

## SAMPLE LESSON PLAN

### FOCUS OUTCOMES

- ✔ **Standard 1 [E5.3-5]** Performs teacher-selected and developmentally appropriate dance steps and movement patterns (3); Combines locomotor movement patterns and dance steps to create and perform an original dance (4); Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern (5).
- ✔ **Standard 2 [E2.3-5]** Recognizes locomotor skills specific to a wide variety of physical activities (3); Combines movement concepts with skills in small-sided practice tasks, gymnastics, and dance environments (4); Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics, and dance with self-direction (5).

### FOCUS TARGETS

- ✔ **Skill:** I will perform the correct movements with the beat of the music.
- ✔ **Cognitive:** I will remember the names of dance steps and perform the correct movements when they are called.
- ✔ **Fitness:** I will actively engage during the activity.
- ✔ **Personal & Social Responsibility:** I will move safely and respectfully in self-space.

### ACADEMIC LANGUAGE

- ✔ 8-Count
- ✔ Cues
- ✔ Four-Wall Dance
- ✔ Quarter-Turn

### SELECTED ASSESSMENT

- ✔ Dance Self-Assessment

SAMPLE LESSON PLAN

TRANSITION NOTES

ACTIVITY

DEBRIEF

**1**

INSTANT  
ACTIVITY

Music is playing as students enter the activity area. Prompt students to bounce to the music as they read the academic language words for the day. When all students are present, scatter in open space facing the teacher.

Cones are set up for Cha Cha Slide instruction.



Counting 8's



**DOK 1:** Can you describe the pattern of movements we used in this dance activity?

**DOK 3:** What did you notice about the way the music fit together?

**DOK 4:** Do you think the way the music fits together can help us learn other dances? How?

**2**

LEARNING  
TASK

Play the Cha Cha slide music and prompt students to practice 8-counting to the beat. Allow students to move to the music in any way that is appropriate and safe within their personal space.



Cha Cha  
Slide  
Introduction



**DOK 3:** What did you notice about the way the music fit together?

**3**

LEARNING  
TASK

Introduce the 4-wall dance definition. Walk through the steps on the activity card without the music. Then introduce the music when students have had a chance to practice each part.



Cha Cha  
Slide  
Instructional



**DOK 2:** What locomotor skill did we perform differently in this dance than we normally would perform it?

**DOK 3:** How would a dance like this help people come together in a social setting?

**4**

EXIT  
ASSESSMENT

Students complete the Self-Assessment for Counting 8's.