

DANCE
Day 1

Standards	Indicator D.CIH.8.1: I can describe how dance promotes physical fitness and safety, how it strengthens balance and coordination, and apply this to my dancing.
Learning Targets/I Can Statements	I can continue to keep my body healthy through movement. I can create my own plan for keeping my body moving.
Essential Question(s)	In times like these, how do we keep active and moving?
Resources	Music you can access on your own
Learning Activities or Experiences	<p>Introduction-5 minutes Take a few minutes to brainstorm what is usually included in a warm-up or movement activity in your normal dance class. Think about ballet, modern, jazz, hip-hop, yoga, and all of the other types of warm-ups and movement activities. Make a list of the commonalities. How do these exercises and movements keep us healthy and physically fit? Why is it important to make sure we are continuing to do them? (Sheet attached for answers)</p> <p>Exploring the content-10 minutes Find space in your home or outside and physically go through some of the exercises you remember. Try to remember and experiment with a variety of styles.</p> <p>Extended Learning-40 minutes Create and write out your own 15-minute warm-up/movement activity plan.</p> <ol style="list-style-type: none"> 1. Make sure to include the following sections in your warm-up/movement activity: <ol style="list-style-type: none"> a. Body part isolations b. Stretching c. Strengthening (crunches, push-ups, etc.) d. Cardiovascular movements (increases heart rate) 2. List which music you plan to use for each section

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Day 1: Creating Your Own Warm-Up/Movement Activities

Student Name: _____

	What will you do? Describe exactly what you will do	How long will you do it (include counts, or seconds/minutes)?	What music will you use?
Body Part Isolation			
Stretching			
Strengthening			
Cardiovascular Movements			