

# eUpdates

## Related Areas

### Dance

Let me say that I miss all of you, Caughman Road students, terribly. Currently, I'm not dancing. I am working out to get rid of the 10 pounds I've gained over the last two weeks. When I am feeling comfortable enough to get in front of the camera, you will be the first to know.

I am sending video links to the dances that we began learning before we left. I am also including a link to the Snake dance that K-2 loves so much. You will also find some suggested activities listed below, that don't require internet access.

The Yoga log and exercises that you received prior to leaving school, can be continued. I will include a link to other yoga sites that you and your parents may try together.

#### Dance Moves-Grades three through five

<https://www.wikihow.com/Learn-to-Dance-at-Home>

[https://youtu.be/kIKcQt\\_awWw](https://youtu.be/kIKcQt_awWw)

<https://youtu.be/TgcwKrf8wHM>

#### Read Alouds with Movement- grades K-2

<https://youtu.be/wgINS2WjGAM-In> Spanish

<https://youtu.be/GKahpvSkzfk>

<https://youtu.be/3cOSt2QVJf4>

Yoga for K-2

Cosmic Kids Yoga with

[https://youtu.be/C\\_Mi1-ntGHc-In](https://youtu.be/C_Mi1-ntGHc-In) Spanish

<https://youtu.be/U9Q6FKF12Qs-> In English

[https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Yoga for 3-5

[https://youtu.be/nEUdh\\_3q9OU-In](https://youtu.be/nEUdh_3q9OU-In) English

<https://youtu.be/QHht9Xvf1fA-In> English

<https://youtu.be/KOe-efPzeKI-> In Spanish

#### Written Resources

★ Think about your favorite animal from the zoo. Move like that animal for 30 seconds. Don't forget to practice. Ask your parent to video tape your dance

⚡ If you could be a machine, what would you be? How many body parts would move? What would be the speed of your movements?

♥ Ask your parents to go through the motion of a daily chore, ex (mopping, cooking, folding clothing. Ask them to go through the motions. Observe your parents. Make an eight count phrase using these motions. Move in the style of ballet, modern, or hip hop. Email me a video.

● Write a paragraph comparing a dance from TiK-Tok and YouTube. How are the sequences different? Which app is easier to use for dance?

