

# PS 153 March Dance News



Welcome to March!

We will officially start rehearsals for our Dance Festival this year which is **May 27<sup>th</sup>**. The theme is Healthy Me at PS 153! Be on the lookout for letters home!

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**Units of Study:** Health Dances (*Theme for Dance Festival 2020*)

**K: Nutrition-** “Fruit Medley”. *How does eating healthy affect me? How can this make me a better dancer?*

**1: Friendship-** “You’ve Got a Friend in Me”. *How can we be a good friend? How can we show this in through movement?*

**2: Self-Esteem -** “Firework”. *What am I good at? How can I show who I am while dancing?*

**3: Emotions-** “Feelings Medley”. *How can we show emotions with our bodies?*

**4: Hip-Hop-** “Hip-Hop through the Ages”. *How can we show the history of hip-hop through a dance that Mr. Eli made and a dance that we made ourselves?*

**5: Energy-** “Work-out Medley” *Why is it important to stay physically active? What dance movements are physically active and why?*

*\*Talk at home:*

- *How can dancing a concept help you better understand it?*
- *How can we stay healthy?*

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**Reminders:**

\*Parent Teacher Conferences are March 4<sup>th</sup> and 5<sup>th</sup>. I hope to meet many parents!

\*Please continue to wear **sneakers** to dance class (we want to keep our floor nice and clean)!