Week of April 6-10, 2020 Movement

Have a dance party with your family!

\*See videos by Ms. Sant at <http://mcdonaldmovement.weebly.com/>, click on Our Work and scroll down to your grade level

5th and 4th Grades: Choreograph your own line dance! Choose 4 movements of 8 counts each. The last movement turns you to a different wall. Practice with the song “Don’t Worry” by Madcon. Invite your family to join you!

 3rd Grade: Turn on music you like. Find a ribbon, blanket, or rope. Crumple it up and throw it into the air. Watch how it lands and create that shape in 2 different ways. Let someone in your family crumple and throw it, and make that shape in 2 different ways. Try making a single connected shape with your family members or your pet. How many different movements can do while holding that shape?

Kindergarten and 1st Grade: Imagine you are a leprechaun! As you move through your home today, choose a different locomotor movement every time you travel. Make a shape each time you stop somewhere. Feel free to make a shape in the space over, under, around, or through an object (or family member if they say it’s ok).