

Dance Class
(Suggested: 90 minute activities)
April 13 - 17, 2020

TEKS: D1.2.C

The student applies body sciences and fitness principles to dance.

The student is expected to: practice an effective warm up and cool-down, using elements of proper conditioning.

Monday

Activity: Take a few minutes to think about all the stretches you have learned in my class, find a space big enough for you to work out. Start by running in place for 30 seconds and 35 calf raises, stretch and add cardio to complete your workout.

Activity 2: Debbie Allen is an American actress, dancer, and choreographer. Write a half-page summary about Debbie Allen. Where is she from? What impact has Debbie Allen made in the African American community? What are some of her accomplishments? What television shows about dance is she known for?

If you have access to technology and internet, Google her. If you do not, ask an adult to tell you what they know about her or help you find out this information. (Hint: She is the sister of Phylicia Rashad).

Activity 2 is due by Friday April 17, 2020.

Tuesday

Activity: Take a few minutes to think about all the stretches you have learned in my class, find a space big enough for you to work out. Start by running in place for 30 seconds and 35 calf raises, stretch and add cardio to complete your workout.

Wednesday

Activity: Find a partner in your house and grab some workout clothes. Teach your partner our daily workout routine from class. Start off with your stretches then jump into cardio.

Thursday

Activity: Find a partner in your house and grab some workout clothes. Teach your partner our daily workout routine from class. Start off with your stretches then jump into cardio.