









Enjoy your PE and
Music classes at the
same time!
Use the beat/rhythm cards
To create a fun dance to
your favorite upbeat music!
Feel the beat and workout!



Lesson 1:

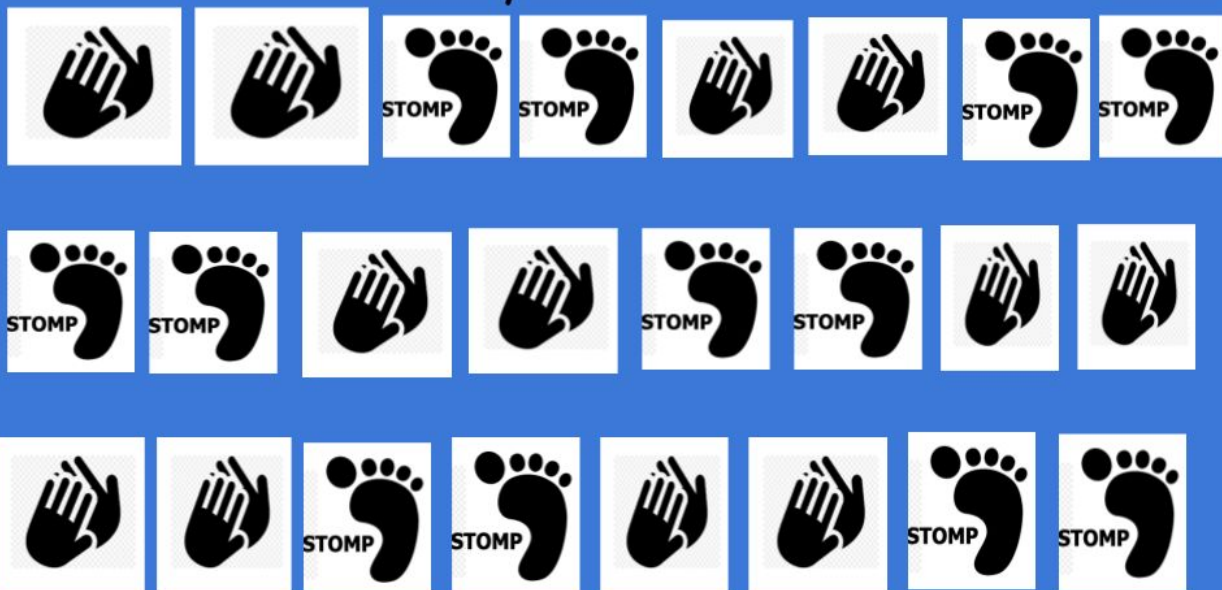
Rhythm CARDS

	= STOMP		= Snap
	= CLAP		= Hand to Thigh
	= JUMP		= Knee tap with hand crossing midline

Rhythm Card #1

Rhythm Cards

8 Beats



Rhythm Card #8

Rhythm Cards



Create YOUR OWN Dance!

1. Create your own moves.(You can make them up.)
2. Create a pattern, one move and then another and then...
3. Write it out.
4. Put on your favorite music/song..
5. Can you dance, have fun AND get your heart rate up?
6. See resource sheet for ideas.
7. **HAVE FUN!**
8. **CHALLENGE**, 'So YOU THINK YOU CAN DANCE?'
 - a. Can you and your family create different dances and see who REALLY Can dance?!



A resource sheet to help create your own dance:

Can you create one with your family?





If you choose, take some pictures of your dance or video. Send them to Mrs. D'Agostino, Ms. Brown and/or Ms. Hodgdon. ldagostino@brunswick.k12.me.us
jhodgdon@brunswick.k12.me.us cbrown@brunswick.k12.me.us

HAVE FUN!



Lesson 2: SO YOU THINK YOU CAN DANCE?



1. Using what you learned in last week's lesson, draw/write out your own **rhythm card**. (don't forget to use the right and left sides of your body, arms, legs and use your body in different levels in *space*...up, down, sideways...)
2. Try out your dance moves using your own rhythm card.
 - a. Challenge your family to create their own rhythm card.
 - b. Put them all together for a family dance!
3. Set up a **Family Dance Party Night** and use each family member's favorite song(s), put your rhythm cards to work! Can you hold a **Family Dance Party Night**, weekly? Monthly? It would be a great way to get rid of the stress and have fun! Start a new family tradition.
4. If you're able, you can share your rhythm cards with a friend electronically and build a dance remotely. (from a distance without physical contact.)
5. **Change the rhythm of fast or slow, and for the**  **your heart rate by dancing length of your favorite song!**
6. **Can you take it**  **outside?** use the natural sounds around you to dance to, or hum or, ok, use earbuds w/ choice of music. Can you dance outside with no music other than what you hear in your own head?
7. Take pics of your rhythm cards, yourself/family, send them to: **Send them to:** Mrs. D'Agostino, Ms. Brown and/or Ms. Hodgdon. ldagostino@brunswick.k12.me.us jhodgdon@brunswick.k12.me.us cbrown@brunswick.k12.me.us
Take a video with a cell phone and send it along!

HAVE FUN!



Create your own: Rhythm Card
