

3nd Grade Dance Activities

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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

Look at your “Dances Around the World Packet”

Choose 1 or 2 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?

Week 3

Let’s STRETCH our bodies

Let’s do our warm-up

3rd Grade Cultural Project for Dance Class

Students are learning about how dance is an important part of a person’s culture and how you can learn a lot about a culture by studying their dance.

Directions:

1. Figure out the oldest person in your family you can interview (you can do it over the phone or by email too)
2. Interview this person about what type of dance they did when they were younger, and how dance was/is a part of their lives.

You may ask questions such as:

What type of dance did you do when you were growing up?

Where did you dance? (school, studio, home)

What type of music did you dance to?

What did you wear?

Did you dance with a partner, along, or with a group?

What were the dance steps like (fast, slow, smooth, lots of jumping, tricks)?

Take notes of their answers

3. Look over your notes and write a few paragraphs telling about this person's dance history.
4. When we present these projects you may make a poster or bring in any pictures, costumes, or music that may help add to your story.

I hope that we can present these when we return to school.