

LESSON PLAN #15

Theme: Nursery Rhymes

Sub-theme: Fourth Position

Entrance:

Dance Train - skipping in 2 X 2 like "Jack & Jill Go Up the Hill"

Warm-up Song:

CD: Children's All Time Mother Goose Favorites
(Educational Activities AR-639)

Song: "There Was a Crooked Man" or
Al Gilbert's "Twinkle, Twinkle Little Star"

Barre Work:

CD: Children's All Time Mother Goose Favorites
(Educational Activities AR-639)

Song: "Hickory Dickory Dock"

1. Pliés
2. Rond de jambe
Dégagé

3. Passé

**Teacher's Note: Look to see that the children keep their backs tall and legs straight when they circle their leg to the back.

Across The Floor:

Battement walks and développé walks and review chaîné turns

Center Work: Assign each student his or her spot for the recital routine.

1. Review all positions and introduce 4th position
2. Review recital routine - add on if you did not last week.

Ending Song/ Activity:

Week 3: Activity: "Jack Be Nimble" (Candlestick can be made of Paper Towel roll and construction paper) Place the candlestick in the center of the room. Line up the children at one end of the room. Together, everyone must say, "_____ be nimble, _____ be quick, _____ jump over the candlestick!" (For the blanks, fill in the students' names) One at a time, they get to jump over the candlestick when their name is called.

Week 4: Activity: Parachute

Have the children hold onto a color of the parachute. Using the parachute, pretend they are going to make waves. Refer to the waves as Papa Bear (big), Mama Bear, (medium), and Baby Bear (small). They have to listen to which character you call out because they have to make those size waves. You can also play "Ring Around the Rosie". Walk in a circle, and when they have to fall down, the children get down in a squat.

Thank You and Curtsey

Handout:

Week 3:

1. Tina Ballerina
2. Fourth Position Coloring Page

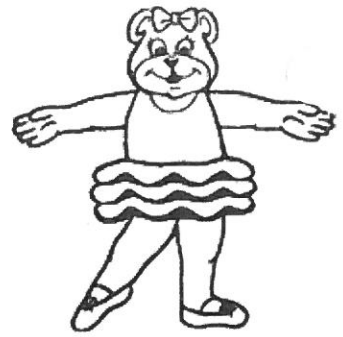
Weeks of March 3 & 4

Music: Children's All-Time Mother Goose Favorites

Prop List: Parachute

Pretend candlestick (You can buy one at Christmas time)

Tina Ballerina Bear Says:



**Tina Ballerina
Bear**

Let's dance to Nursery Rhymes! As we enter the dance room today, we will pretend to be Jack and Jill, skipping to our places 2 X 2. Other nursery songs that we will be using include "Old King Cole," "There Was A Crooked Man," "Hickory Dickory Dock," and many others.

Today we will be practicing our recital routine and being assigned to our spot that we will be standing in when we are on the stage.

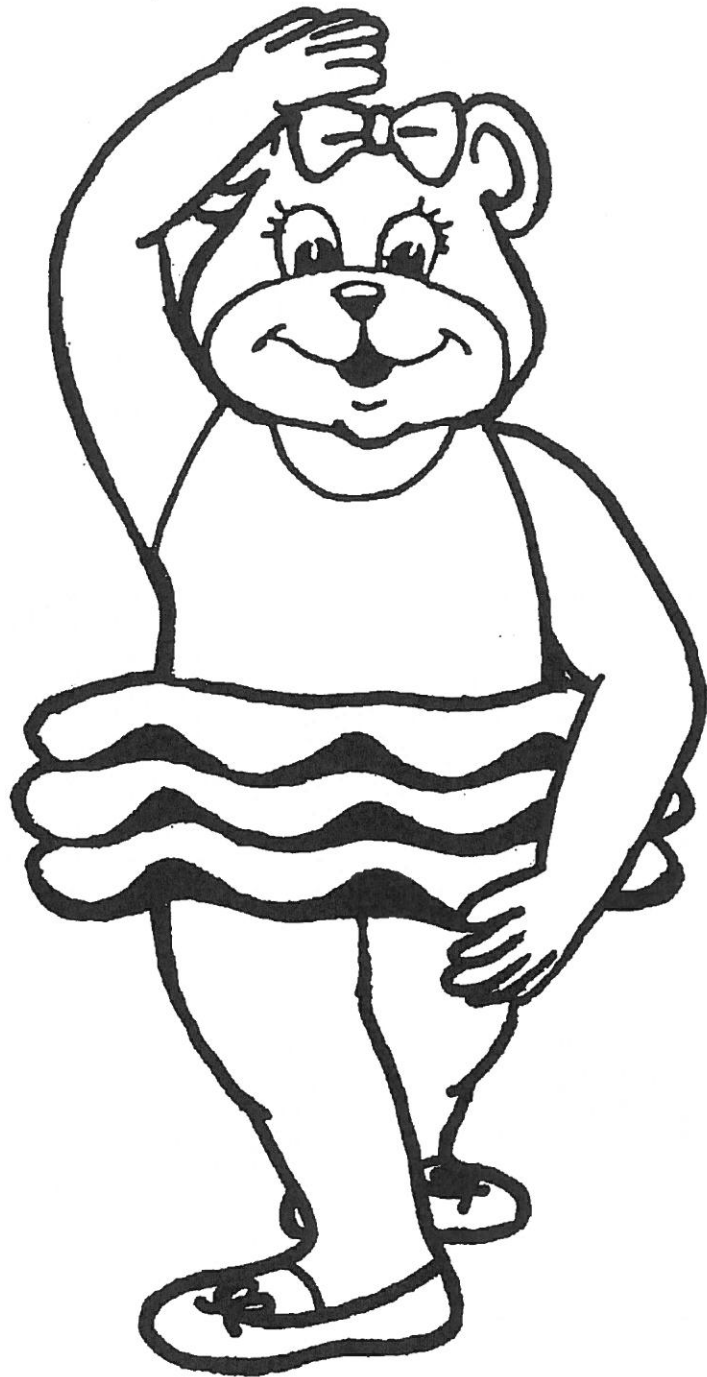
In the center of the room we will review the three positions of the feet and arms that we know and then learn fourth position. We will also be practicing battement kicks and développ  walks across the floor. Look and see if our legs are straight and our toes are pointed.

This week our ending activity is called "Jack Be Nimble." Watch us as we will be jumping over the candlestick when our name is called. Did we make it over? Next week there is a big surprise for our ending activity! It is the parachute! We will be using the parachute for different nursery rhyme games.



The Dance Connection

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Fourth Position