

Ms. Stevener - Irving Fine Arts, Dance - PK-8th grade

Week of September 21 – 25, 2020

PK-2ND GRADE:

Objectives: Students will be able to do a warm-up/stretch and follow along with the guided videos to learn how to dance and freeze.

2.C- Practice an effective warm-up and cool-down, using elements of proper conditioning.

ELPS: 2.F- Listen to and derive meaning from a variety of media such as audio tape, video, DVD, and CD ROM to build and reinforce concept and language attainment.

Warmup/Stretch –

https://drive.google.com/open?id=1JKDuk1s_BN8TRpwp6ebQg3cxWDH8B3oX - Students follow along with our strength and stretch video.

Youtube videos -

<https://www.youtube.com/watch?v=2UcZWXvgMZE> - Freeze Dance; follow along and make sure to freeze when he says FREEZE!

3RD-4TH GRADE:

Objectives: Students will be able to do a warm-up and conditioning routine and follow along with the guided video to perform a dance.

TEKS:

2.C- Practice an effective warm-up and cool-down, using elements of proper conditioning.

ELPS: 2.F- Listen to and derive meaning from a variety of media such as audio tape, video, DVD, and CD ROM to build and reinforce concept and language attainment.

Warmup/Stretch –

https://drive.google.com/open?id=1JKDuk1s_BN8TRpwp6ebQg3cxWDH8B3oX - Students follow along with our strength and stretch video.

GoNoodle video - [https://family.gonoodle.com/activities/i-gotta-](https://family.gonoodle.com/activities/i-gotta-feeling?utm_content=teacher&utm_medium=24038842&utm_campaign=share_link&utm_term=i-gotta-feeling&utm_source=clipboard)

[feeling&utm_source=clipboard](https://family.gonoodle.com/activities/i-gotta-feeling?utm_content=teacher&utm_medium=24038842&utm_campaign=share_link&utm_term=i-gotta-feeling&utm_source=clipboard) - Guided dance to I Gotta Feeling. Follow along with the moves every day and see if you can have the routine down by the end of the week.

5TH-8TH GRADE:

Objectives: Students will be able to do a warm-up and conditioning routine and gain a better understanding of what dance is.

TEKS:

2.C- Practice an effective warm-up and cool-down, using elements of proper conditioning.

ELPS: 2.F- Listen to and derive meaning from a variety of media such as audio tape, video, DVD, and CD ROM to build and reinforce concept and language attainment.

Full Body Stretch - https://drive.google.com/open?id=18c9sYmfVNA3zJbJuB_sJEHrwyGULkvhg - Students follow along for a full body stretch. Try to stretch at least 3 times a week!

Understanding Dance - <https://www.pbslearningmedia.org/student/code/earth89639/> - Follow the link to watch a video and answer questions to get a better understanding of what dance is.