**Dance**  Mrs. Beth Andrade **Hours: Monday through Friday**

(209) 597 8729 **9 – 10:30 11-12:30**

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**MISS YOU ALL SO MUCH!!!!!!**

Your dance grade will be based on you moving your mind and body 4-5 days a week!!! There are 3 activities for you to do this week. Be creative !! Have fun!!! (No silly jelly beans…Fortnite doesn’t count! 😊) **USE YOUR MIND AND BODY!!! EXPLORE YOUR IMAGINATION!!!**

**GRADING\_-- this due Friday, April 24th**

Monday through Friday choose one of the below activities to do for 20:00 to 30:00 minutes. Afterwards, I need you to create and complete a chart, picture(s), or writing reflection(s) that show me you have been doing these activities. Video recordings will also count as credit .

I need to see proof that you are using your mind and body 4 to 5 days a week!!!

Take a photo or scan the reflections to me by phone or email!!!! You can send me a daily response or weekly. I will try to re-connect with you as soon as possible. I can’t wait to hear from you!

**DANCE ACTIVITIES!!!**

*First…make sure you have room to move. I use my kitchen because I can push the chairs to the side.*

*Pick up any toys, books, and shoes that you might trip over.*

*Take your shoes off...yep, and make them ‘Fireman Ready” 😊 Here we go!!!!!*

1. **DANCE BABY DANCE!!! IT’S YOUR OWN DANCE PARTY!!! (This is to be done 2 to 3 times a week)**

Pick 4 songs and DANCE! This means you are moving for 20:00 minutes!

This is one time I will allow Country Music (Tee, hee , hee) 😊.

Include 10 sit ups, 50 jumping jacks, and stretching during your dance party.

**REFLECTION:**

What songs did you pick? Did you pick songs? Or did you have your brother sing for you? 😊

Did you makeup some ‘new moves’?

Find your heart beat before you start.

Find your heart beat when you finish. Is it easier to fine? Is it beating faster? Is it beating stronger?

How do you feel after you finish your dance party?

1. **CREATE YOUR OWN LAND OF SHAPES!!!!!**

(This activity is similar to when we place hoola hoops on the floor and travel to the different hoops. Inside the hoops we hold an interesting shape.

**Pick 3 PLACES in your room or house. Assign those PLACES as the low, medium, or high PLACES.**

**For 12:00 minutes travel to these 3 locations.**

**When you are in those locations HOLD the correct SHAPE LEVEL for 8 counts. Focus your eyes!**

**Find creative ways to traveling to your different locations. Use levels and pathways.**

**REFLECTION:**

**Write or draw me a picture describing this experience. Tell me where your high, medium, and low places where in your home? Tell me 2 ways you traveled to these different areas?**

1. **DANCE STUDY!!!**

**Using Dr. Seuss’s One Fish, Two Fish, Red Fish, Blue Fish story create a dance!!!!**

**ONE FISH**

**TWO FISH**

**RED FISH**

**BLUE FISH**

**THIS ONE HAS A LITTLE CAR**

**THIS ONE HAS A LITTLE STAR**

**OH ME, OH MY**

**OH ME, OH MY**

**WHAT A LOT OF FUNNY THINGS GO BY!**

**Dance Requirements:**

**Beginning and ending shape**

**Levels**

**Memorized**

**Trust yourself and have fun!!!!!**

**Reflection / Evaluation…**

**Send me a video or pictures! Or write down 3 things that you did during the dance.**

**Did you show the dance to anyone at home?**

**Did you teach the dance to anyone at home?**

*And remember at the end of each day…bow…*

*’5, 6, 7, 8 …Reach for your star…pull it into your heart…share your talent and love with others’*

**Example chart/reflection:**

**Name of student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name of teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dance Party Monday, Wednesday, and Friday**

**Land of Shapes Tuesday**

**Dance study Thursday**

What songs did you use?

What steps did you do?

Pizza Pizza Please deliver Grapeview Kick Kick Run Run Run

Push Push in in JUMP (Also, you can create your own names for the steps.)

How did you feel during these activities?

Did any family member watch you?

Did you teach any family member your dances?

Parents,

If you have time, could you complete the survey. This will give me more insight on what the students need from me!

<https://www.surveymonkey.com/r/SFPTRYV>

Thank you!!! Beth