

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

January 6 – January 8

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

*Objectives:* Students will be able to do a warm-up/stretch, as well as do basic 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

**Wednesday** - Join the Dance Zoom link.

**By Friday** - <https://forms.gle/ZBgZTznLXiu2p7b3A> - Click on this link to find the Dance Resources for the week. Enter the student's name, the date, and student's grade level. Follow along with each of the videos and submit by the end of the week.

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

*Objectives:* Students will be able to do a warm-up/stretch, as well as do basic 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

**Wednesday** - Join the Dance Zoom link.

**By Friday** - <https://forms.gle/ZBgZTznLXiu2p7b3A> - Click on this link to find the Dance Resources for the week. Enter the student's name, the date, and student's grade level. Follow along with each of the videos, answer the questions, and submit by the end of the week.

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

*Objectives:* Students will be able to do a warm-up and conditioning routine, as well as do basic yoga poses.

*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

**Wednesday** - Join the Dance Zoom link.

**By Friday** - <https://forms.gle/ZBgZTznLXiu2p7b3A> - Click on this link to find the Dance Resources for the week. Enter the student's name, the date, and student's grade level. Follow along with each of the videos/exercises, answer the questions, and submit by the end of the week.