

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Learning goals</b>	I can improve/maintain my fitness level by exhibiting continuous movement throughout the activities.	I can improve/maintain my fitness level by exhibiting continuous movement throughout the activities.	I can improve/maintain my fitness level by exhibiting continuous movement throughout the activities	I can improve/maintain my fitness level by exhibiting continuous movement throughout the activities	I can improve/maintain my fitness level by exhibiting continuous movement throughout the activities
<b>Vocabulary</b>	<b>Dance</b> There are many benefits that dance can provide for you. You can get your heart rate up, move creatively and dancing requires you to remember dance steps and sequences that boosts brain power by improving memory skills.	<b>Dance</b> <b>Watch video- Evolution of Dance</b> <a href="https://youtu.be/p-rSdt0aFuw">https://youtu.be/p-rSdt0aFuw</a>	<b>Dance Facts</b> <b>Watch video</b>  <a href="https://youtu.be/qC1FrQMnnp0">https://youtu.be/qC1FrQMnnp0</a>	<b>Cardio Drumming</b> is a <b>non-impact workout designed with everyone in mind. The workout is to music using drum sticks and an exercise ball. No matter the age or ability, drumming is for you.</b>	Dance needs music to <b>set the mood, drop the beat, and create the motivation needed to start moving.</b> Music has that ability to make us feel a certain way, which is why it plays such an immense role in dance. Different styles of music create various types of beats, which all correspond to a specific dance style.
<b>Warm-up</b>	<b>Let's Warm-up</b> <b>Watch and copy</b> <a href="https://safeyoutube.net/w/1C98">https://safeyoutube.net/w/1C98</a> <b>Great for all ages</b>	<b>Let's Dance</b> Watch and copy <a href="https://safeyoutube.net/w/1C98">https://safeyoutube.net/w/1C98</a>	<b>Let's Warm-up</b> <a href="https://www.darebee.com/workouts/quick-warmup-workout.html">https://www.darebee.com/workouts/quick-warmup-workout.html</a>	<b>Let's Dance</b> Watch and copy <a href="https://safeyoutube.net/w/NeGA">https://safeyoutube.net/w/NeGA</a>	<b>Let's Dance</b> Watch and copy <a href="https://safeyoutube.net/w/IJGI">https://safeyoutube.net/w/IJGI</a>
<b>Activity</b>	<b>Dance</b> <b>Follow along</b>  Ben Prillio is a Physical Educator with some amazing dance moves! Check it out - <a href="#">My House</a>  How can you not dance to this? <a href="#">Footloose</a>  Have fun, invite your family to participate.	<b>Dance</b> <b>Follow along</b>  <b>Enjoy both dances</b> <a href="https://safeyoutube.net/w/3C88">https://safeyoutube.net/w/3C88</a>  A dance workout called, "Born to Move", a fun way to get fit! - <a href="#">This is Me</a>	<b>Dance Follow along</b>  1. Follow along with the videos and learn the dance moves. 2. Follow the videos and work on memorizing the movements. When you feel ready, dance to the music only – without the videos.  <b>3 Dance Moves</b> <a href="https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=3">https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=3</a>  <a href="https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=9">https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=9</a>  <a href="https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=15">https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=15</a>  <b>Music only</b>  <a href="https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=19">https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HYPE%20Dance.pdf#page=19</a>	<b>Dance</b> <b>Watch video- Cardio Drumming</b> <b>Follow along</b>  <a href="https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HoW%20Long.mp4">https://www.plainville.k12.ma.us/cms/lib/MA01000200/Centricity/Domain/81/HoW%20Long.mp4</a>  After watching the video above. You may have noticed that she was using kitchen utensils instead of drum sticks. You can use pool noodles (cut in half, please ask first!), stuffed animals or even just your hands. Any type of ball will do or none at all. This activity is meant for you to listen to the beat and stay with it as best you can. If you get stuck, do not give up, go with. Feel free to add your own moves, too! I would love to see what you came up with.	<b>Dance Follow along</b>  Perfect dance following our Ball Skills Unit - <a href="#">Space Jam</a>  Try this one with scarves (or tissues!) <a href="#">Follow the Leader</a>
<b>Mindful Meditation</b>	<b>Cool Down</b> <a href="https://fit.sanfordhealth.org/resources/fit-workout-yoga-flow-video">https://fit.sanfordhealth.org/resources/fit-workout-yoga-flow-video</a>	<b>Cool Down</b> <a href="https://youtu.be/9rOQKt6z0d4">https://youtu.be/9rOQKt6z0d4</a>	<b>Cool Down</b> <a href="https://youtu.be/JLThHhzA9hQ">https://youtu.be/JLThHhzA9hQ</a>	<b>Cool Down</b> <b>Breathing and Stretching</b>	<b>Cool Down</b> <a href="https://safeyoutube.net/w/RmrB">https://safeyoutube.net/w/RmrB</a>

<b>Assessment</b>	What connections can be made between dance and healthful living?	Give one example of change you noticed about the evolution of dance?	Give one fact about dancing you learned from the video?	On a scale of 1-10. How did Cardio drumming make you feel?	In your own words how does music influence dance?
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