



# OUTDOOR LESSON PLAN



<i>School</i>	Secondary School No 4 Suceava
<i>Subject</i>	Music and movement
<i>Topic/Theme</i>	Group dance "Gummy Bear"
<i>Timeframe</i>	<b>45 minutes</b>
<i>Level</i>	4th grade - 8th grade
<i>Activity</i>	Music outdoors
<i>Objectives</i>	to execute correctly the main physical development exercises; to perform basic movements associated with gestures and music; to perform the Gummy Bear dance choreography correctly and to the rhythm of the music to adopt the correct body position, specific to the dance style
<i>Material Media Resources needed</i>	Speakers, music, flash drive
<i>Description/ Step-by- step procedure</i>	<p><b>Organising students</b> -alignment; -checking equipment and health; -announcing topics and objectives;</p> <p><b>Preparing the body for effort</b> a) Walking and different types of walking b) Running and types of running</p> <p><b>Selective influence over the musculoskeletal system</b> Exercises for neck, shoulders, arms, body, weist, legs, joints, feet.</p> <p><b>Learning the coreography</b> The following stages will be completed: 1. demonstration of the steps/movements by the teacher; 2. execution of steps/movements by students individually without music; 3. execution of choreographys to music (Gummy Bear).</p>
<i>Reflection/ Assessment</i>	Appraisals are made on how the students execute the steps specific to the dance style, respect the rhythm, the melodic line, adopt the appropriate body position, adopt the dance attitude appropriate.

Students' work examples

