



**Lower
Manhattan
Cultural
Council**

EMPOWERING ARTISTS,
INVESTED IN COMMUNITY

TRAINING, NETWORKING, TALKS: ARTS ADVANCEMENT SERIES

*MAKING THE TRANSITION TO BEING A TEACHING ARTIST
A HANDS-ON WORKSHOP*

SAMPLE LESSON PLAN 3 - PRE K

Below is a sample lesson plan for reference use only. A Lesson Plan is a plan for a relatively short-term process of teaching and learning. Usually it describes one workshop session. A lesson plan is firmly grounded in reality when its goals are specific, measurable, accountable, repeatable, and bound by time. Although it can take many forms, a simple and effective lesson plan usually has an opening activity, a main activity, a sharing, and a closing reflection. During the main activity students gain knowledge of specific concepts and practice specific skills. During the sharing students demonstrate their understanding and ability. During the closing reflection students make connections and consider the implications of what they have explored, learned and practiced.

PRE-K Creative Movement Workshop
Sample Lesson Plan
Session 3 of 12

Goals/Objectives:

1. To increase self expression and awareness
2. To learn more about levels: High Middle Low
3. To create a theater space in the class.

Outcomes: After participating in this workshop, each student will:

1. Understand more about abstract shapes by exploring the idea of empty or negative space.
2. Understand more about the idea of levels by using the body to take shapes that are relatively high, middle or low to the earth.
3. Understand more about metamorphosis, growth and change.

Materials:

- Instruments: The Drum

OPENING (5 Minutes)

Hello Room!

- TA asks students “Please come and sit in a circle/En un círculo, por favor.”
- TA reminds students of the movement space “This is the place where we do our creative movement work together. We move in this space to show how we feel. We use our bodies, voices and imaginations.”
- Bending and Twisting (Can you bend your finger? Can you twist your torso? Show me what body part you can bend or twist.)

STARTER ACTIVITY (5)

Dance/Rehearsal

- Move around Low – Take a shape – Freeze – Move as that shape while staying low. (crawl, scoot, wiggle)
- Move around Middle – Take a shape – Freeze – Move as that shape while staying in the middle. (Hop, skip, walk)
- Move around High – Take a shape – Freeze – Move as that shape while staying high (float, fly, bounce)
- Back in the circle.

MAIN ACTIVITY (15)

Theater

- Dialogue: Theater – Audience/Performer
- Space Explorer – Half the class freeze. Others are invited to explore the spaces in between. “Are they high, middle or low? Are they bending, twisting or curving?”
- We close our eyes for the curtain.
- We open them on the count of three.
- We watch the three performers grow and change, twist and bend. (drum)
- We watch the three players Freeze (drum stops)
- We explore the spaces in between (negative space)
- We describe what we see.
- We look at the shapes from different angles.
- Switch.
- Three new performers.

CLOSING (5 MIN)

Active Reflection

- Closing circle: TA narrates, “OK. Now we are done. Find a shape you like and freeze in it. Be low, middle or high. Classroom Teacher will tap you when you are frozen and then you come to life.”