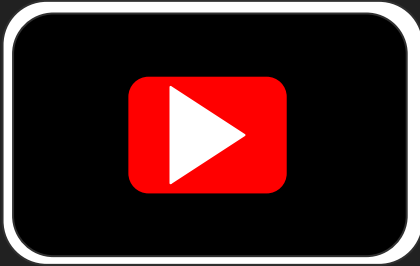


ACTIVITY 5

1 WARM UP

2 BOP TIL YOU DROP DANCE

3 MOVEMENT CONCEPTS



REMEMBER:

You can do the warm up
and dance with your arms
from a seated position.



CHECK OUT
PREVIOUS ACTIVITIES

[WEEK 1 CLICK HERE](#)

[WEEK 2 CLICK HERE](#)

[WEEK 3 CLICK HERE](#)

[WEEK 4 CLICK HERE](#)

[THIS WEEK'S
LEARNING PLAN
CLICK HERE](#)

What are movement concepts?

Space Awareness
(directions, levels, pathways)

Relationships with objects
(over, under, in front, behind, around, through)

Effort-How the body moves
(stop, go, fast, slow)

Where the body moves...
(Right, left, up, down, forward, back, low, high, curved, straight, zigzag)

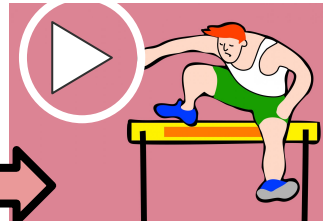


ACTIVITY IDEAS

Head, shoulders, knees and toes!
<https://safeYouTube.net/w/ncmA>

Body Part Beanbag Dance
<https://safeYouTube.net/w/hxmA>

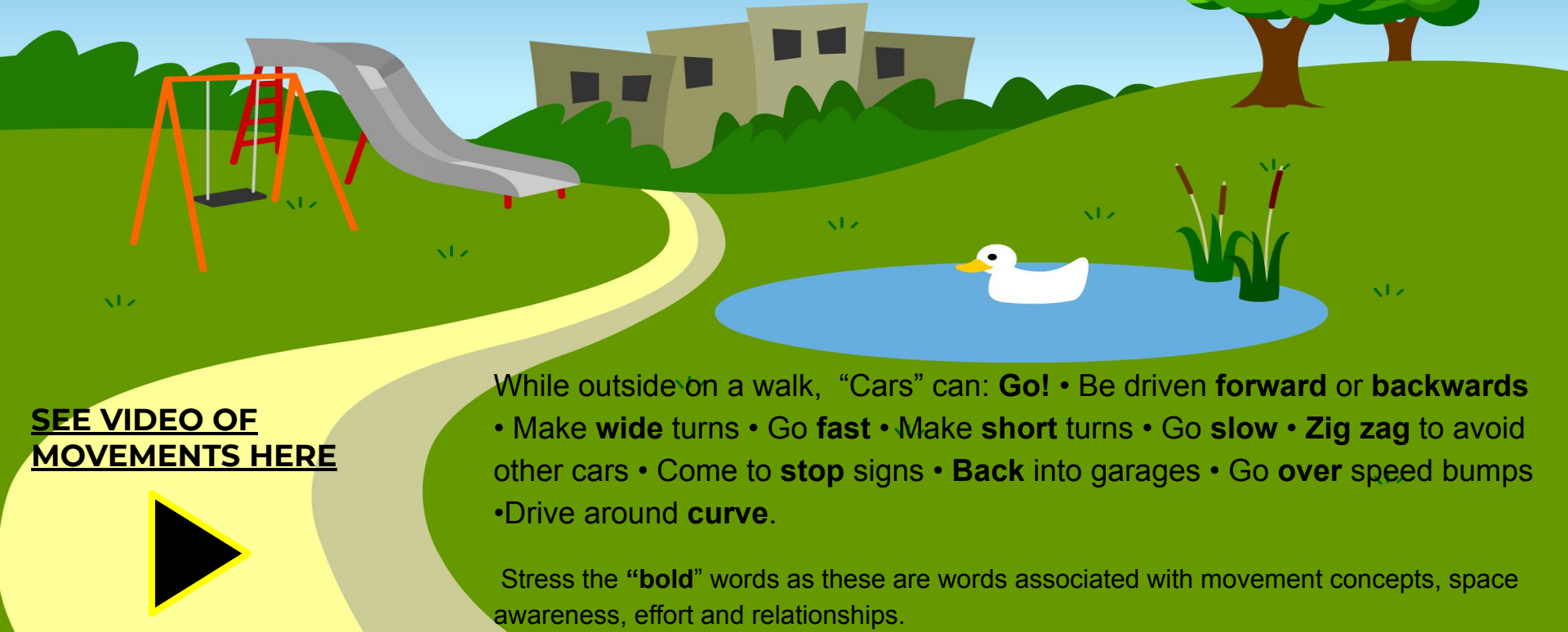
CHALLENGE: Can you create an obstacle course that requires you to go over, under, around and through?



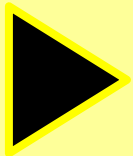
Race Car Game
[Next Slide](#)

Turn your walk into an adventurous game of *RACE CAR!*

You are the RACE CAR! Drive your cars around without bumping into anything that you may encounter. This is traveling in your own **personal space**.



SEE VIDEO OF
MOVEMENTS HERE



While outside on a walk, “Cars” can: **Go!** • Be driven **forward** or **backwards**
• Make **wide** turns • Go **fast** • Make **short** turns • Go **slow** • **Zig zag** to avoid
other cars • Come to **stop** signs • **Back** into garages • Go **over** speed bumps
• Drive around **curve**.

Stress the “**bold**” words as these are words associated with movement concepts, space awareness, effort and relationships.

ACTIVITY 5

LEARNING GOALS

Movement concepts

COMMUNICATION

Link sent to case managers and PE teachers to be posted in google classrooms

WATCH AND DO

Warm up

Bop til you drop dance

Navigate movement concepts slide

PRACTICE

Body Part Identification
Where the body moves...
Right, left, up, down, forward, back
Low, high, curved, straight, zigzag

Effort/ Cues: Stop! Go!
Move fast, slow

With object: over, under, around, through

MODIFICATIONS

Sit in a chair

Use arm movements

Physical assistance

Demonstrate understanding using verbal directions