








Landing Page - Performing Arts

June 15, 2020 - June 19, 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>Easy Hip-Hop Floor Combo Dance Bryant</p>	<p>How good is your floorwork? Learn this short hip-hop dance combo that will get you sliding on the floor! Grade Level: K – 7th 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>How to do a Tornado Roundhouse Kick Martial Arts Mateo</p>	<p>This is a Martial Arts Tornado Roundhouse Kick tutorial. Send in pictures or videos to Sensei Mateo.</p> <p>Grade Level: K – 7th 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=JrUeTiTAkWw</p> 
<p>Turns: Spotting Dance Cecil</p>	<p>Hey dancers let's work on our turns but first let's practice spotting! The video will give you some tips one spotting so you won't get dizzy while turning.</p> <p>Grade Level: K – 7th 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=RDF1NqgVlv8&feature=youtu.be</p> 
<p>Warm up or Workout! Fitness Reardon</p>	<p>I Dare You To Not Sweat! Follow along to these basic self-space workouts in your home and learn some physical movements that workout your legs, arms, and core muscles. Grade Level: K – 7th 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=etYhiq9hM8A</p> 
<p>Show off in a Fashion Show</p>	<p>Walk down the runway to show off your fun,</p>	<p>Secondary Page</p>

<p>Performing Arts Ms. D'Alessio</p>	<p>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>Family Cardio Workout! Dance Starace</p>	<p>It's time for some exercise! Just because your home doesn't mean you can't get some cardio in! Here's a 10 minute video to get your heart rate going with everyone at home!</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>Family Fun Cardio Workout</p> 
<p>Fortnite Dance Workout Fitness Mitcham</p>	<p>It's time to strengthen our muscles. Do you have what it takes to do the Fortnite Dance Workout? Play the video and follow along! Parents you can join too!</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>Fortnite Dance Workout Video</p> 
<p>Karate Form: Kata 1 Martial Arts Mateo</p>	<p>This Martial Arts video teaches students a basic Karate form called "Kata 1". This form has 30 steps and each step is modeled and explained by 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 	<p>https://www.youtube.com/watch?v=_XKb0W2e6jk</p> 