





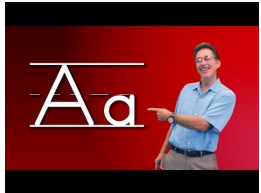



Landing Page - Physical
April 20, 2020 - April 24, 2020


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>Dance Choreography: FIREWORKS First Verse Breakdown</p>	<p>Mr.Cecil breaks down the Choreography and Also demonstrates 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">FIREWORKS 1st VERSE BREAKDOWN</p>  <p align="center">FIREWORKS 1st VERSE WITH MUSIC</p>
<p>Dance Choreography: FIREWORKS PRE- CHORUS</p>	<p>Mr.Cecil breaks down the Choreography and Also demonstrates 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">FIREWORKS PRE- CHORUS BREAKDOWN</p>  <p align="center">PRE CHORUS WITH MUSIC</p>
<p>Dance Choreography: FIREWORKS CHORUS</p>	<p>Mr.Cecil breaks down the Choreography Also demonstrates 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">FIREWORKS CHORUS BREAKDOWN</p>  <p align="center">FIREWORK CHORUS WITH MUSIC</p>

<p>Dance Warm-Up: Stretching and Warming up the Body</p>	<p>Do you want better splits? Improve your flexibility by following this stretch video for beginners!</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>Stretching and Warming up the Body</p> 
<p>Dance Technique: Leg Swings</p>	<p>Follow this video to improve your balance and flexibility by practicing leg swings.</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>Leg Swings</p> 
<p>Dance Technique Six-Step</p>	<p>It's time to work on our hip-hop dance skills! Follow the video to learn and practice six-stepping.</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>Click Here: How to Do the 6-Step with Jeff Cowans</p> 
<p>Creative Dance Writing with your Body</p>	<p>Can you spell letters with both arms? Follow this video to see if you can! When you're done try spelling your name with your arms!</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>Click Here: Letters of the Alphabet Capital Letters</p> 
<p>Dance Choreography Easy Kids Hip-Hop Dance</p>	<p>Let's learn a hip-hop dance to perform at home! Watch the video and follow the dance teacher.</p>	<p>Click Here: Easy Kids Hip-Hop Dance with Mihran Kirakosian</p>

	<p>Grade Level: K – 7th (Beginner)</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	
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Landing Page - Physical (2)
(Grade - Specific)

Title of the Activity	Description	Link
<p>Dance Choreography Hip-Hop Dance: 7 Rings</p>	<p align="center">“I want it! I got it!”</p> <p>Do you “got” what it takes to learn this dance choreography? Click on the secondary page to learn more!</p> <p>Grade Level: 2nd– 7th (Intermediate)</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p align="center">Click Here: Hip-Hop Dance: 7 Rings (Secondary Page)</p> 
<p>Dance Choreography Hip-Hop Dance: BTS “On”</p>	<p align="center">“Win No Matter What”</p> <p>Can you dance better than BTS? Click on the secondary page to learn more!</p> <p>Grade Level: 4th– 7th (Advance)</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p align="center">Click Here: Hip-Hop Dance: BTS “On” (Secondary Page)</p> 