

Dance Jam (Fantasy and Story Telling Themed) with Rose

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Dance, improv, music, storytelling, fun, movement, acting

Lesson Ideas

Lesson Title

Dance Jam (Fantasy and Storytelling Themed)

Duration

1 hour

Lesson Plan

1. Introduction and Warm-Up (10 minutes)

- Briefly introduce the lesson theme: combining dance, music, and storytelling.
- Conduct a group warm-up with stretching and light cardio, encouraging imagination by pretending to transform into various fantasy characters (dragons, fairies, etc.).

2. Improv Dance and Storytelling with Music (15 minutes)

- Play background music with a fantasy theme.

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- Guide students to move to the music, using their bodies to express different characters and stories.

- Encourage improvisational expression, allowing each student to "tell" a story through dance.

3. Group Story Creation and Acting (15 minutes)

- Divide the class into small groups.
- Provide a prompt (e.g., "A Hero's Journey") and let each group create a short story.
- Each group must incorporate one dance move and one musical element (e.g., clapping, stomping) into their story.
- Allow time for groups to practice their stories.

4. Performance Sharing (10 minutes)

- Groups take turns performing their stories for the class.
- Encourage positive feedback and discuss what they enjoyed about each story and performance.

5. Cool Down and Reflection (10 minutes)

- Lead a gentle cool-down with stretching.
- Facilitate a discussion on what students learned about storytelling and expression through dance.
- Ask students which characters they enjoyed embodying and why.

Materials List

- Music player and fantasy-themed music playlist
- Open space for movement
- Optional: simple props (scarves, hats, etc.) for character embodiment
- Basic costume pieces or fabric for fantasy theme enhancement

Adaptations for Different Ages

- Younger children: Simplify story elements, focus more on basic dance movements, and use more guided storytelling.
- Older children: Allow for more complex storylines and improv dance movements with more focus on character development.

Movement Break

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- Midway through group story creation, initiate a quick movement break where students do a fantasy character-inspired dance of their choice for one minute.

Bonus Activities

- Fantasy Costume Design: Let children draw or craft a simple costume piece for their character using paper and markers.
- Create a Fantasy Dance Move: Encourage students to invent their own fantasy-themed dance move and teach it to the class.

Series Outline

****Week 1: Introduction to Dance and Storytelling****

- Warm-up exercises with fun, simple dance moves.
- Introduction to the concept of storytelling through dance.
- Group activity: Create short dance movements inspired by a favorite story or fairy tale.

****Week 2: Exploring Rhythm and Music****

- Learn basic rhythms using claps, stomps, and snaps.
- Introduction to various music genres and their influence on dance.
- Activity: Experiment with moving to different types of music, noticing how it changes the dance expression.

****Week 3: Character Creation in Dance****

- Discuss classic story characters and their unique traits.
- Activity: Choose a character and create a signature dance move or gesture.
- Group Performance: Present a short dance piece as the chosen character.

****Week 4: Improvisation in Dance and Storytelling****

- Introduction to improvisation techniques in dance.
- Activity: Practice spontaneous movement based on prompts.
- Group Activity: Collaborative freestyle dance circle, building a story as each person dances.

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****Week 5: Crafting a Dance Story****

- Guidelines on structuring a story with a beginning, middle, and end through dance.
- Small group activity: Plan a short dance story and choreograph it.
- Share and provide feedback on each group's storytelling dance.

****Week 6: Fantasy Worlds and Creative Movement****

- Discuss elements of fantasy stories (magic, mythical creatures, etc.).
- Activity: Create a fantasy creature and explore its movement style.
- Combine creature movements into a troupe dance representing a fantasy world.

****Week 7: Expressing Emotions in Dance****

- Explore how different movements convey various emotions.
- Activity: Interpret emotions through dance using real-life scenarios.
- Role-play Activity: Enact an emotional journey through a series of dance segments.

****Week 8: Prop and Costume Integration****

- Introduction to using props and simple costumes in dance.
- Activity: Design or select costume pieces to enhance a character or story.
- Practice incorporating props or costumes into previously choreographed dances.

****Week 9: Performance Skills and Stage Presence****

- Discuss the importance of expression and confidence in performance.
- Activities to build stage presence, including eye contact and clear movements.
- Mini-showcase: Perform a section of choreographed work with emphasis on presence and expressiveness.

****Week 10: Final Showcase and Reflection****

- Rehearse and finalize dance stories with feedback from peers.
- Organize a final performance for parents/guardians and classmates.
- Reflection activity: Discuss what was learned and favorite experiences from the Dance Jam series.

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For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

