

FIFTH GRADE RHYTHMIC ACTIVITIES BLOCK PLAN

	Day 1	Day 2
Week 1	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p><u>Skills</u>: Grapevine & Electric Slide</p> <p><u>Concepts</u>: musical rhythm & body coordination</p> <p>*P/S skills: responsibility, respect for others, best effort, cooperation, compassion</p> <p><u>Drills</u>: instructor led sequences with music</p>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>* Review/perform Electric Slide</p> <p><u>Skills</u>: Foot Boogie</p> <p><u>Concepts</u>: musical rhythm & body coordination</p> <p>*P/S skills: responsibility, respect for others, best effort, cooperation, compassion</p> <p><u>Drills</u>: instructor led sequences with music</p>
Week 2	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review/Perform Foot Boogie</p> <p><u>Skills</u>: C.C. Shuffle</p> <p><u>Concepts</u>: musical rhythm & body coordination</p> <p>*P/S skills: responsibility, respect for others, best effort, cooperation, compassion</p> <p><u>Drills</u>: instructor led sequences with music</p>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p><u>Skills</u>: C.C. Shuffle & individual dance creation</p> <p><u>Concepts</u>: musical rhythm & body coordination, & confidence in dance</p> <p>*P/S skills: responsibility, respect for others, best effort, cooperation, compassion</p> <p><u>Drills</u>: instructor led sequences with music & individual work-time</p>

Week 3

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging

Skills: individual choreography

Concepts: musical rhythm & body coordination, self-confidence

*P/S skills: responsibility, respect for others, best effort, cooperation, compassion

Drills: instructor led sequences with music & individual work-time

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging

Skills: Perform own dance for class

Concepts: musical rhythm & body coordination, and peer respect

*P/S skills: responsibility, respect for others, best effort, cooperation, compassion

Drills: group presentations