

## CLUB LESSON PLAN (SEPTEMBER 2024-25)

**Name of the club:- Poetry of the Feet**

**Theme of the month:- Good health and well being**

S.NO	ACTIVITY NAME	LEARNING OUTCOME
1.	<p>Introduction with the kids and warm up exercises:-</p> <p>a) Warm- Up: Start with a dynamic warm-up to get everyone moving and ready.</p> <p>b) High-Energy Moves: Incorporate a mix of high-energy dance moves to keep the heart rate up.</p> <p>c) Variety of Styles: Blend different dance styles to create a fun and engaging routine.</p> <p>d) Sync with Music: Ensure movements are well- coordinated with the beats and rhythm of the music.</p>	<p><b>Students will be able to:-</b></p> <p>a) Develop the sense of rhythm and coordination.</p> <p>b) Promotes teamwork and coordination.</p> <p>c) Keep them active and improve their physical fitness levels.</p>
2.	<p>Part-1 Zumba fusion</p> <p>We all in this together song- it's all about capturing the essence of good health and well-being through movement and music.</p>	<p><b>Students will be able to:-</b></p> <p>a) Improved Coordination and Flexibility</p> <p>b) Promotes team work and coordination.</p>

		<p>c) Keep them active and improve their physical fitness levels.</p> <p>d) Engaging in rhythmic movements and music will help alleviate stress, promoting mental well-being.</p>
3.	<p>Part-2 Zumba fusion</p> <p>We all in this together song -it's all about capturing the essence of good health and well-being through movement and music.</p>	<p><b>Students will be able to:-</b></p> <p>a) Improved Coordination and Flexibility</p> <p>b) Promotes teamwork and coordination.</p> <p>c) Keep them active and improve their physical fitness levels.</p> <p>d) Engaging in rhythmic movements and music will help alleviate stress, promoting mental well-being.</p>
4.	<p><b>Continuation of the routine:-</b></p> <ul style="list-style-type: none"> <li>• High-Energy Moves: Incorporate a mix of high-energy dance moves to keep the heart rate up.</li> <li>• Variety of Styles: Blend different dance styles to create a fun and engaging routine.</li> </ul>	<p><b>Students will be able to:-</b></p> <p>a) Improved Coordination and Flexibility</p> <p>b) Promotes team work and coordination.</p> <p>c) Keep them active and improve their physical fitness levels.</p> <p>d) Engaging in rhythmic movements and music will help</p>

	<ul style="list-style-type: none"><li>• Sync with Music: Ensure movements are well-coordinated with the beats and rhythm of the music.</li><li>• Proper Technique: Focus on proper form and technique to prevent injuries.</li><li>• Cool Down: End with a cool-down session to help the body recover.</li><li>• Hydration: Remind participants to stay hydrated before, during, and after the performance.</li><li>• Positive Energy: Maintain a positive and energetic atmosphere throughout.</li></ul>	<p>All eviate stress, promoting mental well-being.</p> <p>d) Learn the essence of good health and well-being through movement and music with Zumba fusion. Learning outcomes include enhanced physical fitness, improved mental health, and a greater sense of community and joy through dance.</p>
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