

Sample Lesson Plan – Hannah Bailes

Date: 27.3.13	Lesson 2 of 6	Participants: 7
Venue: Katherine Low Settlement		Additional needs: chairs

<p>Lesson aim (Overall): To improve posture and balance through a variety of different exercises and set choreographies</p>	<p>Learning Objectives (2-3 maximum)</p> <ul style="list-style-type: none"> • Increase fluidity through joints: hands, elbows, shoulders, feet • Respond creatively to a variety of music • Improving core strength and posture
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Time	Activity	Teaching points/safety considerations	Resources/music
1:30pm	Intro/starter Introducing names through a fun game of changing places	Speak clearly, introduce yourself and explain the exercise Make sure learners are comfortable and settled on the chairs	Chairs
1:35	Warm up standing with a chair for support; Improving core strength and posture through balancing exercises with a chair for support General warm-up to increase fluidity through joints using the chair when necessary. Learning of some latin rhythms to achieve this.	Emphasise the importance of the breath and good posture while balancing with the chair for support.	One CD : Raindrops Keep Falling On My Head and Putamayo Salsa track
1:50	Creative Learning and participating in 3 routines using props as	Emphasise that they can use the chair at any time	Four CD's: Pencil Full of Lead by Paulo Nutini, Putamayo CD,

	<p>stimuli. Emphasis in all routines on posture, strong movement qualities. Further creative work exploring the use of a scarf as a prop to stimulate movement. Showing of some of the creative work achieved in two groups. Start to reflect on their work and appreciate its value</p>	<p>Make sure to use lots of repetition so learners can easily follow you Speak clearly</p>	<p>On The Beach by Cliff Richard, classical CD, 10 gold felt hats , a selection of coloured scarves</p>
2:40	<p>Cool down Warm down and stretch Pass the 'thanks' around the circle</p>	<p>Explain and make sure the exercise is understood</p>	<p>One CD: Mario Lanza</p>
	<p>Feedback/plenary Informal chat and conversation with learners</p>	<p>Have an informal chat and ask if they enjoyed it</p>	

Evaluation/actions to take forward to next class

More use of the breath and incorporate more imagery. Sitting alternative to be incorporated into the balance exercises. How to use all the material learnt so far into a coherent piece of choreography.