

2nd Grade Dance Activities

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Week 1:

How can you STRETCH your body?

Do your warm-up

Can you remember all the exercises?

Head moves, up/down, side/side, tilt

Whole body circle

Roll down

Twist

Reach up to pick the apple, reach across to give the apple to someone, reach down to throw the apple on the ground, reach across to give the apple to someone

March in place

Tap foot to the front, tap foot to the side (open and close), tap foot to the back, tap foot to the side (open and close)

Jump feet out and in

Melt to the floor and grow

Week 2:

How can you STRETCH your body?

Do your warm-up

Character/Feeling Dances

Look at your Character Traits sheet. How do you move if you are angry? If you are happy? Sad?

Make a dance phrase to show that feeling or character trait

For example:

Angry

Begin with arms folded

Stomp feet 4 counts

March in a circle fast 8 counts

Kick high 8 counts

Punch the air 4 counts

End curled in a ball on the floor

Remember to:

- Use locomotor movements

- Use non-locomotor movements

- Use levels

- Use pathways

- Use speed

Have a beginning and ending shape or pose

Put counts to each move

Practice your dance several times until you remember it.

Week 3

How can you STRETCH your body?

Do your warm-up

Character/Feeling Dances

What music make you feel happy? Sad? Excited?

Create a list of songs that make you feel different ways. How do you dance to these songs?

Look up the following songs:

William Tell Overture

Requiem in D minor-Wolfgang Amadeus Mozart

Pomp and Circumstance

Piano Sonata No. 14

Carmen Suite No. 1

The Nutcracker Suite Russian Dance

Canon in D. Major

Choose one of these songs and decide on a few movements to dance to each piece of music.