








K-8 Landing Page - Performing Arts

May 18th - May 22nd, 2020

Welcome to our Fine and Applied Arts Activities Page for Martial Arts, Dance and Performing Arts! 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>5 Minute Kickboxing Workout</p> <p>Mateo</p>	<p>5 Minute kickboxing Workout. This video will teach you the basic fundamentals of kickboxing while giving you a good workout.</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=PAf14rmBN64</p> 
<p>What's your name?!</p> <p>Ms. Starace</p>	<p>Spell your name and follow the activities for each letter! Get your body moving and spell out your family members names too! How many letters can you do?</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>link to directions!</p> 
<p>Make an indoor hopscotch game!</p> <p>Mr. Mitcham</p>	<p>Use masking tape, yard, or string to make your hopscotch course. Then hop through it without hopping out of bounds.</p> <p>Grade Level: K – 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Masking tape or string - Wear Comfortable clothes - Make enough space to play hopscotch to not bump into things in case you fell. 	<p>Hopscotch rules how to play</p> 

<p>Mystery Bag Ms. D'Alessio</p>	<p>Have a family member put an object into a bag while you're not looking. Then blindfolded yourself and use your senses to identify objects and guess what they are! See secondary page for examples.</p> <p>Grade Level: K – 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Get a bag that can close shut - Objections from around your house 	<p>Secondary Page</p> 
<p>Move Your Body Cecil</p>	<p>Fun Dance video to refresh on some cool moves, also will warm up your body and get your heart rate going! Try to keep up and dance the entire video with Beyonce with no breaks!!</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 - Follow along - Full Out (100%) Energy 	<p>Move Your Body</p> 
<p>Body Twisters Bryant</p>	<p>Have you heard of tongue twisters? They're pretty challenging, right? Well, here are some body twisters. Movements that challenge your coordination. Can you keep up?</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>Body Twisters</p> 
<p>How to do a Horse Stance Mateo</p>	<p>This youtube video explains the basics of doing a Horse Stance. My challenge for you is to do 3 sets of holding a Horse stance position for 1 minute while doing as many straight punches as you can.</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=mT8FbCZOyFo</p> 

<p>Tik tok with your family! Ms. Starace</p>	<p>How many people can you get involved in this tik tok? Get creative! Here's a video of me and my family!</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>Here's my family!</p> 
<p>How to do Kick up Mateo</p>	<p>This is a tutorial on how to do a proper kick up/ Pop up technique.</p> <p>Grade Level: 5th– 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=HWXD0JbwT-w</p> 
<p>How to do Universal Warrior Arts Karate Basics 1-7 Mateo</p>	<p>Sensei Mateo's Teacher Grandmaster Wright Sr demonstrates hand basic 1-7.</p> <p>Grade Level: 5th– 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=iUHcGHK0trU</p> 