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

(209) 597 8729 **9 – 10:30 11-12:30**

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**HOPE YOU ARE DOING WELL!!! Second round of adventures…cannot wait to hear from you!!**

Your dance grade will be based on you moving your mind and body 4-5 days a week!!! There are 5 activities for you to do for the next FEW WEEKS. **USE YOUR MIND AND BODY!!! EXPLORE YOUR IMAGINATION!!! HAVE FUN!!!**

**1st and 2nd GRADERS\_-- I need to hear from you by Friday, May 8th (reflections)**

**3RD GRADERS – You have the next 3 WEEKS to complete these assignments! (4/27 – 5/18) Due by Friday, May 15th**

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 daily or weekly responses. Or drop off responses at school on scheduled days. I will try to re-connect with you as soon as possible. I am looking forward to hearing form 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! Attached is a playlist.

Maybe add a prop with your dancing. Like scarf, teddy bear, or book. 😊.

Include 12 sit ups, 50 jumping jacks, 6 push ups, 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’?

Did you use a prop? Did you use more than one prop?

How do you feel after you finish your dance party? Did any family member join you?

1. **SITUATIONS!!!!!**

Do you remember when we would imagine the room in different **SITUATIONS**? Today explore those **SITUATIONS** again.

**“The floor is covered in broken glass and you are barefooted….”**

**“The room is a swimming pool filled with fresh honey…”**

**“The floor is covered with already chewed bubble gum …AND it is a warm sunny day….”**

**“You have 75 helium balloons attached to your body…”**

**“You have 45 red cement bricks in your backpack…”**

Maybe you can perform this for someone in your family. Can they guess what SITUATION you are doing?

**REFLECTION:**

**Write or draw me a picture describing this experience. What was your favorite SITUATIONS? Why was this your favorite SITUATION?**

1. **DANCE STUDY!!!**

**Using words from the story, “Hand, Hand Figures Thumb” by Al Perkins, create a dance. The words provide you a rhythm for your movement.**

**HAND HAND FINGERS THUMB**

**ONE THUMB**

**ONE THUMB**

**DRUMING ON A DRUM**

**DUM DITTY DUM DITTY DUM DUM DUM**

**ONE HAND TWO HANDS**

**DRUMING ON A DRUM**

**DUM DITTY DUM DITTY DUM DUM DUM**

**RINGS ON FINGERS**

**RINGS ON THUMB**

**DUM DITTY DUM DITTY**

**DRUM DRUM DRUM 😊**

**Dance Requirements:**

**Beginning and ending shape**

**Levels**

**Memorized**

**Trust yourself and have fun!!!!! You might work on this assignment for two days.**

**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?**

1. **Shadow Dance**

Ask your parents if you can go outside. It needs to be a sunny day. Find your shadow. Move your body around and watch the different shadow shapes you make. Be aware of where you stand in the sunlight. How does your place in the sun affect the shadow dancing?

**Reflection / Evaluation:**

**Did your shadows look different as you moved around? Did they appear smaller or bigger?**

**Write down how you felt doing this dance.**

1. **Pantomime Solos**

This activity is inspired by the story “Jack and the Beanstalk”. I think we did this before in class.

Imagine you are Jack from the story “Jack and The Beanstalk”. Now you are in the giant’s castle. His wife has just told you to hide. Decide your BEGINNING SHAPE. Then show three different places you try to hide in. The first two you do not like for some reason; the third will be the best spot. Remember you do not need ACTUAL hiding places. Use your imagination to create those places. Like behind the giant’s HUGE table leg. Under the HUGE carpet. Your reflection can be a picture or story describing these places.

Wait…one more just for fun. You are Jack in the giant’s castle. The giant’s wife is used to cooking HUGE meals for the giant, so she gives you an enormous plate of food to eat. How will you manage the giant-sized food and eating utensils set before you? Can you draw a picture of how you looked holding the HUGE spoon? Or eating the HUGE piece of bread?

*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**

**Situations Tuesday**

**Dance study Thursday**

**Shadow Dance Tuesday**

**Pantomime 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?

**HERE ARE TWO PLAYLISTS FOR YOU TO USE…**

<https://music.apple.com/us/playlist/mrs-andrades-classroom-hits/pl.u-JPAZxxmTXGmbgV>

<https://open.spotify.com/playlist/19oVO5mbyEwkmJA1vjJiqb?si=zvAXz0qFTLmMuwYPZCfBDA>

**THE ACTIVITIES ARE DESIGNED TO BE DONE MONDAY THROUGH FRIDAYS.**

**Any questions or concerns…PLEASE…email or call!!!!**