


Landing Page - Physical
April 13, 2020 - April 17, 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 align="center">Martial Arts:</p> <p align="center">“How to do a Snap Kick”</p>	<p>Sensei Mateo gives a tutorial on how to do a Snap Kick.</p> <p>Grade Level: K – 7th</p> <p>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=_9-CuAebVVc</p> 
<p align="center">Martial Arts:</p> <p align="center">“How to do a Front Side Kick”</p>	<p>Sensei Mateo gives a tutorial on how to do a Front Side Kick.</p> <p>Grade Level: K – 7th</p> <p>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=Zv4AOiMrgzQ</p> 
<p align="center">Martial Arts:</p> <p align="center">“25 Minutes of Karate Workout”</p>	<p>This video demonstrates 25 minute of Karate warm-up and basic strikes and blocks.</p> <p>Grade Level: K – 7th</p> <p>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=jhbd5y_glhg</p> 
<p>Creative movement:</p> <p align="center">Negative space challenge</p>	<p>Can you dance with any object in your house? OF COURSE! Here’s a cool movement activity to get your mind thinking on its feet!</p> <p><i>Click the link to the secondary page for the directions to complete this activity.</i></p> <p>Grade Level: K-7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Be creative! 	<p>Link to the secondary page!</p> 

<p>Dance Workout: Yoga for kids</p>	<p>Attached is an interactive yoga video for kids! Yoga is a great outlet to relieve stress and stretch muscles that you may have never used before!</p> <p>Grade level: K-7th Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Use a mat, if you have one! If not, make sure to be barefoot for traction! 	<p>Yoga for kids!</p> 
<p>Dance Workout: Zumba!</p>	<p>Get your body moving and dancing with some Zumba! (But what is Zumba?) Zumba is a fun exercise fitness activity including dancing and upbeat music!</p> <p>Grade level: K-7th Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes 	<p>Zumba!</p> 