



PEF Summer, *At Home Edition* – Lesson Plan

Class:
Kamp Kinderdance

Grade Band:
TK-Kindergarten

Teacher:
Ms. Joanna

Lesson:
Catch a Wave

Objectives:
To explore the waves of the ocean through our bodies.

Materials:
A variety of objects can be utilized: scarf, ribbon or small towel.

Process:

Have you ever observed how beautifully the waves of the ocean move? It's as though they are performing a wonderful dance. In this lesson, we are going to have an opportunity to explore the waves of the ocean with our bodies. Let's go!

We are going to begin our lesson with a simple warm-up. Let's march in place and stretch our arms up and down. Next, we march our feet out wide and bring them back together. Jump your feet out and in to second position. Last, we balance with one leg up as we hold it and bring it back down slowly. Then balance the other leg. Repeat the sequence to complete the warm up.

In this dance sequence, we will explore a Toss Catch, Little Currents and a Big Ocean Wave. We will explore each technique separately, then put it all together at the end!

1. Toss Catch- As we toss the scarf into the air, allow it to dance down and catch it before it hits the ground. Repeat this technique for 2 counts of eight.
2. Little Current- Next, we are going to explore smaller waves with our scarves and our bodies. We create currents to the right for 4 counts and to the left for 4 counts. Then, we turn in a circle, bring the scarf up, create wave lines all the way down to end with a jump. Repeat this technique.
3. Big Ocean Wave- Put your scarf in your right hand and swing left, right, left chasse (step together step), swing right, left, right chasse. Repeat 3 times, turn in a circle, big ocean wave down and jump up!
4. Put it all Together- Lastly, put the three techniques together to create choreography. You can explore the movement to a variety of music, including natural ocean waves!

Vocabulary:

water, ocean, wave, current



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