



LESSON PLAN FOR MOVEMENT

Date _____

Group _____

LESSON ELEMENTS

ACTIVITY LIST

EQUIPMENT / MUSIC

TRANSITION ACTIVITY

LESSON ELEMENTS	ACTIVITY LIST	EQUIPMENT / MUSIC	TRANSITION ACTIVITY
Lesson Introduction Skill Focus / Objectives			
Fun warm-up to music Ideas / Songs			
Activity 1			
Activity 2			
Activity 3			
Activity 4			
Activity 5			
Ending Activity Stretching, Breathing, Yoga			