



- The Lessons are developed for ages 8 and up.
- Modifications are provided for some skills/elements to encourage your coaches to strive for skills but keep the focus on FUN!
- We encourage your staff to make sections easier or harder if needed.
- The lessons can be expanded easily by cutting the choreography into smaller sections and having the program be 16 weeks instead of 12 (September - December)

1 Each Lesson Plan is self contained.

All of the Dance FUNdamental lesson plans include:

- A. Conditioning
- B. Stretching
- C. Pom Motion Drills (if teaching the Pom curriculum)
- D. Center or Across the Floor Work
- E. Choreography

And then conclude with some team building games for **FUN!**

2 Each week begins with a visual chart that outlines the individual lesson plan (see below).

Your coaches can send the chart in a parent email to reinforce and explain the goals/concepts for each session. Remember that the same concepts can be reinforced over several sessions, so your staff does NOT need to rush and can slow down the movement series and concepts to fit YOUR dancers.

LESSON PLAN

CONDITIONING:	Conditioning Set: Jumping Jacks, etc.
STRETCHING:	Plié and Isolations
CENTER WORK:	Basic Footwork
ACROSS THE FLOOR:	Moving Through Space and Counting
CHOREOGRAPHY:	3 8-Counts of Routine
FUN ACTIVITY:	Use Any in the Supplemental Guide

3 Remember to CUSTOMIZE the routines and work to fit your students.

If the movement is too hard or difficult, remove the footwork and just use the arms for Pom or slow down the choreography for Hip Hop. We show modifications in both dance styles so feel free to make this your own curriculum/resource. The more comfortable your coach is teaching the material, the more at ease the students will be as well!

4 Dance FUNdamentals was created to last an academic year.

It is divided into:

<p style="text-align: center;">Hip Hop 1. 12-week session 2. 6-week bonus session</p>
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<p style="text-align: center;">Pom 1. 12-week session 2. 6-week bonus session</p>
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Each session has its own dance and music choreographed just for USASF members. Determine which dance style or genre would work best for your program.

5 Dance FUNdamentals is achievable and approachable.

The dancers in the FUNdamental videos are not professional dancers or Worlds Level hip hop and pom athletes. They are high school age athletes who quickly learned the material and performed it authentically. Your athletes should be successful! Remember that the coach needs to be prepared to teach the lesson plan by learning the choreography and material.

6 Finally, see note about flooring.

- While implementing the FUNdamentals program please remember the importance of your facilities flooring in regards to dance specific movement and the skills and progressions you chose to implement.
- Pay special attention and use caution when teaching skills with greater impact/force, particularly when teaching on a hard/dense surface.
- We recommend a Marley floor laid over a floating floor for maximum absorption on joints and the stress on the body. Wooden floors are also commonly used.
- Teach in an open area that is free from columns or obstructions that a turning or leaping student could run into accidentally.
- Spring floor your only option to teach Dance FUNdamentals? It is recommended to avoid turning or performing connected series of kicks on a spring floor to protect joints from potential injury.
- You know your facilities and athletes, so always keep their best interests at the forefront of everything you do and success will follow!

7 Questions about Dance FUNdamentals?

Our FUNdamental team is happy to help! My email is education.dance@usasf.net. We would love to assist you in adding dance to your program!