

Teacher:	Mr. Weatherston
Date:	4/27 -5/3
Grade:	3
Lesson #:	4
Lesson Target:	Rhythmic movements
Expectations:	Students complete 30 minutes of PE / day.
Location:	Home or Safe area where social distancing can be practiced
NYS Standard	Standard 1- Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. Standard 3 - Resource Management Students will understand and be able to manage their personal and community resources.

At Home YouTube Dances

Purpose of Activity - Students will perform a dance activity that will incorporate rhythmic movements, as well as, challenge the brain to know pattern sequences.

Students may complete their work on any type of electronic device, including a cell phone!!!!

Warm Up

- Happy (Dance Warmup) https://www.youtube.com/watch?v=_swUGtEpazY

Activity

1. Youtube Search - Just Dance and Perform the following dances

- Old Town Road (Remix) https://youtu.be/_g4CYKBN9L0
- High Hopes <https://youtu.be/dovTbPkyQQ4>
- Funky Robot <https://youtu.be/NaOHcn0DJKM?t=16>
- YMCA <https://youtu.be/YCDCwuGcEmA?t=10>
- Gummy Bear Song https://www.youtube.com/watch?v=KVE-T2_vLpY&feature=youtu.be&t=15

2. GoNoodle Videos Gonoodle.com or Youtube Search- GoNoodle

- Koo Koo Kangaroo- Get Yo Body Movin <https://www.youtube.com/watch?v=fpD9kRyBn8o&feature=youtu.be>
- Koo Koo Kangaroo- Get Loose <https://www.youtube.com/watch?v=if8qfVjvFc8&feature=youtu.be>
- Trolls- Can't Stop the Feeling <https://www.youtube.com/watch?v=KhfkYzUwYfk&feature=youtu.be>

3. TeachPhysEd Dance Videos TeachPhysEd.weebly.com or Youtube

- 24K Magic <https://youtu.be/BbD8I6sJGYI>
- Shut up and Dance <https://youtu.be/EuuLAU34aus>

4. Dance Videos on Openphysed.org or Youtube

- Brandon Herwick- Space Jam <https://youtu.be/z0evAuWFlPs>

- Brandon Herwick- September <https://youtu.be/1U6ZXl6YgI0>
- Technotronic - Pump Up The Jam (Just Dance 1) <https://www.youtube.com/watch?v=SD-nGMyU514>
- Whip Nae Nae Elementary Cardio <https://www.youtube.com/watch?v=6b-2wEkhOnk&feature=youtu.be>
- Scott Williams- Let's Get Ridiculous <https://www.youtube.com/watch?v=f0ZplPAW5rA&feature=youtu.be>
- How to Cupid Shuffle https://youtu.be/5_srg-18Fz0
- Cha Cha Slide- Animation <https://www.youtube.com/watch?v=LkzR1GSLcHM&feature=youtu.be>
- Interlude Dance <https://www.youtube.com/watch?v=8uQKy8bk8TM&feature=youtu.be>

Cool Down with Questions:

- ✓ What Dances did you like?
- ✓ What Dance was your favorite?
- ✓ What dance didn't you like?

1. Side Arm Circles

- Marching on the spot, raise arms out from the sides of the body to shoulder height. Now slowly circle arms forward 8 –10 times and backward 8 – 10 times.

2. Circles in the Sky

- While marching on the spot, children raise arms overhead.
- Children pretend they are drawing circles in the sky. Children keep arms overhead and draw a variety of shapes.

3. Climb the Ladder

- Children stand with feet slightly apart.
- Move arms and legs up and down as if climbing a ladder to the sky.
- Climb a ladder for 20 – 30 steps.

4. Slow March

- March slowly on the spot, keeping knees low and gently swinging the arms for 15 counts.

5. Skating on the Spot

- While standing on the spot, imitate a skating motion by extending the right then left leg away from the body at a back/side angle.
- Swing the arms.
- Continue this skating motion for 15 – 20 counts.

6. Deep Breaths and Hug

- Slowly take a deep breath in through the nose and out through the mouth. Repeat three times.
- Wrap arms around shoulders and give self a big hug and a pat on the back.

7. Low Kicks

- A variation of walking on the spot, with children alternating their feet in low forward kicks.
- Slowly swing arms by sides.

8. Tree in the Wind

- Stand with both arms overhead, feet placed wide apart, and knees slightly bent.
- Gently wave arms from side to side and forward like a tree in the wind.

9. Digging in Your Heels

- Stand with one foot forward, pressing heel into the floor and raising toes up.
- Continue this movement while alternating feet, swinging arms in a strolling movement.

10. Body Shake

- Gently shake one arm, the other, both.
- Shake one leg, the other, both, head, hips, whole body.