

# Middle School Dance Distance Learning Plan

## Week of April 6 - 10, 2020

(Suggested: 90 minutes of off-line Activity)

TEK: D1.1.C

### Monday

**Warm up:**

Stretch (10 minutes) Count to 25 for each stretch.

Activity 1: Turn on your favorite song and dance the entire song, while dancing think about what makes you happy. (5-10 minutes)

Activity 2: Make up 4 eight counts to your favorite HIP HOP song. Break it down, practice and perform. (10-20 minutes)

### Tuesday

**Warm up:**

Stretch (10 minutes) Count to 25 for each stretch.

Activity 1: Turn on your favorite song and dance the entire song, while dancing think about what makes you happy. (5-10 minutes)

Activity 2: Make up 4 eight counts to your favorite HIP HOP song. Break it down, practice and perform. (10-20 minutes)

### Wednesday

**Warm up:**

Stretch (10 minutes) Count to 25 for each stretch.

**Assignment 1:** Who is the best dancer in your house? Ask them to help you create a dance challenge, the challenge can't be longer than 10 seconds. Be creative and use all the hip hop, jazz and African dance moves we learned in class. (30 minutes)

## Thursday

### Warm up:

Stretch (10 minutes) count to 25 for each stretch.

**Assignment 1:** Who is the best dancer in your house? Ask them to help you Create a dance challenge, the challenge can't be longer than 10 seconds. Be creative and use all the hip hop, jazz and African dance moves we learned in class. (30 minutes)

## Friday

### Warm up:

Stretch (10 minutes) Count to 25 for each stretch.

Activity 1: Practice your 4 count dance routine, practice your challenge with your partner and send me your best video.

**Email: [mdaily@pvacademy.org](mailto:mdaily@pvacademy.org)**

**Students that don't have access to an email; show your dances off to your family members and remember to have fun while you're doing it.**