

4th Grade Dance Activities

Ms. McGrath

March/April 2020

Week 1

Let's STRETCH our bodies

Can you remember our warm-up?

Head moves

Arm circles

Roll down

Heel toes

Plie, releve

Tendu, flex

Tendu, passe

Contractions

Swings, chasse

Lunge, Balance

Balance

Week 2

Let's STRETCH our bodies

Let's do our warm-up

Do you remember your Language of Dance Symbols? We learned 16 symbols can you recall all of them? Do you remember how we write a dance using these symbols?

Create a 16 count dance phrase using the LOD symbols

Make sure you begin at the bottom of your paper.

This dance should have some type of pattern or have moves that repeat.

For example:

Jump front

Jump back

Turn left

Turn right

Remember to write the symbol not the words! You can also combine symbols.

Week 3

Let's STRETCH our bodies

Let's do our warm-up

Look at your "Dances Around the World Packet"

Choose 3 or 4 articles to read and answer the following questions:

1. Write 3 facts you learned from these articles.
2. What dance would you like to learn and why?

3. How are these dances alike and how are they different (compare and contrast)?