

# Movement

May 13-20,

2020

\*See movement videos at

<http://mcdonaldmovement.weebly.com/>, click on Our Work and scroll down to your grade level



**3<sup>rd</sup> and 4<sup>th</sup> Grade:** Speed improv--choose 3 different body parts and decide which speeds each will dance: fast, medium, slow. For example, my head might dance medium, my legs slow, my arms fast. Create a dance with movements with these body parts at these speeds as if you were in the following places: a park, a grocery store, a car, a swimming pool, a dance party, a classroom, the library, a parade, a trampoline, a mud pit.



**K-1<sup>st</sup> Grade:** Do each of these locomotor movements using your whole body, very lightly, then super **strong**:

1. Jump 2. Turn 3. Walk 4. Slither 5. Roll 6. Skip 7. Glide 8. Tiptoe 9. Crabwalk 10. Leap 11. Run 12. Hop. Make a shape between every movement.

Make a shape and do each of the movements while holding that shape.

Which muscles did you feel at work? Does your shape look strong or light? Did you keep your balance?