

Sample Lesson Plan - Helen Linkenbach

<p>Lesson aim (Overall): To introduce learners to the class structure and movement styles, and to assess their level of ability and agency.</p>	<p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Making connections, building relationships, enjoyment 2. Building confidence to move freely and confidently 3. Introducing various movement sequences
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Date: 25th Feb 2013	Lesson 1 of 6	Participants: 4
Venue: RAD Headquarters, Battersea		Additional needs:

Time/ LO	Activity	Teaching points/safety considerations	Resources/music
12:15	Intro/starter Warm up standing in circle Swings, sways, 8's	Encourage eye contact, interpersonal connection and projection of speech	Chris Benstead Vol. 5 Track 4
12:20	Baking bread	Set chairs for those who may need to sit partway through the class Encourage coordination of breath and movement Bring attention to body parts sequentially from extremities to core	Chris Benstead Vol. 5 Track 7

2:50	<p>Creative exercises</p> <p>Drawing our names in the space - large letters, small, fast, slow, strongly underline name with hand or foot</p> <p>Drawing the window, the sun, the water, the boat - different dynamics for each shape - mirror my movements - individually create the movements</p>	<p>Encourage use of different dynamic values for each shape</p> <p>Encourage use of breath and breadth of movement</p> <p>Encourage autonomy and creativity</p>	<p><i>Le Temps de L'Amour</i> Françoise Hardy</p> <p><i>The Gardens of Sampson and Beasley</i> Pink Martini</p>
3:05	<p>Dance Sequence - partner/whole group</p> <p>Intro 35sec (start after first "I wanna be a dancin' man while I can"</p> <p>- Commence in two lines at the sides of the space (facing partners) - 4 sways - 4 sets of grapevine step - 4 sways to come to feet together - 4 sets of out, in, cha cha cha - hold R hand to R hand, promenade around ('triplet' walks) - repeat L and to L hand</p>	<p>Encourage relationship between partners</p> <p>Ensure clarity and simplicity in today's class to promote confidence. Only teach part of the choreography if its too much.</p>	<p><i>I Wanna be a Dancin' Man</i> Harry Warren, Original Broadway cast recording - Fosse.</p>

3:20	<p>Cool down</p> <p>Gather breath into the body - torso, arms, thighs, knees, feet</p>	<p>Encourage coordination of breath and movement</p> <p>Bring attention to body parts sequentially from core to extremities</p> <p>Encourage participants to sit if needed</p>	<p><i>Bella Notte</i> David Huntsinger</p> <p><i>Watermark</i> Enya</p>
3:25	Feedback/plenary		