

Name: _____

Date: _____

Homeroom Teacher: _____

Grade: _____

Dance

Equipment needed: something that plays music

Optional equipment: hula hoop and jump rope

Warm up:

Jog in place for 1 minute

Arm circles 10 times forward and 10 times backward

Side lunges 10 times to each side

Heel raises 10 times

Hang stretch & triangle stretch 10 seconds each

Activity:

Choose from one or more of the activities below to complete 20 minutes of dancing.

1. Listen to songs on the radio, television, or any MP3 player (i.e. ipod, ipad, iphone, etc.) and make up dances to those songs.

2. Teach a dance to a friend or a family member.
3. Play "freeze dance". Someone pause the music at different times during the song. When the music stops, you have to freeze!
4. Have a limbo contest.
5. Hula hoop while listening to music.
6. Jump rope while listening to music.

Cool down:

Walk or march in place for 30 seconds

Big Circles with your body- 5 in each direction

Sit and reach stretch- hold for 10 seconds

Please circle the activities that were performed. Print and return the assignment to school.

Parent Signature