

Lesson Plan for CSTD Theatrical & Performing Arts Syllabus

Teacher:	Jane Smith	School:	Twinkle Toes Dance Academy	Level	TPA3
Lesson Number Date :	3 March 7 2017	Lesson Duration	60 mins		

LESSON OUTCOMES	Building on previous lessons – Emphasis on diction in drama, singing solo, development of technique of chasse turns, glissade derriere and trebles
Time	Lesson Content & Resources
DRAMA WARM UP 5 mins	Voice Warm up Various tongue twisters “Red Leather, Yellow Leather”, Irish Wristwatch” “Peter Piper Picked a Pickle” “ “A big black bug bit a big black bear”
DIALOGUE 5 mins	Read through the Dorothy and Scarecrow dialogue playing particular attention to diction and clarity of words
SINGING 10 Mins	Standing in circle, 'neutral position' at all times. <u>Warm-ups : 3 minutes</u> Add the following to routine: Long single notes on the 'ng' of Sing: ie note 'G' Singngngngngngngng If possible, play chords on piano to match the pitch to. <u>Song:</u> Revise Phrase 1 and 2. Remind about last weeks issues (vowels etc) Introduce Phrase 3. Use methodology above. Use energy (not volume) to project. Make the room echo. Each student should sing one phrase alone
JAZZ 15 mins	1. Teacher Directed Cardio vascular warm up to include jogging, galops, skips etc in a circle 2. Flexibility exercises for major muscle groups Roll down to touch toes, Frogs, Straddles, Thigh stretch pliés in 2nd 3. Strength exercises – plank, crunches etc Corner work kicks Spotting exercise Preparation for Chasse Turns Facing the side chasse and pull up on to demi pointe Concentrate on posture and use of turn out and parallel add turning action on each second chassé
CLASSICAL 15 Mins	Barre exercises based on the Grade 2 CSTD Classical Syllabus 1. Tendus - divided battement tendu action 2. Grade 2 Pliés exercise 3. Petit Jetés at barre working on foot placement – no jump Centre 4. Ports de Bras – working on 3rd position of arms 5. Sautes and changements

	<p>Glissade Break down in CENTRE 3rd position R ft Derriere Demi plié , R degage to 2nd remaining on fondu , transfer weight onto R en fondu L pointe tendu, L close 3rd devant X 3 changement stretch & bend to repeat other side</p>
<p>TAP 10 Mins</p>	<p>Tap warm up at the barre to include straights hits, ankle circles, shuffles . hops and springs Corner Front slap ball changes, springs & hit springs Treble Break Down Facing Barre 2 Hops treble Hop X 3 then 2 hops treble spring Repeat in Centre</p>
<p>REFLECTION What worked well? What would I do differently? What changes would I make?</p>	