**HWES Physical Education**

**Week 9**

**Grades Rhythmical Activities**

**1st-3rd 5,6,7,8 Dance**

**Muscle of the Month: Bicep**

**Exercises (10 minutes)**

* 10 Jumping Jacks
* Arm Stretches (R/L)
* Leg Stretches (R/L/)
* On your Bottom
* Leg Stretches (R/L/Middle)
* Butterfly
* 10 push ups

**I CAN…..perform instructional dance sequences to the 5,6,7,8 music**

**Lesson (25 minutes)**

Equipment Needed: 5,6,7,8 music, speaker

Instructions:

* Explain the different dance sequences that will be put together for the rhythmical activity.
  + Grapevine R,L
  + Step togethers
  + Claps
  + Step backs
* Demonstrate
  + Break down the different sequences, making sure we are staying on beat
* Dance to the music

Extra Time: Dance off