

PACING GUIDE FOR DANCE ARTS LESSONS

INTRO OF UNIT & DAY'S LESSON OR LESSON REVIEW & NEXT STEPS	5-7 MIN.
WARM-UP & EXPLORATION	5-10 MIN.
DIRECTION & MODELING	7-10 MIN.
DANCING & ARTISTRY	15-25 MIN.
CRITIQUE	5-7 MIN.
CHECK FOR UNDERSTANDING OR VISUAL JOURNAL ENTRY	3-5 MIN.

RULES OF THUMB:

- Each unit should consist of at least **3** lessons, but should not exceed over **7**
- Lessons should be structured for a minimum of **2** days with the maximum set at **15** days

