



PEF Summer, *At Home Edition* – Lesson Plan

Class:	Grade Band:
Kinderdance	TK-Kindergarten
Teacher: Joanna Collins	Lesson: Seashells by the Seashore
Objectives:	Materials:
This lesson will explore simple ballet technique.	Ballet shoes (optional)
<p>Process:</p> <p>Have you ever observed the beauty of a seashell closely? They are each unique and special just like you!</p> <ol style="list-style-type: none">1. Begin in 1st position where your heels are touching and toes are pointing out. Hold your shell or other found object from the beach in your hand. Walk in a circle pointing your toes for 4 counts, then go the other way for 4 counts. Come back to 1st position and bend your knees and straighten. We call this a plie. Point your toe with your left foot then point your toe with your right foot. Plie, then rise all the way to your toes, we call this a releve. Repeat 2 times.2. In first position, lift up your shell to the sky, then hold it close to your heart. Repeat 2 times. Next, we are going to jump in place 4 times, then out and in 4 times. Again, lift up your shell to the sky, then hold it close to your heart. Repeat 2 times.3. In first position, we are going to lift our left toe to touch our knee. We call this a passe. Next, plie or bend the knees. Passe your right foot to your knee, then bring the foot to the floor and plie.4. Repeat the Dancer Walks and walk in a circle pointing your toes with your shell for 4 counts. Then go the other way for 4 counts. Turn to the left with your shell and turn to the right with your shell. Hold your shell close to your heart and smile. Nice work!	