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

November 2 – November 6

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 and how to do some yoga poses.
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

Monday - Join the Dance Zoom link sent by your grade level teacher.

Tuesday - https://forms.gle/ggsibDRmyJdgzPx66 - Follow this link to find the Dance Resources for the day. Enter the student's name, grade, and date. Follow along with each of the videos and submit.

Wednesday - Join the Dance Zoom link sent by your grade level teacher.

Thursday - https://forms.gle/ggsibDRmyJdgzPx66 - Follow this link to find the Dance Resources for the day. Enter the student's name, grade, and date. Follow along with each of the videos and submit.

Friday - https://forms.gle/3nKq5BfiRfpaG4b38 - Follow this link to find the Yoga Video for the day. Enter the student's name, grade, and date. Follow along with the video and submit.

3RD-4TH GRADE:

Objectives: Students will be able to do a warm-up/stretch and follow along with the videos to freeze, move slow motion, and dance and learn how to do some yoga poses.
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

Monday - Join the Dance Zoom link sent by your grade level teacher.

Tuesday - https://forms.gle/eYUVYEJy9kwQnax76 - Follow this link to find the Dance Resources for the day. Enter the student's name, grade, and date. Follow along with each of the videos and submit.

Wednesday - Join the Dance Zoom link sent by your grade level teacher.

Thursday - https://forms.gle/eYUVYEJy9kwQnax76 - Follow this link to find the Dance Resources for the day. Enter the student's name, grade, and date. Follow along with each of the videos and submit.

Friday - https://forms.gle/UY7v5FNz3JHatWbCA - Follow this link to find the Yoga Video for the day. Enter the student's name, grade, and date. Follow along with the video and submit.

5TH-8TH GRADE:

Objectives: Students will be able to do a warm-up and conditioning routine. Students will be able to talk about dance and exercise as a stress reliever.
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

Monday - Join the Dance Zoom link sent by your grade level teacher.

Tuesday - https://forms.gle/XnPniFkPN7UBZbjw5 - Follow this link to fill out the Stress Management Survey. Enter the student's name, grade, and date. Answer the questions and submit.

Wednesday - Join the Dance Zoom link sent by your grade level teacher.

Thursday - https://forms.gle/mP4uWY7SzQTBHcrZA - Follow this link to find the Dance Resources for the day. Enter the student's name, grade, and date. Follow along with each of the activities and submit.

Friday - https://forms.gle/BCKQfNbaqq6KVRYm8 - Follow this link to find the Yoga Video for the day. Enter the student's name, grade, and date. Follow along with the video and submit.