

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

October 12 – October 16

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 move in different ways.

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

3.B- Identify the effective use of dance elements in practice and performance.

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.

Cambridge: Physical Education 0069- increase confidence, moving with increasing control, fluency, and variety

Warmup/Stretch –

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

Stop and Go - <https://www.youtube.com/watch?v=obVgTDX2VH0> - Students will move in different ways to the music (walk, gallop, skate, march, jump, tiptoe).

Hip Hop- Catfish, Chicken Dance, and Red Light -

https://drive.google.com/open?id=1wx_ASodTHaWPAp1GyNtF6aEGXH91xZs1 – Students follow along with Ms. Stevener as we do some fun Hip Hop dances!

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.

Cambridge: Physical Education 0069- increase confidence, moving with increasing control, fluency, and variety

Warmup/Stretch –

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

High Hopes (Guided Dance) - <https://youtu.be/UNJFORsSFic> - 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 and learn about healthy dance practices.

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.

Cambridge: Physical Education 0081- increase confidence, moving with increasing control, fluency, and variety; improve knowledge and understanding of how physical education can contribute to a healthy and active lifestyle

Card Cardio – Grab a deck of cards for 5 minutes of cardio. Do this at least 3 times this week. If you don't have cards, you can use these online cards: <http://random-cards.com/1-shuffled-deck/>

RULES: Set a timer for 5 minutes. (Can be on a phone, kitchen timer, or just watch the clock.)

Draw a card. Based on the card suit drawn, you will do that exercise the amount of times as the number on the card: A, K, Q, J = 10 of whatever exercise, JOKER = 10 Burpees

Heart- Squats

(ex: I draw a 9 of Hearts, I will do 9 squats. Next, I

Diamond - Mountain Climbers

draw a Queen of Spades, I will do 10 pushups.

Club - Jumping Jacks

Continue until 5 minutes is up.)

Spade - Push Ups

Full Body Stretch - https://drive.google.com/open?id=18c9sYMfvNA3zJbJuB_sJEHrwyGULkvhg - Students follow along for a full body stretch. Try to stretch every day!

Healthy Dance Practices - <https://www.pbslearningmedia.org/student/code/flag23851/> - Follow the link to watch a video and answer questions to learn about healthy dance practices.

Kick Drop Challenge - <https://bit.ly/30joieb> - Continue working on the Kick Drop Challenge. Watch the video and see if you can complete the challenge. Record yourself completing it and send it to me directly at Amanda.Stevener@universalacademy.com or share through Google to the same email address.