

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

September 28 – October 2

PK-2ND GRADE:

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

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.

Hokey Pokey - <https://youtu.be/iZinb6rVozc> - Follow along with the Hokey Pokey. Do you know your right and left?

Freeze Dance - <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.

3.A- Perform memorized movement sequences with rhythmical accuracy in several dance styles, including classical ballet, tap, modern, and ethnic dance.

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.

Dance Monkey (Guided Dance) - https://youtu.be/6JPVKD_UT-Q - Follow along with the video to see if you can pick up the dance steps.

5TH-8TH GRADE:

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

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.

Plank Challenge - <https://drive.google.com/open?id=1wDLiJqnWTyqcDRIfw2A1pQyarj5A5iog> - I challenge you to a plank off! Follow the video to learn how to do a plank using proper alignment, then see if you can master the plank challenge! *Send me a video of you completing it to Amanda.Stevener@universalacademy.com.