

FOURTH GRADE RHYTHMIC ACTIVITIES BLOCK PLAN

	Day 1	Day 2
<h3>Week 1</h3>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p><u>Skills</u>: Alley Cat</p> <p><u>Concepts</u>: musical and bodily rhythms</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 Alley Cat/perform</p> <p><u>Skills</u>: Basketball Shuffle</p> <p><u>Concepts</u>: musical and bodily rhythms</p> <p>*P/S skills: responsibility, respect for others, best effort, cooperation, compassion</p> <p><u>Drills</u>: instructor led sequences with music</p>
<h3>Week 2</h3>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>* Basketball Shuffle review/perform</p> <p><u>Skills</u>: Grapevine steps & Electric Slide</p> <p><u>Concepts</u>: musical and bodily rhythms</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>: “making your own dance”</p> <p><u>Concepts</u>: musical and bodily rhythms</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
*Continue work on own dance, select music, practice steps
Skills: choreographing & rehearsing
Concepts: musical and bodily rhythms
*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: presenting in front of a group
Concepts: musical and bodily rhythms & peer respect
*P/S skills: responsibility, respect for others, best effort, cooperation, compassion
Drills: presentations