



Lesson Plan

Academic Support

Enrichment

Healthy Choices

LESSON TITLE: Firebird	LESSON GOAL: The students will learn that Misty Copeland made history as the first African American Female Principal Dancer with the American Ballet Theatre.
INTRODUCE THE BOOK/STORY: (Read the story or use the video link.)	Have any of you ever seen ballet? We are going to find out about a famous ballerina named Misty Copeland. VIDEO BOOK LINK: <u>Firebird</u> by Misty Copeland
DISCUSSION QUESTIONS: (Check for Understanding)	<ul style="list-style-type: none">• What does Misty Copeland accomplish?• What does she tell the young ballerina at the beginning of the story?• Do any of you dance? Have you ever danced in a performance in front of others?
SUPPLIES NEEDED: None	ACTIVITY INTRODUCTION: We're going to watch a video to learn the 5 positions in ballet.
ACTIVITY (Students should do their own work):	<u>Feet Positions for Ballet</u> & <u>Kids Bop Dance Video</u>
CLOSING:	Watch this short video: <u>Changing the Face of Ballet</u>
GROUP GAME: <u>Developmental Goal:</u> To develop cooperation & teamwork. <u>Equipment Needed:</u> 1 ball per team	<ol style="list-style-type: none">1. Read through the game instructions ahead of time so that you can teach the activity.2. Use an attention-getter to gather students and make sure they are listening.3. Explain the game, the rules, and how to play the game.4. Check for understanding, have a few kids and staff demonstrate play.5. Link to game: <u>Over Under</u>