





K-8 Landing Page - Physical
May 11th, 2020 - May 15th, 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>Move Your Body Song & Dance</p> <p>Ms. Bryant</p>	<p>Let's clap our hands, blink our eyes, & stomp our feet together! Sing along and say the name of each body part as you move them!</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>Move Your Body Song & Dance</p> 
<p>Cardio Karate</p> <p>Mateo</p>	<p>It's time to get sweaty! Sensei Mateo gives a great karate workout. Follow his moves every step of the way. Do you have what it takes to complete the 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=WPHf4jznlrI</p> 
<p>Tik tok challenge!</p> <p>Ms. Starace</p>	<p>Take a brain break and learn this cool tik tok dance that Ms. Starace recorded!</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>Follow the prompts!</p> 
<p>Why it's important to get enough sleep at night!</p> <p>Mr. Reardon</p>	<p>Watch this video to learn about the importance of getting proper sleep at night.</p> <p>Grade Level: K – 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear pajamas - Have a pillow and blanket - Turn technology off one hour before you go to bed to give your brain better rest! 	<p>https://www.youtube.com/watch?v=_aAmaCeq9v4</p> 

<p>Show off in a Fashion Show</p> <p>Ms. D'Alessio</p>	<p>Walk down the runway to show off your fun, creative, and silly costumes!</p> <p>(Click on Secondary Page for further directions)</p> <p>Grade Level: K – 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Make enough space for you to walk down your runway 	<p>Secondary Page</p> 
<p>Walk it Out (Mr. Cecil)</p>	<p>Learn to walk with different speeds and other fun directions.</p> <p>All you need is some space, a parent or friend and walk it out!!!</p> <p>Grade Level: K – 4th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Make enough space for you to walk down your runway 	<p>Walking Song</p> 
<p>Dance With Shapes Ms. Bryant</p>	<p>Let's learn about shapes with dance! Can you dance like a square? Or a Circle. Let's find out by following the video.</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>Dance With Shapes</p> 