







Landing Page - Performing Arts

June 8, 2020 - June 12, 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>Hip-Hop: Learn How to Tut Dance Bryant</p>	<p>It's time to work on our hip-hop dance skills! Follow the video to learn and practice Tutting. Grade Level: K – 7th Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p>Hip-Hop How to do a Tutting dance combo w/ Mihran Kirakosian TUTORIAL BASIC TUTTING COMBO</p> 
<p>Basic Strikes & Blocks Martial Arts Mateo</p>	<p>This Martial Arts activity is going to focus on developing basic striking and blocking techniques. The activity will start with a light warm-up and stretch. 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=DHw4EhtUZTE</p> 
<p>FIREWORKS First Verse Breakdown Dance Cecil</p>	<p>Mr.Cecil breaks down the Choreography and Also demonstrates with music. Grade Level: K – 7th Requirements:</p> <ul style="list-style-type: none"> - Wear comfortable clothes - Make enough space for you to move 	<p>FIREWORKS 1st VERSE BREAKDOWN</p>  <p>FIREWORKS 1st VERSE WITH MUSIC</p>
<p>Morning Stretches Fitness Reardon</p>	<p>First Thing To Do When You Wake Up! Follow along to these basic self-space workouts in your home to give you the energy you need to start your day! 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=ALrdsWYoJs</p> 

<p>Charades Performing Arts D'Alessio</p>	<p>Let's play charades! This time you will be acting out different emotions. (Use example list as a reference on secondary page)</p> <p>*See directions on Secondary Page</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>Secondary Page - Directions and Examples of Emotions</p>  <p>Example Video on how to play Charades</p>
<p>KIDZ BOP Dance Along Dance Starace</p>	<p>Have you been sitting all day and want to get up and dance!? Here's all your favorite songs mashed together into one video with some awesome dance moves!</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>KIDZ BOP dance along!</p> 
<p>Cha Cha Slide Plank Challenge Fitness Mitcham</p>	<p>Let's make our arms strong with this arm workout!</p> <p>Have Fun and enjoy the Challenge!</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>Cha Cha Slide Plank Challenge!</p> 