

## Ms. Stevener - Irving Fine Arts, Dance - PK-8<sup>th</sup> grade

October 19 – October 23

### PK-2<sup>ND</sup> GRADE:

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

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

3.C- Improvise and demonstrate original movement.

*ELPS:* 1.A Use prior knowledge and experiences to understand meanings in English

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

### **Warmup/Stretch –**

[https://drive.google.com/open?id=1JKDuk1s\\_BN8TRpwp6ebQg3cxWDH8B3oX](https://drive.google.com/open?id=1JKDuk1s_BN8TRpwp6ebQg3cxWDH8B3oX) - Students follow along with our strength and stretch video 3 times a week.

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

### 3<sup>RD</sup>-4<sup>TH</sup> GRADE:

*Objectives:* Students will be able to do a warm-up/stretch and follow along with the video to freeze, move slow motion, and dance.

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

3.C- Improvise and demonstrate original movement.

*ELPS:* 1.A Use prior knowledge and experiences to understand meanings in English

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

### **Warmup/Stretch –**

[https://drive.google.com/open?id=1JKDuk1s\\_BN8TRpwp6ebQg3cxWDH8B3oX](https://drive.google.com/open?id=1JKDuk1s_BN8TRpwp6ebQg3cxWDH8B3oX) - Students follow along with our strength and stretch video at least 3 times this week.

**Red Light Dance** - <https://youtu.be/JxtZSezrA80> - Show off your freestyle moves! Listen to the song and follow along with the words. Red light=Freeze, Yellow light=Move in slow motion, Green light=Dance it out!

### 5<sup>TH</sup>-8<sup>TH</sup> GRADE:

*Objectives:* Students will be able to do a warm-up and conditioning routine.

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

*ELPS:* 1.A Use prior knowledge and experiences to understand meanings in English

*Cambridge:* Physical Education 0081- increase confidence, moving with increasing control, fluency, and variety

**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](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!