

Week 2 Physical Education

Standards:

- 1.18 Design and perform a creative dance

Monday

- Practice the different dance moves provided
- Fill in Activity log for Monday

Tuesday

- Combine two or three of the dance moves provided and dance to your favorite song using them
- Fill in Activity log for Tuesday

Wednesday

- Combine two or three different dance moves and dance to your favorite song using them
- Fill in Activity log for Wednesday

Thursday

- Create your own dance and teach it to a family member
- Fill in Activity log for Thursday

Friday

- Challenge a family member to create a dance and have a dance off
- Fill in Activity log for Friday

Challenge (optional)

- Create your own dance moves

Name _____

Activity Log for the Week of _____

School Site _____

Teacher _____

Be sure you are doing physical activity for at least 15 - 20 minutes each day

Document what you are doing for each subject each day.

****4th and 5th Grade students must return this form for grading purposes either at your site, or to jtoepfer@tusd.net**

	Monday	Tuesday	Wednesday	Thursday	Friday
What activity did you do?					
How long did you do the activity?					
How did you feel after the activity?					
Parent Signature					

Robot Dance	Basketball Dance
Football End Zone Dance	Superhero Dance
Grasshopper Dance	Soccer Dance
Tiptoe Dance	Super Cardio Dance