

Lesson Plan for CSTD Theatrical & Performing Arts Syllabus

Teacher:	Jane Smith	School:	Twinkle Toes Dance Academy	Level	TPA3
Lesson Number Date :	2 Feb 28 2017	Lesson Duration	60 mins		

LESSON OUTCOMES	Development from lesson 1. Preparation for chasse turns. Glissade derriere and trebles
Time	Lesson Content & Resources
DRAMA WARM UP 5 mins	<p>"Emotional Circle"</p> <p>Standing in a circle</p> <p>Choose a word e.g. yesterday and each person says this word using a different emotion sending it around the circle i.e. sad, happy, secretive, shy etc</p>
DIALOGUE 5 mins	<p>Read through the Dorothy and Scarecrow dialogue</p> <p>What are the emotions portrayed in the monologue?</p> <p>How do the characters sound?</p> <p>How do the characters walk?</p>
SINGING 10 Mins	<p>Standing in circle, 'neutral position' at all times.</p> <p><u>Warm-ups : 3 minutes</u></p> <p>Add the following to routine:</p> <p>5. Model 'owl' sound. Whoo, whoo. Round lips. Students repeat.</p> <p><u>Song:</u> Listen to /watch professional version of the song (again)</p> <p>Revise Phrase 1. Remind about last weeks issues (vowels etc)</p> <p>Introduce Phrase 2. Use methodology from previous lesson.</p>
JAZZ 15 mins	<p>1. Teacher Directed Cardio vascular warm up to include jogging, galops, skips etc in a circle</p> <p>2. Flexibility exercises for major muscle groups</p> <p>Roll down to touch toes, Frogs, Straddles, Thigh stretch pliés in 2nd</p> <p>3. Strength exercises – plank, crunches etc</p> <p>Corner work kicks</p> <p>Spotting exercise</p> <p>Preparation for Chasse Turns</p> <p>Facing the side chasse and pull up on to demi pointe Concentrate on posture and use of turn out and parallel</p>
CLASSICAL 15 Mins	<p>Barre exercises based on the Grade 2 CSTD Classical Syllabus</p> <ol style="list-style-type: none"> 1. Tendus - divided battement tendu action 2. Grade 2 Pliés exercise <p>Centre</p> <ol style="list-style-type: none"> 3. Ports de Bras – working on 3rd position of arms 4. Sautes and changements <p>Corner</p> <p>Forward and side galops with a partner</p> <p>Glissade Break down</p> <p>Facing barre 3rd position R ft Derriere</p> <p>Demi plié , R degage to 2nd remaining on fondu , transfer weight onto R en fondu L pointe tendu, L close 3rd devant X 3 changement stretch & bend to repeat other side</p>

TAP 10 Mins	Tap warm up at the barre to include straights hits, ankle circles, shuffles . hops and springs Corner Front slap ball changes, springs & hit springs Treble Break Down Facing Barre 2 Hops treble Hop X 3 then 2 hops treble spring
REFLECTION What worked well? What would I do differently? What changes would I make?	