Traditional Dance Lesson Plan for Preschool (Age 4–5)

Lesson Procedure

1. Warm-Up Activity (10 Minutes)

Objective

Prepare children's bodies for movement and increase their energy levels.

Activity Description

Play lively rhythmic music and invite the children to move their bodies.

Start with simple actions:

- Clapping hands
- Stomping feet
- Jumping lightly
- Stretching arms

Example instructions:

“Let’s clap our hands to the drum beat! One, two, three!”

“Now let’s stomp our feet like elephants!”

Warm-up exercises help prevent injury and get children excited about dancing.

Teachers should encourage all children to participate while keeping the atmosphere relaxed and fun.

2. Introduction to Traditional Dances (10 Minutes)

Objective

Introduce children to the concept of traditional dance. Show pictures or short videos of dancers performing cultural dances. Explain in simply that different countries have they own dances.

Example explanation:

“People around the world celebrate festivals and special events by dancing.”

Show a video or image of **Kandyan dance from Sri Lanka** and describe the costumes and movements.

You can say:

“This dance is called the Kandyan dance. The dancers wear beautiful costumes and move their hands and feet in special ways.”

Ask children questions to keep them engaged.

Examples:

- “What do you see in the dancer’s costume?”
- “Do you hear the drum beat?”

This helps develop observation and listening skills.

3. Learning a Simple Dance (20 Minutes)

Objective

Teach children basic dance steps inspired by traditional dance movements.

Choose a **very simple movement pattern** suitable for preschool children.

Example dance sequence:

Step – Step – Clap
Step – Turn – Clap

Demonstrate the steps slowly while counting.

Example instruction:

“Step to the right, step to the left, clap your hands!”

Repeat several times until the children become comfortable.

Then add music so children can practice moving with rhythm.

Encourage them by saying:

“Great job! Let’s try again together!”

Teachers need to support children who may feel shy or unsure.

4. Creative Expression Time (10 Minutes)

Objective

Motivate children to learn themselves through creative movement. Now allow children to create their own dance using the steps they learned.

Play music and tell them:

“Now let’s make our own dance! Use the steps we learned and add your special moves.”

Children might:

- Spin around
- Jump
- Clap

- Move their arms

Creative movement activities help children build confidence and imagination. Teachers can celebrate each child's unique movements.

5. Cool Down and Reflection (10 Minutes)

Objective

Relax the body and reflect on the experience. Play soft, calming music and guide children through slow movements.

Activities may include:

- Gentle swaying
- Stretching arms
- Deep breathing

Ask questions such as:

- "Did you enjoy dancing today?"
- "Which dance move was your favorite?"

This helps children develop **communication and emotional awareness**.

Assessment Methods

Assessment in preschool should be **informal and observation-based**. Teachers can observe children during the activity to evaluate participation and development.

Look for:

- Ability to follow simple dance steps
- Participation in group activities
- Response to rhythm and music
- Confidence in movement

Teachers can also note whether children:

- Enjoyed the activity
- Interacted with others
- Tried creative movements

Observation helps teachers understand each child's progress.