

holiday class plan

warm up circuit (3-5 min)

station 1 - reindeer runs
station 2 - nutcracker jumping jack's
station 3 - sugarplum saules

45 seconds each with 15 seconds between.

stretch (10-15 min)

use a follow the leader style to stretch; with a twist! gather in a circle and have each dancer select a gentle stretch; hold each side for an appropriate length of time!

bonus: use a repeating timer with a bell; it keeps things timely and adds a fun pressure cooker element!

holiday assignment

read or tell 3 fairytale stories to the class.
group your students into cohorts of 2-4.
allow each group to select one of the stories to create a dance for as their holiday assignment!

be sure to assign a few must have components, for example:

opening pose
a canon
a synchronized turn sequence
2 blocking changes
an exit or ending pose

bonus: give them until next class to present; challenge them to provide costumes for their piece!

presentation

when students present their pieces be sure to go over what it means to be an audience member!

ask the presenting group to go over their intentions and their roles before or after their piece.

ask your audience to keep track of the requirements; did the group manage to incorporate them all?

have each student give a compliment post presentation to build a positive community within the group.

winter break reflection

for older dancers assign some light and fun homework for the winter break as a way to tie the two halves of the studio season together.

some suggestions for winter break reflection prompts are:

reflect on your winter holiday assignment. was it hard to work with a team? why or why not?

reflect on your favorite class from the first half of the year. why did it make you feel good? how can you bring that energy to classes you are less interested in?

story suggestions:

hansel and gretel
rudolph the red nosed reindeer
the princess and the pea
peter pan

the princess and the frog
red riding hood
jack and the bean stalk
the swan princess