



Movement

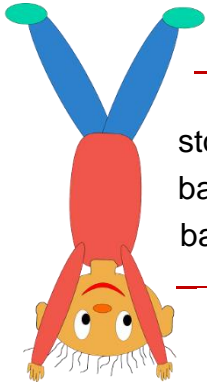
week of May 6-13, 2020

Make a Tik Tok dance with your family!

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



5th and 4th Grades: Reverse Charades—Friend 1 sends Friend 2 the name of a character/object to create with shapes and movements. Friend 2 moves Friend 1's character/object, records it, and sends it back with a character/object for Friend 1 to create and record. Continue exchanging charade recordings.



3rd Grade: Jump Balances—turn on music and dance. Have a family member stop the music at random times. When the music stops jump quickly into a frozen balance shape. 2 points for holding the balance shape 5 seconds, 1 point for holding the balance shape 2 seconds or less. Go to 20 points.



K-1st Grade: Do each of these movements using your whole body, very fast, then super slowly: 1.Jump 2.Turn 3.Walk 4.Slither 5.Roll 6.Skip. Make a shape between every movement.

Now make a shape and do each of the movements while holding that shape.

What does your shape feel like? What does your shape look like? How far apart are your body parts (big shape)? How close together are they (small shape)?