







Landing Page - Physical
 March 23, 2020 - April 3, 2020





Welcome to our Fine and Applied Arts Activities Page for Marital Arts and Dance! On this page, there are a variety of activities you can choose to complete while learning at home!


Title of the Activity	Description	Link
<p style="text-align: center;">Martial Arts Basic Strikes & Blocks</p>	<p>This Martial Arts activity is going to focus on developing basic striking and blocking techniques. The activity will start with a light warm-up and stretch.</p> <p>Grade Level: K – 7th Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p>https://www.youtube.com/watch?v=DHw4EhtUZTE</p>
<p style="text-align: center;">Karate Form: Kata 1</p>	<p>This Martial Arts video teaches students a basic Karate form called “Kata 1”. This form has 30 steps and each step is modeled and explained by Sensei Mateo.</p> <p>Grade Level: K – 7TH Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p>https://www.youtube.com/watch?v=_XKb0W2e6jk</p>
<p style="text-align: center;">How to do a RoundHouse Kick</p>	<p>This Martial Arts video teaches you how to do a RoundHouse kick. It’s an easy kick to learn but a hard kick to master.</p> <p>Grade Level: K - 7th Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p>https://www.youtube.com/watch?v=BZmIA4Sseco</p>
<p style="text-align: center;">Cardio KickBoxing Workout</p>	<p>This video is a Cardio Kickboxing that will keep you moving and sweating. Make sure you follow Billy Banks as he demonstrates Martial Arts techniques in rapid succession for 8 minutes! Will you accept the challenge?</p> <p>Grade Level: K - 7th Duration: 8:08 Requirements:</p>	<p>https://www.youtube.com/watch?v=rWnylaC5xc0</p>

	<ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	
<p>Human Alphabet Game</p> <p>Creative Dance</p>	<p>Can you make letters with your whole body? Let's see if you can make it to the letter Z!</p> <p>Click the link to the secondary page for more directions to complete this activity.</p> <p>Grade Level: K – 7TH</p>	<p>Human Alphabet Game Secondary Page</p> 
<p>Fortnite Dance Workout</p> <p>Dance Workout</p>	<p>It's time to strengthen our muscles. Do you have what it takes to do the Fortnite Dance Workout? Play the video and follow along! Parents you can join too!</p> <p>Grade Level: K – 7TH</p> <p>Duration: 4:59</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes. - Make enough space for you to move. - Drink plenty of water during and after the workout. 	<p>Fortnite Dance Workout Video</p> 

<p>>i a d/ 'GdY''</p> <p>Creative Dance</p>	<p>Let's practice jumping. GdY'' the word "Mom" out loud <u>and</u> 1 a d every time you say a letter. Try to jump and spell a different word.</p> <p>Click the link to the secondary page for more directions to complete this activity.</p> <p>Grade Level: K – 7TH</p>	<p>Jump & Spell Secondary Page</p> 
<p>U; i a a m6 YUf '8 UbWW'</p> <p>Dance Workout</p>	<p>It's time for the Gummy Bear Dance! Follow along with the video and let's see if you are a gummy bear!</p> <p>Grade Level: K – 7TH</p> <p>Duration: 2:30</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes. - Make enough space for you to move. - Drink plenty of water during and after the 	<p>Just Dance: I am a Gummy Bear Video</p> 

	workout.	
<p>A]ffcf'; Ua Y'</p> <p>Creative movement</p>	<p>Have you ever played Simon Says? Well, this is similar to that! But there's no talking, so you have to pay extra attention!</p> <p>Grade Level: Any</p> <p>Click the link to the secondary page for the directions to complete this activity.</p>	<p>Mirror Game directions: Secondary page</p>
<p>?]Xn'6 cd'8 UbWUcb[°'</p> <p>Dance workout</p>	<p>Have you been sitting all day and want to get up and dance!? Here's all your favorite songs mashed together into one video with some awesome dance moves!</p> <p>CHALLENGE!:</p> <p>Take a video of you and a parent/ brother/ sister doing your favorite dance from the video! Send it to Ms. Starace at 347-996-9053</p> <p>Grade Level: Any</p> <p>Duration: 34 minutes</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Have fun! - Make enough space for you to move 	<p>KIDZ BOP dance along!</p>
<p>: Ua]m7 UfX]c`K cf_ci h'</p> <p>Cardio exercise</p>	<p>It's time for some exercise! Just because your home doesn't mean you can't get some cardio in! Here's a 10 minute video to get your heart rate going with everyone at home!</p> <p>Grade Level: Any</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Have fun! - Make enough space for you to move - <i>ŁZk b X_jj, aM{tuZ'n_jnrx'tn/ xZ'nl b' tn/ xZ', ZMab` jnV yLUMZ_nn{nxyl ZMIZyE</i> 	<p>Family Fun Cardio Workout</p>
<p>Gdch]b['</p> <p>Dance Technique</p>	<p>Hey dancers let's work on our turns but first let's practice spotting!</p> <p>The video will give you some tips one spotting so you won't get dizzy while turning.</p> <p>Grade Level: K-7</p> <p>Requirements</p>	<p>https://www.youtube.com/watch?v=RDF1NqgVlv8&feature=youtu.be</p>



	<ul style="list-style-type: none"> - Wear comfortable clothes - Have fun! - Make enough space for you to move - <i>ŁZ k b X_jj, aM{tuZ'n_jnnx'tn -Z'nl 'b' tn -Z', ZMab` ynV y,UMAZ_nn{nxyl ZMIZxyE</i> 	
<p>7\ UjbYg'Hi fbg' Dance Technique</p>	<p>Chaines turn the basic turn where you add can also work on spotting.</p> <p>Grade Level:K-7 Requirements</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Have fun! - Make enough space for you to move - <i>ŁZ k b X_jj, aM{tuZ'n_jnnx'tn -Z'nl 'b' tn -Z', ZMab` ynV y,UMAZ_nn{nxyl ZMIZxyE</i> 	<p>https://youtu.be/UKeXDmVFz18</p> 
<p>Hj_ 'Hc_'</p>	<p>Something new challenge Learn the simple dance by watching the video. Create a video of you and your family doing the dance! I can't wait to see your post!</p> <p>Grade Level:K-7 Requirements</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Have fun! - Make enough space for you to move - <i>ŁZ k b X_jj, aM{tuZ'n_jnnx'tn -Z'nl 'b' tn -Z', ZMab` ynV y,UMAZ_nn{nxyl ZMIZxyE</i> <p>Mr. Cecil</p>	<p>https://www.youtube.com/watch?v=pBJeVpfr4W0</p> 
<p>Acfb]b['GfYHW Yg' . . Mci ; chH Jg° . !Af"FYUXcb'</p>	<p>First Thing To Do When You Wake Up! Follow along to these basic self-space workouts in your home to give you the energy you need to start your day!</p> <p>Grade level: K-7th Requirements</p> <ul style="list-style-type: none"> -Sweatpants, shorts, any workout clothes -Waterbottle -A workout partner (if you can) -Be mindful what type of floor you're on if you're wearing socks/barefoot or sneakers 	<p>https://www.youtube.com/watch?v=ALrdpsWYoJs</p> 

<p>K Ufa i d'cf'K cf_ci h'</p> <p>Mci ; chH Jg'</p> <p>!Af"FYUfXcb'</p>	<p>Dare You To Not Sweat!</p> <p>Follow along to these basic self-space workouts in your home and learn some physical movements that workout your legs, arms, and core muscles.</p> <p>Grade level: K-7th</p> <p>Requirements</p> <ul style="list-style-type: none"> -Sweatpants, shorts, any workout clothes -Waterbottle -A workout partner (if you can) -Be mindful what type of floor you're on if you're wearing socks/barefoot or sneakers 	<p>https://www.youtube.com/watch?v=etYhiq9hM8A</p> 
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Landing Page - Physical (2)
(Optional Activities by Grade)

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On this page, there are **grade specific** activities you can choose to complete while learning at home!

Title of the Activity	Description	Link
<p>OG Renegade Part 1</p> <p>Dance Choreography</p>	<p>RENEGADE, RENEGADE, RENEGADE! HOLD UP! Do you have what it takes to learn the ORIGINAL Renegade dance choreography? I bet you do. YES YOU DO, Stop saying no! :)</p> <p>Click the link to the secondary page for the directions to complete this activity.</p> <p>Grade Level: 3rd – 7th</p>	<p>OG Renegade Part 1 Secondary Page</p> 
<p>OG Renegade Part 2</p> <p>Dance Choreography</p>	<p>WAIT!</p> <p>There's more. Let's learn the rest of the Renegade dance!!</p> <p>Click the link to the secondary page for the directions to complete this activity.</p> <p>Grade Level: 3rd – 7th</p>	<p>OG Renegade Part 2 Secondary Page</p> 
<p>Hip-Hop: Arm Wave</p> <p>Dance Technique</p>	<p>Can you make your arms wave like water? It's time to work on our hip-hop dance skills! Follow the video to learn and practice the arm wave.</p>	<p>Hip-Hop How to dance: Waving w/ Matt Steffanina</p>

