



TheInnerDancer.com | ContactSamantha@gmail.com

Lesson Plan Outline

- Greetings
- Outline for the class that day
- Warm Up/Get Engaged
- Overview/Topic (Concept/Approach/Why)
- Break down: Demonstrate → Big Picture → Small Chunks → Slow → Repeat
- Implement
- Repeat: Break down and Implementation
- Questions
- Goals/Accountability
- Cool Down
- Announcements