

Jane Kingrey Lesson Plan Samples

Ballet, Tap and Jazz Pedagogy Coursework- Oklahoma City University

1. Creative Movement Circle Time Exercise
2. 7-9 Beginner/ Intermediate Center Adagio
3. 13-15 Intermediate/ Advanced Jazz Progression
4. 15-18 Pre-Professional Tap Progression
5. Notation Key

1. Creative Movement Exercise Notation

Age and Level: 3-4 beginner

Exercise Category: Circle Time

Music: *We Don't Talk About Bruno* by Carolina Gaitán

Starting Position: Sitting on ground in circle w/ legs stretched out in pike position and arms at sides

Learning Objectives: Sensory awareness and counting

Creative Imagery: When we stretch forward and back up, sprinkle “rain” all over your body with your fingers!

Anticipated Correction: Keep the backs of your knees glued to the floor when we're sitting down- they don't get to bend!

Measure	Counts	Movement	Arms	Misc
1-2	1-8	Tap hands on head 8X	See “movement” column	Ct from 1-8 w/ students quietly
3-4	1-8	Tap hands on shlds 8X		Ct from 1-8 w/ students in regular volume
5-6	1-8	Tap hands on knees 8X		Ct from 1-8 w/ students loudly
7-8	1-8	Tap hands on ankles 8X		Ct from 1-8 w/ students very loudly
9-10	1-8	Roll up thru spine to lengthened seated pos	“Sprinkle” fingers follow legs all the way up then reach for the sky	
11-12	1-8	Roll down thru spine to fwd pike stretch	“Sprinkle” fingers follow legs all the way dwn to ankles	
13-14	1-8	Rpt m 9-10		
15-16	1-8	Rub hands together and “unglue” legs from the floor	See “movement” column	

17	1-2	Slide legs to “mermaid” seated pos (either side is fine)	HoH	
	3-4	Adjust to seated pos (bottom on ankles)		
18	5-6	St R leg fwd		
	7-8	St L leg to stand up fully		
19-26	1-8, 1-8, 1-8, 1-8	Rpt m 1-8 in standing position w/ str legs (tapping head, shlds, knees, ankles)	See “movement” column	Refer to counting/ volume directions in m 1-8
27-28	1-8	Roll up thru spine to standing pos	“Sprinkle” fingers follow legs all the way up then reach for the sky	
29-30	1-8	Roll down thru spine to standing hamstring stretch w/ str legs	“Sprinkle” fingers follow legs all the way down to ankles	
31-32	1-8	Rpt m 27-28		
33	1-4	Jump legs out to // 2nd pos	Reach jazz hands up and out w/ str arms	
34	5	Jump legs in to // 1st pos	(either) hand comes to “shush” pos in front of mouth	
	6-8	bounce 3X		
35-36	1-8	Rpt m 33-34		

2. Center Adagio Notation

Age and Level: 7-9 beginner/ intermediate

Music: *Rond de Jambe II: Colors of the Wind* (From: "Pocahontas") by Bruno Lawrence Raco

Learning Objective: To apply same principles from adagio at the barre to center

Creative explanation: Imagine that the wind is lifting your legs and scooping them back to retiré with each enveloppé. During the temps liés, paint the floor with your favorite color!

Anticipated correction: Keep knees facing away from your center line to ensure maximum turnout.

Starting position: Legs in fifth position croisé devant w/ R leg in front, arms fifth en bas

Preparation: (Arms): Allongé (5), arms return to fifth en bas (6), arms carry to fifth en avant (7), Both arm to FoS (8)

Measures	Counts	Steps with arms
1	123, 223, 323, 423	Tendu R leg croisé devant, extend to 90°, withdraw to retiré devant, slide down the leg through sur le cou-de-pied to end in fifth position
2	52, 3, 62, 3, 72, 3, 82, 3	Tendu R leg croisé devant, temps lié devant, extend L leg croisé derrière, close L leg to fifth, tendu L leg croisé derrière, temps lié derrière, extend R leg croisé devant, close R leg to fifth
3	123, 223, 323, 423	Tendu L leg croisé derrière, extend to 90°, withdraw to retiré derrière, slide down the leg through cou-de-pied derrière to end in fifth position
4	52, 3, 62, 3, 72, 3, 823	Tendu L leg croisé derrière, temps lié derrière, extend R leg croisé devant, rond de jambe R leg ALS AST change hips to face en face, temps lié ALS, extend L leg ALS, close L leg behind to fifth position
5	123, 223, 323, 423	Tendu R leg ALS, extend to 90°, withdraw to retiré devant, slide down the leg through sur le cou-de-pied to end in fifth position
6	52, 3, 62, 3, 72, 3, 82, 3	Tendu R leg ALS, temps lié ALS, extend L leg ALS, close L leg in front to fifth position, tendu L leg ALS, temps lié ALS, extend R leg ALS, close R leg in front to fifth position
7	123, 223, 323, 423	Carry arms to fifth en avant, fifth en haut, ALS, fifth en bas
8	5, 236, 23, 723, 823	Tombé on R leg ALS AST arms open ALS, pas de bourrée dessus LRL to end in fifth position croisé devant w/ L leg in

		front AST arms allongé and carry to fifth en bas, hold, carry arms to fifth en avant, carry arms to shoulders
9-16	123-823, 123-823, 123-823, 123-823	Repeat measures 1-8 to the L

3. Jazz Progression Choreography

Age and Level: 13-15 intermediate/ advanced

Music: “us” (feat. Taylor Swift) by Gracie Abrams

Starting Position: Dancers on SL in 3 lines facing DS, Feet in // 2nd pos, Arms E@S

Learning Objectives: To utilize control and counterforce during rotations

Creative Imagery: Imagine your core “ringing out a towel” as you land and prepare for your rotations. Both sides of your abdominals should engage

Anticipated Correction: Instead of “stepping into” your inside turn, think of chassé-ing down and into the floor. This will make you feel more grounded and help you continue the momentum.

Measure	Counts	Movement	Arms	Head
1	1	St R ft out to wide 2nd pos side lunge facing DS	LA E@S, RA scoops down	Looking down at RA
	2	Sw to L ft in plié AST push off of R foot and lift to // dégagé	LA E@S, RA throws u&o thru 5th pos	Follows RA
	3	Sw back to R ft to prep for inside turn facing SR	RA in 1st pos, LA in 2nd pos	SR
	4	Inside turn on R foot w/ L leg in // p	Both arms in 1st pos	Spots SR
2	5-6	St L ft fwd out of turn to land in L // 4th pos w/ both feet in rel	Arms reach dwn w/ energy thru fgt	SR
	7	Bend both legs to gp AST cnt ub	Arms scoop to // “c” shape	Dwn in line w/ spine
	8	Sauté in 4th pos AST cb upper back	Arms shoot straight down w/ jazz hands	Lifts slightly up in line w/ cambré
3	1	Land sauté in GP 4th pos w/ L leg in front	relax in nop	SR
	2	Turn on L ft over R shld to face DS AST push off of R ft	RA swings to relaxed 1st pos, LA to relaxed	Spots SR

	3	Chs to gp 2nd pos	2nd pos	SR
	4	St L ft in to 1st pos while turning over R shld to face DS	arms ext to 2nd pos Arms come in to 1st pos	Spots SR
4	5&6&	Ch R 2X	Arms in 1st pos	Spots SR
	7	Walk R	Nop	SR
	8	Walk L	Nop	SR

* repeat combination until dancers have made it all the way to SR

* reverse combination, traveling from SR to SL

4. Tap Progression Choreography

Age and level: 15-18, Pre-professional

Name and music of artist: Midnight Sun by Zara Larson

Meter: 4/4

Type of Exercise: Across the floor progression that travels from SL to SR and vice versa

Starting Position: SL, facing SR

Measures	Counts	Movement	Miscellaneous
1-2	1&2/ 3/ &/ a/ 4&a5 <u>6</u>	P&r R/ H-dig L/ spk L/ h-drop R/ 5-ct riff L	Faces SR Travels SR Toe drop of 5ct riff emphasized
	7&8	Crawl toe-heel-toe R	Faces SR Travels on DSR diag
3	12&3/ <u>4</u>	Spk st b/c L/ <u>scuff</u> R crossing to L diag	Faces SR Travels SR
4	5&6&	CR R	Turns over L shoulder AST travel SR; Arms cross in front of chest
	7/ 8	Toe drop R, toe drop L	Faces SR Stays in place Pick up R foot on L toe drop

Rpt m 1-4 until ATF

5. Notation Key:

Als – à la seconde

AST – at same time

B/c- ball change

Cnt – contract

Cr- cramp roll

Ct – count

Dwn – down

H-dig- heel dig

H-drop- heel drop

E@S – engaged at sides

Fgt – fingertips

Ft – foot

Fwd – forward

L – left

LA – left arm

M – measure

Nop – natural opposition

P – passé

Pos – position

P&R- paddle and roll

R – right

RA – right arm

Rel – releve

Rev- reverse

Rpt – repeat

Shld – shoulder

SL – stage left

Spk- spank

SR – stage right

St – step

Ub – upper body

// – parallel