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Spring 2021

### CK Dance Club

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NEBRASKA HONORS PROGRAM  
CLC EXPANDED LEARNING OPPORTUNITY CLUBS  
INFORMATION SHEET

**Name of Club:** CK Dance Club

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**Age/Grade Level:** Kindergarten – 2<sup>nd</sup>

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**Number of Attendees:** (ideal number) 10 or fewer

**Goal of the Club:** (learning objectives/outcomes)

Students will understand the art of dance and will be able to create their own dance at the end.

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**Resources:** (Information for club provided by)

Previous dance experience, various YouTube videos

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**Content Areas:** (check all that apply)

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

**Outputs or final products:** (Does the club have a final product/project to showcase to community?)

Students will be able to perform a routine and showcase a variety of basic dance skills

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**Introducing your Club/Activities:**

This dance club engages students with music, creativity, and physical involvement

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**General Directions:**

Create a dance class environment where students will learn about dance, attempt a variety of dance moves, and showcase their skills through a choreographed dance.

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**Tips/Tricks:**

To prevent students from disengaging, listen and include songs that they want to listen to. Encourage them to create their own dance moves and work with one another.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Welcome to Dance!

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

Begin the club by sitting in a large circle to ask each student their name and a question of the day. Repeat each name to begin learning names. Explain the club and expectations. Discuss a general idea of what dance is. Begin the dance portion by stretching and explain the importance of stretching. Then, explain movement and have students free dance across the room.

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**Conclusion of the activity:**

Students were excited but wanted to do more of a choreographed dance.

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**Parts of activity that worked:**

Beginning question was very helpful. It was good to meet the students and initially begin engaging them before jumping straight into expectations.

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**Parts of activity that did not work:**

They just wanted to start a choreographed dance right away.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Focus on Emotions

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

After asking opening questions and repeating names, have the students spread out for warm-ups and stretching. Get blood flowing and have students follow stretches. Explain the importance of emotion in dance. Tell the students an emotion and have them act it out. Play a variety of songs that show different emotions from popular hits and favorite movies. Have students move and dance to each song. After the lesson, begin the choreographed dance by playing the music and asking them to feel the emotion and then begin teaching the dance by utilizing emotion.

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**Conclusion of the activity:**

Not everyone enjoyed this activity, but it was a good thing to get out of the way.

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**Parts of activity that worked:**

Most of the students enjoyed trying to guess the emotions.

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**Parts of activity that did not work:**

Not everyone stayed engaged. Keep the lesson portion short and switch the songs quickly.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Ballet Focus

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

Normal beginning with question, warm-ups and stretching. Talk about a few of your favorite ballerinas and show pictures. Talk about the importance of ballet and teach the five steps of ballet. Work on ballet moves for 10 minutes then move on to the dance. If students behaved throughout club, end with a "Guess the Emotion" game.

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**Conclusion of the activity:**

Students were not really excited about ballet as expected, especially the boys, but it went well.

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**Parts of activity that worked:**

Students picked up the moves quickly and loved the game. They wanted to take turns leading.

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**Parts of activity that did not work:**

The ballet portion did last a little longer than expected. We should've moved onto the dance quicker.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Jazz Focus

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

Typical beginning. Explain what jazz dance is and provide examples where they might have seen jazz dance. Go back to the "free dance" lesson and this time, have students work on jazz walks. Begin on one side of the room and walk across the room working on jazz walks. Describe how jazz is different from ballet: sharp vs smooth motions. Then continue with choreographed dance. End with "Color Dance" game at the end. (If they are wearing a certain color, then they dance.)

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**Conclusion of the activity:**

Students really liked this day and the fast-paced movements.

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**Parts of activity that worked:**

They really enjoyed being able to choose their own type of movements going across the floor.

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**Parts of activity that did not work:**

It was hard to explain color dance. Probably will not try this one again.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Contemporary Focus

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

Same beginning. Today, we are focusing on contemporary to give students a break from the fast-paced dancing. You will want to remind students of the emotions that we talked about earlier and do a quick activity to remember them. Work on a couple moves, jumps, and turns that you will use in the choreographed dance. Continue working on the dance afterwards. Today, have them perform the dance for you to test their memorization towards the end. At the end of the club, end with musical chairs. (Or duck-duck goose if chairs aren't available.)

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**Conclusion of the activity:**

They did not necessarily like the contemporary portion, but they liked working on jumps.

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**Parts of activity that worked:**

Jumps went very well. Students were easily engaged.

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**Parts of activity that did not work:**

Turns were difficult for some students. Plan on spending quite a chunk of time on these.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Hip-Hop Focus

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

This is the finale of the dance focuses. Begin as normal and explain what hip hop is. Ask the students to show you some moves that they might have seen on social media or in school. (I.e., flossing, dabbing, etc.) Explain how hip-hop is all around us and constantly changing. Work on some hip-hop moves for the dance and then continue working on the dance. At the end have the students perform it for one another in groups. End with a game of freeze dance.

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**Conclusion of the activity:**

They really enjoyed hip-hop day.

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**Parts of activity that worked:**

They enjoyed bringing in their own types of hip-hop moves that they've seen.

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**Parts of activity that did not work:**

Students are beginning to get too comfortable and aren't wanting to listen as well.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Performance Day

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

Today is the last day of our choreographed dance. Begin class as normal, but today for warm-ups, start in a circle, with everyone facing inwards. Students can then take turns leading stretches. Go around the circle and allow each student to choose one movement to warm-up with. Then begin by reviewing the dance until students are comfortable. Group students and allow everyone to perform for one another. Since we are really giving it our all today, make sure to take breaks so students do not overwork themselves. End with an easy game of color dance. Ask for song recommendations for next week.

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**Conclusion of the activity:**

To help students stay focused, I implemented a sticky note rule. At the beginning of club, I put so many sticky notes up on the wall. Every time a student interrupts, talks out of hand, or refuses to listen, I take a sticky note down. At the end of the day, if there's still sticky notes, then students get to play the game. If not, we don't get to end with a game.

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**Parts of activity that worked:**

Students really enjoyed today and getting the opportunity to dance with one another. They sticky note rule made the students encourage one another to listen.

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**Parts of activity that did not work:**

Students were very tired at the end of the day, but otherwise it went well.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Group Choreography

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

Students have begun to understand multiple aspects of dance, and now it is time to allow them to work on their own choreography. Begin the class as normal with questions, circle warm-ups, and taking turns to lead stretches. Then, play the chosen song so everyone can hear the song. Tell them to listen to the music and the lyrics. Begin allowing them to choreograph the dance by playing a chunk of music at a time, about 8 counts. Students can think for a little, then raise their hand when they have a movement idea. Work up until last 5 minutes of club to play a game.

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**Conclusion of the activity:**

We got about 45 seconds into the song.

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**Parts of activity that worked:**

Students are really enjoying the opportunity to create their own dance. They are working well with one another and are excited.

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**Parts of activity that did not work:**

At some points, students had a hard time listening to one another and liked to speak over. It's important to instruct them to raise their hands.

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## LESSON PLAN WORKSHEET (NEXT 3 WEEKS)

**Lesson Activity Name:** Group Choreography Part 2

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

After warm-ups, review movements learned throughout the semester and the dance. If they have a hard time remembering it, take it 16 counts at a time. Then continue creating the dance. Occasionally, have them perform without you. End each week with a game.

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**Conclusion of the activity:**

We got about halfway,  $\frac{3}{4}$  and then finished the dance. Students really enjoyed it.

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**Parts of activity that worked:**

We were able to complete the whole dance! If you are not able to, that is okay too!

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**Parts of activity that did not work:**

Had to have club instructor come in to remind students of expectations.

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## LESSON PLAN WORKSHEET

**Lesson Activity Name:** Final Dance Day!

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**Length of Activity:** 45 minutes

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**Supplies:** Speaker, music, and a large open area

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**Directions:**

It's the last club day! If your school allows it, parents will be coming in for the last 15 minutes or so to watch the students perform what they have learned. Begin with a quick opening question, warm-up and stretching. This should only take about 10 minutes. Review the dance and across the floors from the semester that will be showcased. Then preform everything for the parents.

If you are not able to perform, still review and let students choose what they want to work on for the last day. Then, allow students to perform the dance for one another and end with a game of their choice. Thank them for dancing with you this semester!

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**Conclusion of the activity:**

We had a great last day together, and hopefully they all have learned new things to continue working on in their own time!

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**Parts of activity that worked:**

Students said that they loved the club and had a great time. We bonded and enjoyed dancing with one another!

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**Parts of activity that did not work:**

Everything ran great!

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