

# 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](mailto:jtoepfer@tusd.net)**

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

<b>Robot Dance</b>	<b>Basketball Dance</b>
<b>Football End Zone Dance</b>	<b>Superhero Dance</b>
<b>Grasshopper Dance</b>	<b>Soccer Dance</b>
<b>Tiptoe Dance</b>	<b>Super Cardio Dance</b>