Hi Wood School!! Our next unit is going to be… **DANCE**! Below are some dances you can follow along with for the Week of 5/26-6/2. Dancing is a great way to express how you feel through movement. Many dances include rhythmic beats and patterns to follow. Other dances are free-flowing and allow you to move your body to the way the music makes you feel. Our dance unit will include fun, upbeat songs, as well as songs that may fit your mood for any day. Although dance may not be your favorite unit, remember that it is a great way to stay active and for you to increase your heart rate! Dancing is fun, enjoyable, you can do it anywhere and anyone can do it! I know I am looking forward to it! Now let’s show off our dance moves!!

# **DANCE**

**Dance Objectives**

1. Students will express how the music makes them feel through body movement.
2. Students will understand you can show expression and enjoyment through dancing.
3. Students will work hard to imitate dance moves and be the best they can be.
4. Students will complete at least one dance by dancing to how the music makes them feel, to the best of their ability.

**Essential Questions:**

1. How does dancing make you feel?
2. How can you connect dance with other sports and activities?
3. What connections can you make between dancing and living a healthy, active lifestyle?

**Dance Warm-Up**

Here’s a great warm-up to increase your heart rate and get your body ready to move!

<https://www.youtube.com/watch?v=0kvyBApinGU>

**Dance Videos**

Try out these fun and enjoyable dance videos. You’re sure to build up a sweat!

1. Try out this KIDZ BOP version of “High Hopes.” I know my hopes are high that I will see you all very soon!

<https://youtu.be/UNJFORsSFic>

1. Here’s a great, motivational song to get you through the day. When I danced to it, it was the “Best Day of My Life.”

<https://youtu.be/sNog54ovi8Q>

1. Follow along with my favorite character from the movie “Ice Age,” and try the steps to the “Sid Shuffle!”

<https://www.youtube.com/watch?v=uMuJxd2Gpxo>

1. Having a great time showing off your moves? Keep it going with “Can’t Stop the Feeling!”

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

1. Clap along with this jam if you’re feeling “Happy!”

<https://www.youtube.com/watch?v=MOWDb2TBYDg&list=PLEQkOwATXf-V3ypILrI5VVZoqn-39F9_F&index=4>

**Cool-Down**

Choose 3-5 stretches to lengthen and loosen your muscles. Hold each stretch for as long as you can. After stretching, walk 2 laps around the inside or outside of your house to cool down.



