

THIRD 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>: *Limbo 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</p>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review Limbo</p> <p><u>Skills</u>: Bunny Hop</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>
Week 2	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review Bunny Hop</p> <p><u>Skills</u>: Chicken 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</p>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review Chicken Dance</p> <p><u>Skills</u>: Alley Cat 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</p>

Week 3

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging
*Review/perform Alley Cat Dance
Skills: Make up own dance
Concepts: musical and bodily rhythms
*P/S skills: responsibility, respect for others, best effort, cooperation, compassion
Drills: instructor led sequences with music

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging
*Continue work on own dance
Skills: *Perform for small groups
Concepts: musical and bodily rhythms, & peer respect
*P/S skills: responsibility, respect for others, best effort, cooperation, compassion
Drills: presenattions