exercise.

MUSIC

Start slow, around 60 to 70 BPM, for floor work. Build to medium for swings and across the floor, and choose the phrase track for its dynamics as much as its tempo.

PART	TIME	WHAT HAPPENS	MUSIC
Floor warm-up	12 min	Lying breath work, rolling through the spine, pelvic tilts, then seated curves and spirals	Slow, about 60 to 70 BPM
Swings & falls	15 min	Arm and leg swings, rolling down to the floor and back up, and shifting weight side to side with momentum. Give each exercise a breath cue	Medium, flowing
Across the floor	13 min	Traveling phrase with a level change (stand, roll to the floor, rise) and a turn. Dancers go in pairs, two counts apart	Medium, clear phrasing
Phrase work	25 min	Teach 16 to 32 counts, depending on level. Split the class into two groups so each group watches the other once	Phrase track
Improvisation	5 min	A short task, such as “dance the phrase again but only using the floor”	Same phrase track
Stretch & review	5 min	Static stretches for hips, hamstrings and back, then one question: “Where did the breath help you today?”	Slow

60-minute version

Trim phrase work to 18 minutes, swings and falls to 10 and across the floor to 10.

Adult beginners

Assume no prior training. Shorter static holds, more repetition, less new material, and explain why each exercise is there.

Teens

Higher extensions, a double turn, faster tempos and more counts per class. Give them choice in the improvisation and a say in the music.

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