DANCE LESSON PLAN

Lesson plan template

Pembee

Any style or age · One page, one class · Warm-up · technique · across the floor · combination · cool-down

CLASS NAME | STYLE | LEVEL

AGES | LENGTH | DATE | TEACHER

OBJECTIVE (one sentence, one goal per class)

FOCUS CORRECTION FOR TODAY | PROPS / EQUIPMENT

MUSIC LIST (track / cut point / tempo, e.g. “Track 4, start 0:12, fade 1:45, 100 BPM”)

1

2

3

4

PART OF CLASS	EXERCISES AND STEPS, IN ORDER	MUSIC & COUNTS
Warm-up ___ min · dynamic, preview today’s focus		
Technique ___ min · simple to complex		
Across the floor ___ min · one correction per pass		
Combination ___ min Taught: ___ to ___ Reviewed: ___ to ___		
Cool-down & review ___ min · stretch, recap, bow		

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