

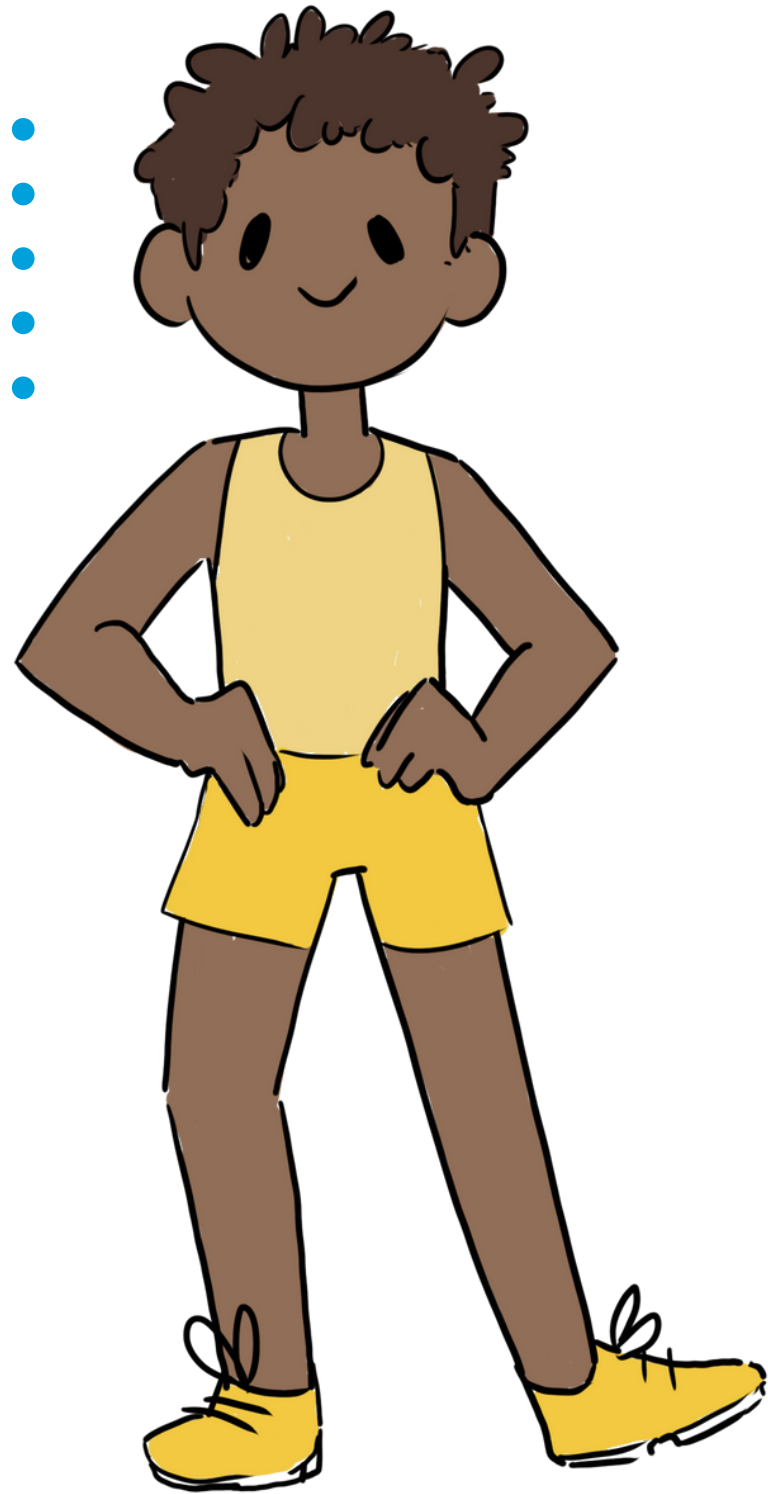
DiscoverDance

Across the Stages of Development

WITH ANDREA TRENCH



OVERVIEW



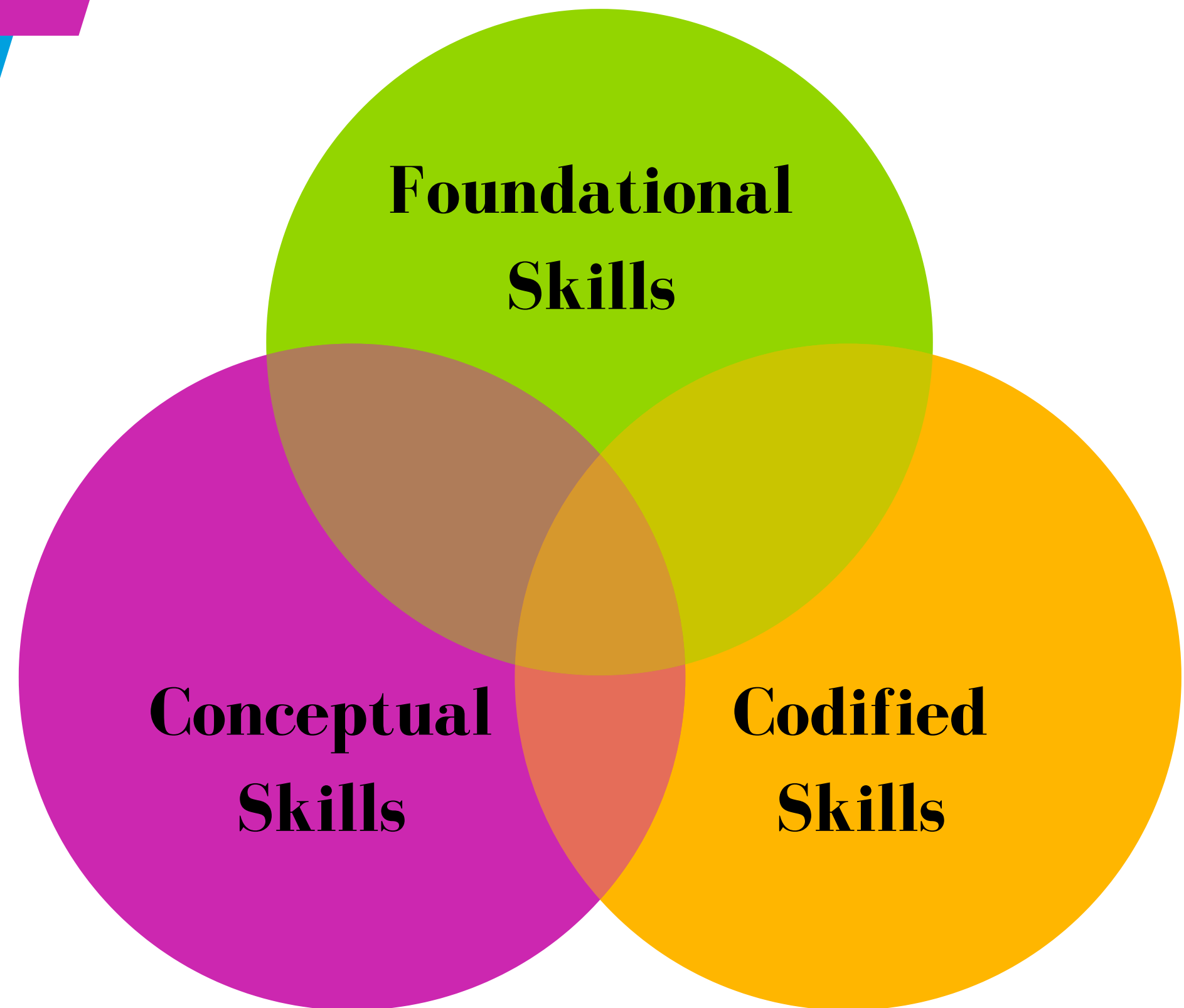
- DiscoverDance Methodology
- DiscoverDance Stages of Development
- Q & A

OUR GUIDE

Brain-Compatible Dance Education

1. Present a Meaningful Curriculum
2. Present a Developmentally Appropriate Curriculum
3. Provide an Enriched Environment
4. Give Meaningful Feedback
5. Alternate Student vs. Teacher-Focused Activities
6. Balance Repetition and Novelty
7. Offer a Curriculum that is Holistic and Sequential
8. Include Opportunities for Emotional Engagement
9. Encourage Social Interaction
10. Provide Information About Nutrition and Sleep

OUR GOALS



OUR GOALS

DiscoverDance Methodology

FOUNDATIONAL

Focus/Concentration
Body Awareness
Balance
Coordination
Self-Regulation
Strength
Spatial Awareness

CONCEPTUAL

Place
Size
Level
Directions
Pathways
Speed
Energy
Weight
Body Parts
Body Shapes
Relationships

CODIFIED

Arm Positions	Retiré/Passé
Feet Positions	Bouffée
Port de Bras	Arabesque
Cambré	Grand
Plié	Battement
Relevé	Sauté
Élevé	Échappé
Tendu	Pas de Chat
Dégagé	Chassé
Piqué	Grand Jeté
	Reverence

OUR SYSTEMS

- Classroom Management Systems
- Lesson Plan Framework Systems

We teach through a clear emphasis on the exploration and discovery of the concepts of dance.

Can be applied to any style of dance!

Ballet

Tap

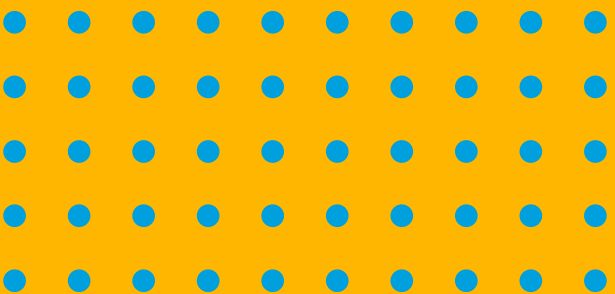
Jazz

Modern

Hip Hop

Acro

OUR APPROACH



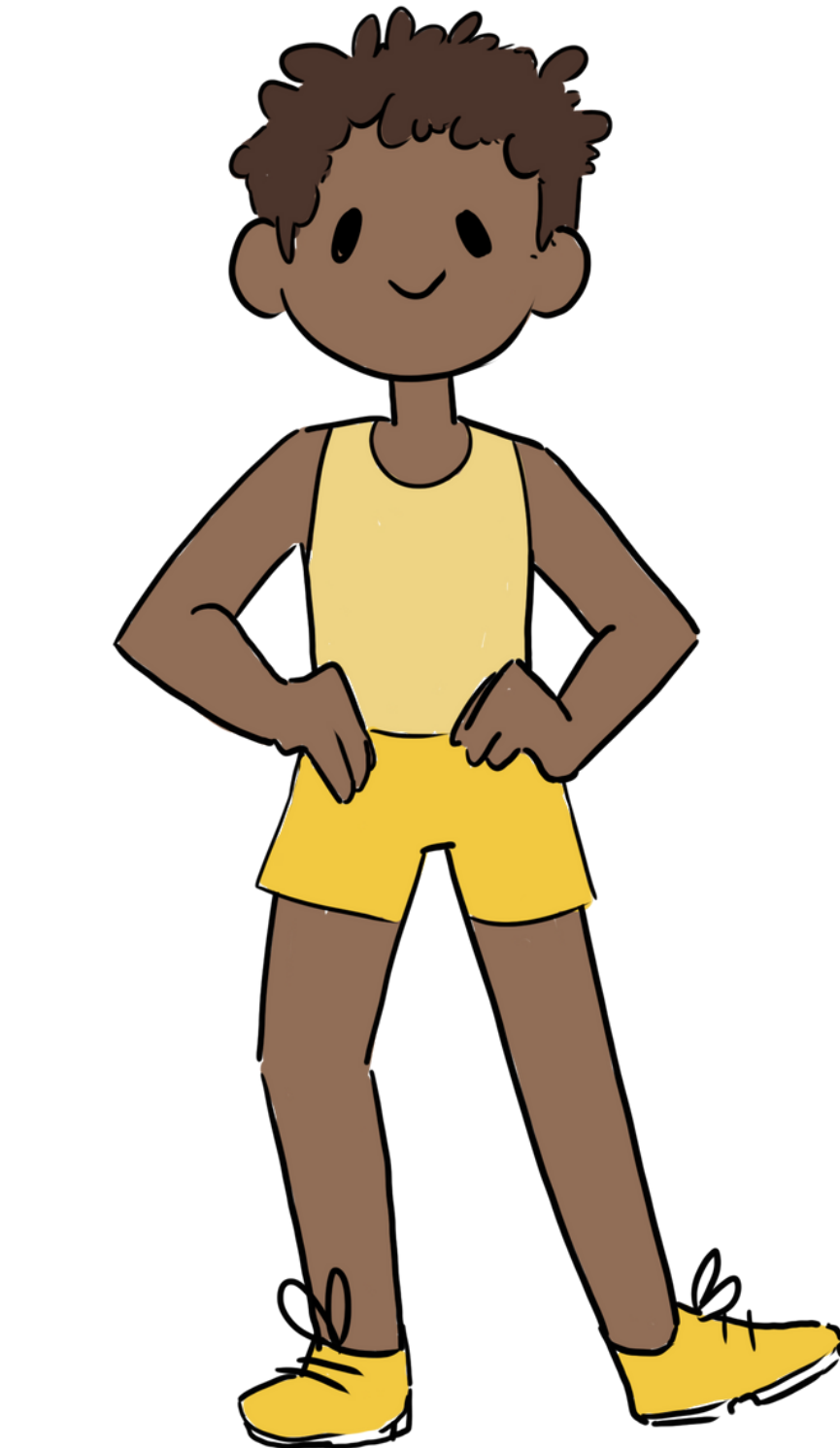
Heel Dig

Stay **on** your **spot**.

Spine stays **straight**.

Legs make a **big** **straight** shape.

Move leg **low** then **high** sharply.



Move leg **down** then **up** quickly.

Dance Concept Key:

Place **Size** **Level** **Directions** **Pathways**
Speed **Energy** **Weight** **Body Parts**
Body Shapes **Relationships**

Muscles are **strong**.

Hands are **on** hips.
Arms in an **angular** shape.

Toes reach **high**.

Heel digs **on** floor.

STAGE 1

Warm-up

10 minutes

- **Freeze Dance with Prop:** (Suggested Music: Freeze Dance, Funky Mama) Encourage dancers to move in ways they may have never explored before, while emphasizing the concept of WEIGHT. When the music stops, freeze.*
- **Hello Song:** (Suggested Music: Wave Hello, Baby Sensory) Lead dancers through the hello song, while emphasizing the concept of WEIGHT.
- **Gentle Stretch:** (Suggested Music: If You're Happy and You Know It, Nursery Rhymes 123) Lead dancers through this gentle stretch, while emphasizing acro terminology and the concept of WEIGHT. *

Discover

10 minutes

- **Introduce the Concept:** WEIGHT (Light, Strong)
When we dance, we can dance LIGHT like a feather flying in the sky or STRONG like a lion pouncing on the ground. Show me how you move your arms light as a feather and say LIGHT. "LIGHT". Great! Now, show me how you can pounce as STRONG as a lion and say STRONG. "STRONG". Let's explore WEIGHT together!
- **Explore the Concept with rhythm or noodle sticks:** (Suggested Music: Drum Loud and Soft, Music For Baby) Use rhythm sticks (seated) or noodle sticks (traveling) to explore LIGHT and STRONG movement as the music changes through this exploration.*
- **Explore the Concept:** (Suggested Music: Fairies and Giants, Bright Stars) Lead dancers through this exploration, while emphasizing the concept of WEIGHT. Option: Add scarves.*

Develop

5 minutes

- **Obstacle Course** (Suggested Music: Walk the Dinosaur, Kids Fitness Music and Fly, Fly Butterfly, Muffin Songs)*
Balance Station: Prop Suggestion- Balance Beam
Gross Motor Station: Prop Suggestion- Floor Tape
Spatial Pattern Station: Prop Suggestion- 4 Poly Spots (2 colors)
Concept Exploration Station: Prop Suggestion- Trampoline

Appreciate

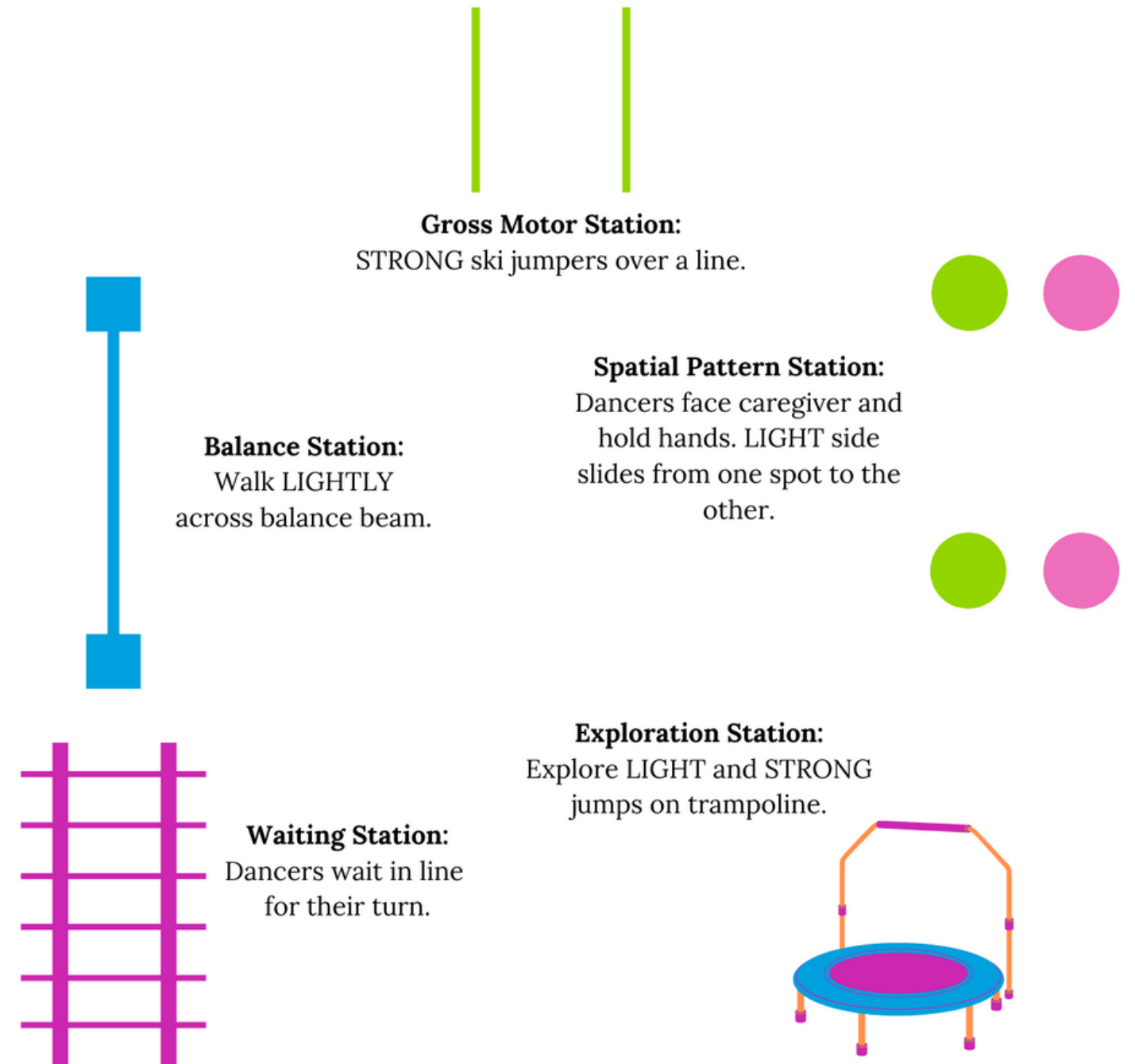
5 minutes

- **Rest:** (Suggested Music: Row Row Row Your Boat with Ocean Waves, Baby Lullaby Academy) Child and grown-up rest seated together while swaying, humming, or singing song.*
- **Review/Reflect:** Review the concept of WEIGHT and share favorite activities. If first day of lesson, give concept coloring pages.
- **Goodbye Song:** (Suggested Music: I Love You, Barney) Lead dancers through this goodbye song with their grown-up.

STAGE 1

OBSTACLE COURSE LAYOUT

Concept of the day emphasized in caps.



STAGE 2

Warm-up

10 minutes

- **Freeze Dance with Prop:** (Suggested Music: *Freeze Dance*, Craig Wingrove) Encourage dancers to move in ways they may have never explored before, while emphasizing the concept of WEIGHT. When the music stops, freeze.*
- **Hello Song:** (Suggested Music: *Hello Hello!*, Super Simple Songs) Lead dancers through the hello song, while emphasizing the concept of WEIGHT.
- **Circle Songs:** Lead dancers through these circle songs, while emphasizing dance terminology and the concept of WEIGHT.
 - Warm-Up (Suggested Music: *The More We Are Together*, Kate Kuper)*
 - Gentle Stretch #1 (Suggested Music: *Clap If You're Happy and You Know It*, Lisa Harris)
 - Gentle Stretch #2 (Suggested Music: *Head, Shoulders, Knees, and Toes*, Smart Baby Lullaby)
 - Gentle Stretch #3 (Suggested Music: *In A Magical Garden*, John Maxim)*

Discover

10 minutes

- **Introduce the Concept:** WEIGHT (Light, Strong)
When we dance, we can dance LIGHT like a feather flying in the sky or STRONG like a lion pouncing on the ground. Show me how you move your arms light as a feather and say LIGHT. "LIGHT". Great! Now, show me how you can pounce as STRONG as a lion and say STRONG. "STRONG". Let's explore WEIGHT together!
- **Explore the Concept with rhythm or noodle sticks:** (Suggested Music: *Quiet in the Library!*, Kerri Lynn Nichols) Use rhythm sticks (seated) or noodle sticks (traveling) to explore LIGHT and STRONG movement as the music changes through this exploration.*
- **Explore the Concept:** (Suggested Music: *We are the Dinosaurs*, The Laurie Berkner Band) Lead dancers through this exploration, while emphasizing the concept of WEIGHT.*

Develop

5 minutes

- **Obstacle Course** (Suggested Music: *Walk the Dinosaur*, Kids Fitness Music and *Fly, Fly Butterfly*, Muffin Songs)*
 - Balance Station:** Prop Suggestion- Balance Beam
 - Gross Motor Station:** Prop Suggestion- 5 Hoops
 - Spatial Pattern Station:** Prop Suggestion- 4 Poly Spots (2 colors)
 - Concept Exploration Station:** Prop Suggestion- Trampoline

Appreciate

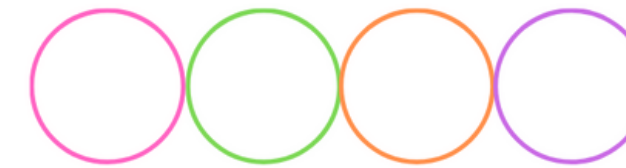
5 minutes

- **Rest:** Lead dancers through this resting song to the tune of "The Farmer in the Dell": *We breathe slowly in. We breathe slowly out. We give ourselves a great big hug, and then we shake it out.*
- **Review/Reflect:** Review the concept of WEIGHT and share favorite activities. If first day of lesson, give concept coloring pages.
- **Goodbye Song:** (Suggested Music: *See You Later Alligator*, Super Simple Songs) Lead dancers through this goodbye song either in a circle or as you lead the dancers out of the studio.

STAGE 2

OBSTACLE COURSE LAYOUT

Concept of the day emphasized in caps.



Gross Motor Station:

STRONG jumps in each hoop.



Balance Station:

Walk LIGHTLY across balance beam.



Spatial Pattern Station:

LIGHT side slides from one spot to the other.



Waiting Station:

Dancers wait in line for their turn.

Exploration Station:

Explore LIGHT and STRONG jumps on trampoline.



STAGE 3

Warm-up

20 minutes

- **Freeze Dance with Prop:** (Suggested Music: *Freeze Dance*, Craig Wingrove) Encourage dancers to move in ways they may have never explored before, while emphasizing the concept of WEIGHT. When the music stops, freeze.*
- **Hello Song:** (Suggested Live Singing: *Today is Dance Day*) Lead dancers through the hello song, while emphasizing the concept of WEIGHT. DiscoverDance Lyrics: *Today is dance day. Today is dance day. Hello to my friends. Today is dance day. Today is dance day. Hello to my friends. We say, "Hello! How are you?" "I'm very well. Thank you!" We say, "Hello! How are you?" "I'm very well. Thank you!"*
- **BrainDance:** Build/Choose your own from the DiscoverDance Experience Library. (Suggested Music: *Rio Loco* and *Aquamarina*, Kate Kuper or background music that fits the style of the BrainDance.)*

Discover

10 minutes

- **Introduce the Concept:** WEIGHT (Light, Strong)
When we dance, we can dance LIGHT like a feather flying in the sky or STRONG like a lion pouncing on the ground. Show me how you move your arms light as a feather and say LIGHT. "LIGHT". Great! Now, show me how you can pounce as STRONG as a lion and say STRONG. "STRONG". Let's explore WEIGHT together!
- **Explore the Concept with rhythm sticks (seated) or noodle sticks (moving around):** (Suggested Music: *Quiet in the Library!*, Kerri Lynn Nichols) Use the sticks to explore LIGHT and STRONG movement as the music changes through this exploration.*
- **Explore the Concept:** (Suggested Music: *The Mice Go Marching*, Hap Palmer) Lead dancers through this exploration, while exploring the concept of WEIGHT.*

Develop

10 minutes

- **Obstacle Course** (Suggested Music: *Walk the Dinosaur*, Toddler Song Kids and *Fly, Fly Butterfly*, Muffin Songs)*
Balance Station: Prop Suggestion- Balance Beam
Gross Motor Station: Prop Suggestion- 5 Hoops
Spatial Pattern Station: Prop Suggestion- 4 Poly Spots (2 colors)
Concept Exploration Station: Prop Suggestion- Trampoline
- **Skill Development:** Teamwork-Parachute Play (Suggested Music: *Xylophone-Soft and Loud*, Music for Baby) Lead dancers through this exploration, while emphasizing the concept of WEIGHT.*

Appreciate

5 minutes

- **Rest:** (Suggested Music: *Pop Goes the Weasel*, *Smart Baby Lullaby Music*) From hands and knees, push STRONGLY into the floor to cat pose, release LIGHTLY to cow pose. Repeat several times.*
- **Review/Reflect:** Review the concept of WEIGHT and share favorite activities. If first day of lesson, give concept coloring pages.
- **Goodbye Song:** (Suggested Music: *The Goodbye Train (Reverence)*, Craig Wingrove) Lead dancers on a goodbye train out of the studio.

STAGE 3

OBSTACLE COURSE LAYOUT

Concept of the day emphasized in caps.



Gross Motor Station:

STRONG jumps in each hoop.

Option: add space between the hoops for an extra challenge.



Balance Station:

Walk LIGHTLY across balance beam.

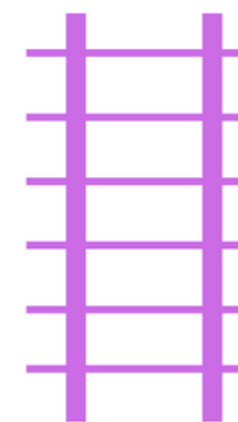


Spatial Pattern Station:

LIGHT side slides from one spot to the other. Switch sides at each spot.

Exploration Station:

Explore LIGHT and STRONG jumps on trampoline.



Waiting Station:

Dancers wait in line for their turn.

STAGE 4

Warm-up

10 minutes

- **Freeze Dance with Prop:** (Suggested Music: *Dance Freeze*, Dan the Music Man) Encourage dancers to move in ways they may have never explored before, while emphasizing the concept of WEIGHT. When the music stops, freeze on one leg.*
- **Hello Song:** (Suggested Live Singing: *Today is Dance Day* (Tap)) Lead dancers through the hello song, while emphasizing the concept of WEIGHT.
- **BrainDance:** (Suggested Music: *Break Beat Boogie* and *Funky Fitness*, Kimbo Children's Music) Lead dancers through a Tap BrainDance, while emphasizing the concept of WEIGHT and Tap Skills.*

Discover

15 minutes

- **Introduce the Concept:** WEIGHT (Light, Strong) Introduce the concept through See, Say, Do.
- **Explore the Concept:** (Suggested Music: *The Weather Song*, Christopher Zondaflex Tyler) The song will cue dancers through this exploration of WEIGHT.*
- **Change Shoes:** (Suggested Music: *The Countdown*, Jim Gill) Lead dancers through this class transition.*
- **Explore the Concept:** (Suggested Music: *Lion and Birds*, Wee Sing) Lead dancers through this exploration, while emphasizing Ballet skills and the concept of WEIGHT. Optional: add scarves.*

Develop

15 minutes

- **BrainDance:** (Suggested Music: *Wake Me Up Before You Go-Go* and *Someone Like You*, The Piano Guys) Lead dancers through a Ballet BrainDance, while emphasizing the concept of WEIGHT and Ballet Skills.*
- **Obstacle Course** (Suggested Music: *Adage 2- Feather Theme from Forrest Gump*, Christopher N Hobson and *I'll Make a Man Out of You*, Nate Fifield)*
Balance Station: Prop Suggestion- 5 Poly Spots (2 colors)
Gross Motor Station: Prop Suggestion- 2 Poly Spots (same color)
Spatial Pattern Station: Prop Suggestion- 3 cones
Concept Exploration Station: Prop Suggestion- Hoop and Scarves
- **Skill Development:** Teamwork with the **parachute or giant stretchy band** (Suggested Music: *Sails on the Ship*, Mr. Yipadee) Lead dancers through this skill development, while emphasizing the concept of WEIGHT.*

Appreciate

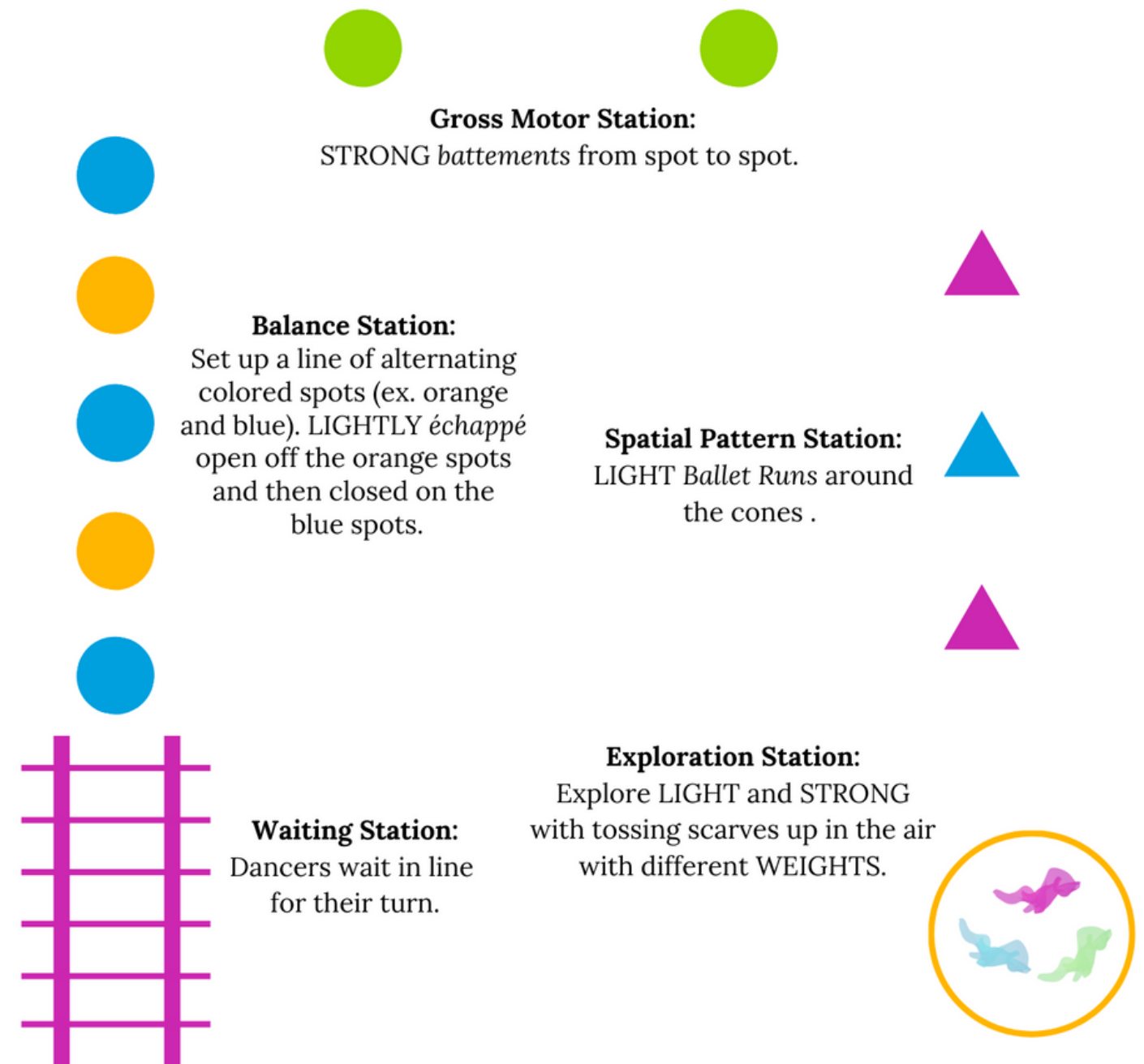
5 minutes

- **Rest:** (Suggested Music: *Pop Goes the Weasel*, Smart Baby Lullaby Music) From hands and knees, push STRONGLY into the floor to cat pose, release LIGHTLY to cow pose. Repeat several times.*
- **Review/Reflect:** Review the concept of WEIGHT, Tap Skills and Ballet Skills from class. Share favorite activities from the day. If first day of lesson, give concept coloring pages. Hand out ballet or tap vocabulary coloring pages the following weeks.
- **Goodbye Song:** Reverence: (Suggested Music: *Twinkle Twinkle Little Star (Instrumental)*, Cedarmont Kids) Lead dancers through the reverence, while emphasizing the concept of WEIGHT.
 DiscoverDance Lyrics: *Thank you. Thank you, everyone. Thank you for making dance so fun. With a big bow and curtsy, we share our love for all to see. Give a clap and big hooray! We'll see you on our next dance day.*

STAGE 4 BALLET

OBSTACLE COURSE LAYOUT

Concept of the day emphasized in caps. Ballet skills in *italics*.





Connect with us!

DiscoverDance.com



Use code "TORONTO" when joining the DiscoverDance Studio Owner (Yearly) Membership and receive one FREE Foundations Course Enrollment.

Expires 8/11/2023

Please allow 7 days for Foundations Course access to be emailed.

