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## Music Lesson Plan

**Title:** Musical Movement Adventure

**Objective:**

To engage 4-year-old children in a 15-minute music lesson that promotes physical activity, coordination, and rhythm through creative movement and dance. By the end of this lesson, students will have a better understanding of spatial awareness and physical movement.

**Source:**

<https://www.cde.ca.gov/be/st/ss/documents/caartsstandards.pdf>

**Materials Needed:**

- A speaker to play music.
- 3-4 Age-appropriate music tracks (upbeat, lively, and suitable for dancing).
- Open space for movement.

**Procedure:**

**1. Introduction (2 minutes):**

- Gather the children in a circle or sitting area.
- Start by introducing teachers and creating a welcoming atmosphere.
- Ask if the students have ever been to the zoo or seen animals.
- Explain that today, they will go on a musical adventure through specific movements and dance and become different animals.

**2. Warm-up (1 minute):**

- Begin with a gentle warm-up to get their bodies moving.
  - Encourage wiggles
  - [https://www.youtube.com/watch?v=XaOfiC\\_ZOjk](https://www.youtube.com/watch?v=XaOfiC_ZOjk)

**3. Dance Activity 1: Animal Dance (3 minutes):**

- Have children move into their own space
- Tell the children that they are going to pretend to be different animals and dance like how they think the animals would dance.
- Play an upbeat music track.

- Call out specific animals and have the children mimic their movements:
  - "Let's be kangaroos and hop!"
  - "Now, waddle like penguins!"
  - "Stretch out your necks like giraffes!"
- Keep the energy high and the movements exaggerated.

[https://www.youtube.com/watch?v=\\_MgP\\_rPyuk8](https://www.youtube.com/watch?v=_MgP_rPyuk8)

#### **4. Dance Activity 2: Follow the Leader (3 minutes):**

- Gather students into a circle
- Choose a child to be the "leader" for this activity.
  - Ask if any would like to volunteer
- Play a different music track.
- Ask the leader to perform a specific movement (e.g., jump, twirl, or stomp).
- The other children should follow the leader and mimic their movements.
- After each dance move, switch to a new leader with a new movement.
- <https://www.youtube.com/watch?v=SO6Cg4KdTMo>

#### **5. Dance Activity 3: Animal Freeze Dance (3 minutes):**

- Play another music track.
- Explain that when the music plays, they should dance around the room.
- When the music stops suddenly, they must freeze in place.
- Continue this game, alternating between dancing and freezing.
- <https://www.youtube.com/watch?v=t1MuOLT5Uml>

#### **6. Cool-down and Conclusion (3 minutes):**

- Gradually slow down the music.
- Have the children sit down in a circle.
- Ask them to share one specific movement they enjoyed during the lesson and which animal it represented.
- Express your appreciation for their participation and creativity.
- [https://www.youtube.com/watch?v=XaOfIC\\_ZOjk](https://www.youtube.com/watch?v=XaOfIC_ZOjk)

#### **9. Thank and Dismiss (30 seconds):**

- Thank the children and any accompanying adults for joining the lesson.
- Allow for transition to next lesson

**Music Standards Met:** Anchor Standard 1 Creating (PK.DA.Cr1), Anchor Standard 4 Performing (PK.DA:Pr4), Anchor Standard 7 Responding (PK.DA:Re7), Anchor Standard 10 Connection (PK.DA:Cn10).

