









Landing Page - Physical

May 4- May 8, 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>1</p> <p>Martial Arts</p> <p>How to do a Inside & Outside Crescent Kick</p> <p>Sensei Mateo</p>	<p>This is a Martial Arts Inside & Outside Crescent Kick tutorial.</p> <ul style="list-style-type: none"> • Make sure you have space to move. • Make sure you don't kick anything while practicing. <p>Send in pictures or videos to Sensei Mateo.</p> <p>Grade Level: K – 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes 	<p>https://www.youtube.com/watch?v=t61DFDf_ZAQ</p> 
<p>2</p> <p>Dance Workout</p> <p>Happy Dance</p> <p>Ms. Bryant</p>	<p>Don't be sad :(Let's get HAPPY! :)</p> <p>Follow this dance to get a great 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>Happy Elementary Dance & Warm-up</p> 
<p>3</p> <p>Theater</p> <p>Charades with Famous People</p> <p>Ms. D'Alessio</p>	<p>Let's play charades! But this time you will be acting out different genres of famous people. (Use example topic list as a reference on secondary page)</p> <p>*See directions on Secondary Page</p> <p>Grade Level: 5 – 8th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Make enough space for you to move 	<p>Secondary Page - Directions and Examples of Famous People Topics</p> <p>Example Video on how to play Charades</p> 
<p>4</p> <p>Dance Choreography</p> <p>"Can't Stop The Feelin" quick</p>	<p>Need to take a break from some school work? Here's a cool hip hop dance to follow along.</p>	<p>https://www.youtube.com/watch?v=9sxifR0Ltqk=9sxifR0Ltqk</p>

<p>hip hop dance!</p> <p>Ms. Starace</p>	<p>Send videos or pictures to Ms. Starace!</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>Kids Dance Party!</p> 
<p>5</p> <p>Martial Arts Pump Up Karate!</p> <p>Sensei Mateo</p>	<p>Martial Arts combat fitness dance choreography. Send in pictures or videos to Sensei Mateo.</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 - Make sure you have water to drink. 	<p>https://www.youtube.com/watch?v=5Yr2N2KK4Jg&t=1s</p> 
<p>6</p> <p>Dance Technique Easy Hip-Hop Floor Combo</p> <p>Ms. Bryant</p>	<p>How good is your floorwork? Learn this short hip-hop dance combo that will get you sliding on the floor!</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>Easy Hip-Hop Floor Combo</p> 
<p>7</p> <p>Dance Workout Celebrate Movement Song</p> <p>Mr. Cecil</p>	<p>Fun Movement song to get our blood circulating. You can do it with family to celebrate how awesome you are!!!</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>Celebrate Movement Song</p> 
<p>8</p> <p>Martial Arts How to do a Tornado Roundhouse Kick</p> <p>Sensei Mateo</p>	<p>This is a Martial Arts Tornado Roundhouse Kick tutorial. Send in pictures or videos to Sensei Mateo.</p> <p>Grade Level: 2nd– 7th</p> <p>Requirements:</p> <ul style="list-style-type: none"> - Make sure you have space to move. - Make sure you don't kick anything while 	<p>https://www.youtube.com/watch?v=JrUeTiTAkWw</p>

		
<p>9</p> <p>Martial Arts How to do a Cartwheel</p> <p>Sensei Mateo</p>	<p>This is a Gymnastics Cartwheel tutorial.</p> <ul style="list-style-type: none"> • Make sure you practice on a soft surface not hard ground. • Make sure you have plenty of space to perform a cartwheel. <p>Send in pictures or videos.</p> <p>Grade Level: 3 – 7th</p>	<p>https://www.youtube.com/watch?v=8EVgoKJbMkM</p> 