

WARM UP, COOL DOWN

Warm up- first start with a warm up that includes stretching and light exercises such as high lunges, side stretch, arm circles, squats, or jumping jacks. Also, turn on some fun music to follow along to during your warm up. This helps to warm up the muscles, prevent injuries, and gets your child/student excited for the activities coming up next.

(Check out Warm Up and Cool Down videos below!)

Activity 1- Dance the Action

Activity 2- Balloon Dance

Activity 3- Freeze Dance

Cool down- This is when the instructor plays a slow tempo song and the students will do slow and easy stretching to relax the body and mind.

Note: This class can last 30 to 45 minutes depending on how many songs you play for each activity.

You can play the suggested number, but if the child/students seems to be enjoying an activity then go with the flow and play another song. Also, you can pick as many activities as your child/students are physically capable of handling and a variety of activities listed below. You can put them in any order that you choose, just make sure that the warm up and cool down stays in the order of the lesson plan suggested above.



I JUST LOVE
TO DANCE.

FUTURE
DANCER

WARM UP, COOL DOWN

Warm Up Videos:

<https://www.youtube.com/watch?v=jBpkcKfL6wM>

<https://www.youtube.com/watch?v=LI0UCPRff98>

<https://www.youtube.com/watch?v=dRQf3yFXO1Y>

Cool Down Videos

<https://www.youtube.com/watch?v=M-d11QiWdm8>



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