

## **Week 2 Physical Education**

### **Standards:**

- 1.18 Design and perform a creative dance

### **Monday**

- Practice the different dance moves provided
- Fill in Activity log for Monday

### **Tuesday**

- Combine two or three of the dance moves provided and dance to your favorite song using them
- Fill in Activity log for Tuesday

### **Wednesday**

- Combine two or three different dance moves and dance to your favorite song using them
- Fill in Activity log for Wednesday

### **Thursday**

- Create your own dance and teach it to a family member
- Fill in Activity log for Thursday

### **Friday**

- Challenge a family member to create a dance and have a dance off
- Fill in Activity log for Friday

### **Challenge (optional)**

- Create your own dance moves

**Robot  
Dance**

**Basketball  
Dance**

**Football  
End Zone  
Dance**

**Superhero  
Dance**

**Grasshopper  
Dance**

**Soccer  
Dance**

**Tiptoe  
Dance**

**Super Cardio  
Dance**