










Landing Page - Physical
April 27, 2020 - May 1, 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>1</p> <p align="center">Warm-up Create Your Own Stretches</p> <p align="center">Ms. D'Alessio</p>	<p>As you know, it is very important to stretch before AND after any physical activity. Watch this video of examples of how to stretch. Then create your own!</p> <p align="center">*See directions on Secondary Page</p> <p>Grade Level: K-7th</p>	<p align="center">Secondary Page - Directions</p> 
<p>2</p> <p align="center">Creative Dance Movement exploration! Levels</p> <p align="center">Ms. Starace</p>	<p>What are the three levels? High, Middle, Low. How many ways can you find to travel on each level?</p> <p>Use the space you have, and get creative! Some hints are: crab walk, rolling, crawling, bear crawl, and more!</p> <p>Send in pictures or videos to Ms. Starace!</p> <p>Grade Level: K-7th</p>	<p align="center">Movement exploration! Levels</p> 
<p>3</p> <p align="center">Martial Arts How to do a Spinning Hook Kick</p> <p align="center">Sensei Mateo</p>	<p>This is a Martial Arts spinning hook kick tutorial.</p> <ul style="list-style-type: none"> • Make sure you have space to move. • Make sure you don't kick anything while practicing. <p>Send in pictures or videos to Sensei Mateo.</p> <p>Grade Level: 2 – 7th</p>	<p align="center">https://www.youtube.com/watch?v=Avr54VCNMXY</p> 
<p>4</p> <p align="center">Dance Choreography Baby Shark Remix</p> <p align="center">Ms. Bryant</p>	<p align="center">Do-do-dada-do-dado.. THE BABY SHARK REMIX DANCE!</p> <p>Click link 1 to learn the dance Click link 2 to perform the dance with music</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 align="center">1.) LEARN the Baby Shark Dance</p> <p align="center">2.) PERFORM the Baby shark Dance with music!</p> 

<p>5</p> <p>Dance Choreography Friends Dance Tutorial</p> <p>Mr. Cecil</p>	<p>Learning and picking up choreography can sometimes be challenging. The more you do it the better you will become at picking up moves quickly!</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>Friends Dance Tutorial</p> 
<p>6</p> <p>Fitness Cha Cha Slide Plank Challenge</p> <p>Mr. Mitcham</p>	<p>Let's make our arms strong with this arm workout!</p> <p>Have Fun and enjoy the Challenge!</p> <p>Grade level: 5-7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move. - Do the best you can and take plenty of breaks. 	<p>Cha Cha Slide Plank Challenge!</p> 
<p>7</p> <p>Dance Choreography Can't Stop the Feeling</p> <p>Mr. Cecil</p>	<p>Learn some fun moves to this great song!</p> <p>Grade Level: K – 4th grade</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p>Can't stop the Feeling(Break Down the Choreography)</p> 
<p>8</p> <p>Fitness Mr. Reardon's Push-Up Challenge:</p>	<p>Do 20 perfect pushups in a row!</p> <p>Learn how to properly do the pushup and the incline pushup! It's a workout that works multiple muscle groups and builds strength.</p> <p>Grade Level: K – 7th grade</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes 	<p>https://www.youtube.com/watch?v=bLFP7p22MJ0</p> 

<p>9</p> <p>Theater Emotion Charades</p> <p>Ms. D'Alessio</p>	<p>Let's play charades! This time you will be acting out different emotions. (Use example list as a reference on secondary page)</p> <p>*See directions on Secondary Page</p> <p>Grade Level: K – 4th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Make enough space for you to move 	<p>Secondary Page - Directions and Examples of Emotions</p> <p>Example Video on how to play Charades</p> 
<p>10</p> <p>Creative Dance Take a trip to the moon!</p> <p>Ms. Starace</p>	<p>Want to take a break and use your imagination ?</p> <ul style="list-style-type: none"> • See the secondary page for instructions! <p>Grade Level: K – 4th</p>	<p>Secondary page!</p> 