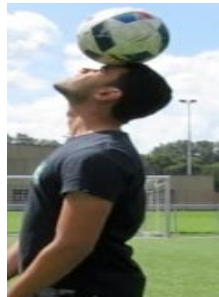


## Landing Page - Performing Arts

June 1 - June 5, 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>Martial Arts <b>Mateo</b></p> <p><b>How to do a Cat Stance</b></p>	<p>This video demonstrates a basic tutorial on how to do a Cat Stance. The Cat Stance is easy to learn but hard to master. Practice makes perfect. This exercise improves flexibility and balance.</p> <p><b>Grade Level:</b> K – 7<sup>th</sup>  <b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Make enough space for you to move</li> </ul>	<p><a href="https://www.youtube.com/watch?v=ORVenSct5AU">https://www.youtube.com/watch?v=ORVenSct5AU</a></p> 
<p>Dance: Jump Jump <b>Cecil</b></p>	<p>High energy dance along . Follow along or replay to get the moves just right. Prefect for getting heart up and cardio!</p> <p><b>Grade Level:</b> K – 7<sup>th</sup>  <b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Make enough space for you to move</li> </ul>	<p><a href="#">Jump</a></p>  <p><a href="#">Jump</a></p>
<p>Fitness: Workout <b>Reardon</b></p>	<p>Workout like some of your favorite superhero avengers in this video workout lesson!</p> <p><b>Grade Level:</b> K – 7<sup>th</sup>  <b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Make enough space for you to move</li> </ul>	<p><a href="#">Workout Like the Avengers</a></p> 
<p>Performing Arts <b>D'Alessio</b></p> <p><b>Balloon Balance!</b></p>	<p>The challenge is to balance a balloon (or non heavy ball) on the back of your hand, foot, or even on top of your head! Time yourself to see how long you can go for! Then, try to beat your best time. Even challenge your family members too!</p> <p><b>Grade Level:</b> K – 7<sup>th</sup>  <b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Always stretch before activity</li> </ul>	<p><a href="#">Balancing Tutorial</a></p> 

	<ul style="list-style-type: none"> <li>- Make enough space for you to move</li> </ul>	
<p>Dance <b>Starace</b></p> <p><b>Brain break!</b></p>	<p>Really busy throughout the day and just need a quick few minutes to stand up? Try this cool video and shake your sillies out! I always love to do this when I'm stressed!</p> <p><b>Grade Level:</b> K – 7<sup>th</sup></p> <p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Make enough space for you to move</li> </ul>	<p><a href="#">Shake your sillies out!</a></p> 
<p>Fitness <b>Mitcham</b></p> <p><b>Let's Learn the Disco</b></p>	<p>Follow along with the video to learn some groovy Disco moves!!</p> <p><b>Grade Level:</b> K – 7<sup>th</sup></p> <p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Make enough space for you to move</li> </ul>	<p><a href="#">Lets Disco!!!</a></p> 
<p>Martial Arts <b>Mateo</b></p> <p><b>How to do a Tornado Roundhouse</b></p>	<p>This technique is a little advanced but with practice and dedication you can master it. Take your time practicing this technique. This exercise will improve agility and precision.</p> <p><b>Grade Level:</b> 4 – 7<sup>th</sup></p> <p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>- Wear comfortable clothes</li> <li>- Make enough space for you to move</li> </ul>	<p><a href="https://www.youtube.com/watch?v=JrUeTiAkWw">https://www.youtube.com/watch?v=JrUeTiAkWw</a></p> 