









Landing Page - Performing Arts

May 25, 2020 - May 29, 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: Meditation Bryant</p>	<p>Practice melting away that icky frozen feeling you get when you're scared, frustrated, or angry.</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>Melting Meditation</p> 
<p>Martial Arts Mateo</p> <p>Basic Taekwondo Blocking Technique</p>	<p>This video demonstrates basic Taekwondo blocking techniques and counter strikes. It improves hand and foot coordination.</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=sQ7lWVaQuJ0</p> 
<p>Dance: Repeat the Beat Cecil</p>	<p>Works memorization skills and fun dance steps.</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>Repeat the Beat</p> 
<p>Fitness: Balance Reardon</p>	<p>BALANCE! Improve your balance in this home-workout that builds muscle strength through physical patience. Learning these simple but effective workouts will increase your balancing abilities!</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>BALANCE</p> 

<p>Performing Arts D'Alessio</p> <p>Learn the “Old Town Road” Choreography!</p>	<p>Here’s a Dance challenge to learn the “Old Town Road Choreography! Feel free to pause the video to help you learn the steps. As all dancers say...”repeat, repeat, repeat until you know the steps so well you don’t even think about it!”</p> <p>Grade Level: K – 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Always stretch before activity - Make enough space for you to move 	<p>Old Town Road</p>  <p>Choreography</p>
<p>Dance Starace</p> <p>“Dance makes me feel _____”</p>	<p>Play your favorite song! Dance along to the music and ask yourself three questions:</p> <ol style="list-style-type: none"> 1. How am I feeling today? 2. What space can I move in? 3. Think of one word that this activity is making you feel, write that word down and try more movement! <p>Let your favorite song move your body for you!</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>Fitness Mitcham</p> <p>Home-Bowling!</p>	<p>Small, empty water bottles and a rubber ball are all you need to transform the family room into a bowling alley. Six bottles should be enough for bowling pins; if the bottles fall over too easily, fill them up with a little water for some extra weight.</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>Bowl-O-Rama!!</p> 
<p>Dance: Workout Bryant</p>	<p>It's time once again kids to enter the SPIDER-VERSE!! This time Miles needs your help to fight crime on the streets of New York City.</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>Spider-Verse Workout</p> 



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