

# Preschool Lesson Plan: Traditional Dance Day

**Age Group:** 4-5 years

**Duration:** 1 hour

**Theme:** Celebrating cultural diversity through dance

## Learning Objectives

- Teach the concept of traditional dance among preschool children.
- Develop an appreciation for cultural heritage through movement and music.
- Improve gross motor, rhythm, and coordination.
- Enhance teamwork through self-expression.

## Materials Needed

- Traditional music is representative of different cultures: for example, drum beats and folk songs.
- Minimal costumes or accessories: scarves, hats, anklets.
- Pictures or short videos of traditional dances.
- Dance space.

## Lesson Procedure

### 1. Warm-Up Activity (10 minutes)

- Objective: To get the children up and mobile to prepare them for the session.
- Activity: Play rhythmic music and ask the children to clap, stamp, or sway according to the beat.
- Example: "Let's clap to the beats of the drums! One, two, three!"

### 2. Introduction to Traditional Dances (10 minutes)

- Objective: To introduce the concept of traditional dances.
- Present visuals or show a short video of some traditional dance and describe the story behind the dance.
- Example: "This is a Kandyan dance from Sri Lanka. Look at their wonderful movements and dress."

### 3. Learning a Simple Dance (20 minutes)

- Objective: To teach the children the basic movements of a traditional dance.
- Break down the dance into simple steps and guide the children to practice.
- Example: Teach a basic step of an African tribal dance: "Step, step, clap! Let's all do it together!"

#### **4. Creative Expression Time (10 minutes)**

- Objective: Allow children to add their unique moves.
- Let them dance freely while incorporating steps they have learned.
- Example: "Now, let's make our dance! Take those steps you have learned and make them yours."

#### **5. Cool Down and Reflection (10 minutes)**

- Objective: Wrap up the session with relaxation and sharing.
- Play soothing music and allow children to gently sway for relaxation. Ask how they felt about the activity.
- Example: "Did you have fun learning new dance moves? Which one was your favourite?"

#### **Assessment**

- Observe children's participation and ability to follow rhythm and steps.
- Note whether they are ready to express themselves and participate in group activities.

#### **Extension Activity**

- Invite parents to share some of their traditional dances at a family event at school.
- Create a "Dance Wall" with drawings or pictures of traditional dances the children enjoyed.