

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

October 5th – October 8th

PK-2ND GRADE:

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

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- 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.

Jump, Squat, Turn Around - https://family.gonoodle.com/activities/madison-keys-jump-squat-turn-around?utm_content=teacher&utm_medium=24038842&utm_campaign=share_link&utm_term=madison-keys-jump-squat-turn-around&utm_source=clipboard – Follow along with the video and get your heart rate up! Try to do this a few times this week and see if you can get your family to do it with you!

Dance, Freeze, Melt - <https://www.youtube.com/watch?v=9J303yV8rKM> - Song instructs students to dance, freeze, and melt each for 8 counts of music, teaching them how to count music as well as follow instruction.

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- 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.

Happy (Guided Dance) - <https://youtu.be/jjkYHr94wnc> - Follow along with the dance moves and see if you can memorize the dance by the end of the week.

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- 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

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> - 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.