



Creative Dance Curriculum

Creative Dance for ages 3-4 will introduce making creative dance choices in a contemporary frame. Creative dance often uses props or other physical stimuli to help with prompts. Stories, animals, colors, balloons, and other fun prompts may be used to teach the student how to move in different ways. All the fun movements will be included in a class of contemporary dance that will compliment ballet movements. Each month the children will be taught a principle that builds on the principles from the month before. Mid year (December), they will be doing an in-class performance to show their progress to close friends and family. A more formal performance will be at the end of the dance year, in May. This is a fun time for them to shine and wear a fun costume, showcasing the things they have learned throughout the year as well as building their confidence in giving them a more formal venue to perform at.

*All performances will depend on COVID-19 restrictions.

During each class period, we will generally observe the following schedule:

-Warm up (5 minutes): Each class will include a warm up that prepares the student's body and mind for the lesson ahead. Often moving through the studio.

-Standing Technique (7 minutes): Gives students the building blocks of steps for creative dance.

-Sitting Technique (5-7 minutes): Helps students learn proper stretches and different ways to move across the floor while on the floor.

-Across the Floor (10-15 minutes): Apply creative choices while applying technique from earlier in the class. Get some wiggles out.

-Creative Dance (10-15 minutes): Gives kids a creative outlet to choose their version of dancing. Will always include a prompt.

Monthly Focus

September: Work on standing still and moving when prompted. Introduce different animals as inspiration for movement.

October: Introduce contrasting movement ideas, such as big and small, fast and slow. Include seasonal prompts for movement, such as leaves, scarecrows, ghosts, etc.

November: Students will learn how to follow 2 and 3 step commands. Focus on learning movement patterns on the floor, such as moving in a circle, triangle, or square.

December: Introduce jumping with age-appropriate technique using animals as prompts. We will include seasonal prompts and will prepare for in-class showing.

January: Students will build upon standing still and moving by following general vocal prompts that include 3 steps. They will be allowed to choose their specific movement.

February: Introduce more complicated steps such as skips and gallops. Students will learn the steps in a creative way, allowing them for their own ideas to be part of the combination.

March: Introduce leaps and age appropriate stretches. May use colors and stories as movement prompts.

April: Students will learn basic body half turns and will create their own 4-8 count movement. Sum up the year's lessons and prepare for performance.

May: Prepare for performance.