**SAMPLE ONLY !!!!**

**Section 1: Lesson Information**

* Pre-K to Third grade (ages 4 to 8)
* Level/ Prep.
* 9 students
* Shape Dance/Aerobics
* State Standard (ALABAMA)

Section 2: Lesson Introduction

* We will have a quick aerobic workout for our warm up, we all will stand in big circle and each child will take turns of suggesting a new move. Then we will start our daily activity, which will be dancing. The students will move to stimuli such as rhythm, beat, music, and words. Different movement patterns that resemble running, hopping, skipping, changing direction, stopping, and starting will also be demonstrated. Some of the games that will be played with music will be Bus Stop, Wave Goodbye, Ski Jumps, and Star Jumps, Squash the Spiders, and Go Blues. Before activity starts the class will be broken into three groups. Music playing soft in background.
* Bus Stop Clap: Children will take a step to the right and then twirl in a circle in the same direction ending by facing back at the front and clapping. Then repeated in opposite directions.
* Wave Goodbye: The students will stand still and put their hands over their heads and wave their arms from side-to side starting with the right.
* Ski Jumps: Students will stand with their feet together and hands out like they are holding ski pole. Then they will jump from side to side four times, jumping left first.
* Star Jumps: Students will begin standing like a ‘tree trunk’ (feet together and arms by their side) and as they jumps move arms and legs out into a star shape. Two ‘Star Jumps’ will be completed to four counts.
* Squash the Spiders: The students will step forward with their right foot and then their left, and step backwards with their right and then left. Continue to repeat each step.
* Go Blues: The students will punch up and out with both arms up into the air then bring them back down and punch both arms out either side of the body. Repeat each step.
* As a result of this lesson, students will be able to demonstrate the different moves they did they will be able to perform simple movement patterns and identify how their feelings experienced during and after physical activity.
* The Class rules are no pushing, shoving, or hitting other students. If any rules are broken during class activities the student will not be allowed to continue to participate in the activity. All students who participate and have good behavior at the end of school will be rewarded for good behavior and good progress in the activities performed for the week.
* We would need the following equipment for this activity:
  + CD Player
  + CD’s/Music
  + Cones
  + Gymnasium