



Weekly Lesson Plan

Class Level:	Class Length:	Month 1:
Instructor:	Class:	
Objectives:		
Movement Concepts:		
National Standards:		
Music:		
Props:		
Optional Props:		
Supplies:		
Full Color Visuals:		
Coloring Sheets for Handout:		
Video Training:		
Teacher Notes:		
<i>Pre-Class Activity</i>		
<i>Class Beginning</i>		

Warm-Up		
Center Barre		
Center Work		
Across the Floor		
Creative Movement		
Class Ending		
Teacher's Notes:		