3/30/2020 - 4/3/2020

During this time, we want to ensure that our children remain engaged, challenged, and active.

That’s why we encourage all our students to be active **EVERYDAY.**

With this week being the last week before Spring Break, we wanted to make this week’s lesson extra fun.

Renown American poet Henry Wadsworth Longfellow wrote, “*Music is the universal language of mankind*.” This mean that no matter; where you are from, what culture you identify with, what you believe, or what language you speak, we can all be moved by music. Feelings can be conveyed no matter the language using music, and **DANCE** goes hand and hand with music.

We just encourage you to **DANCE** this week.

**WARM-UP**:

Participate in (2) [Home - GoNoodle](https://www.gonoodle.com/) activities to get your body moving. After this move toward your activity.

**ACTIVITY**:

Below is a list of popular dances that we should all be familiar with. We encourage you all to take each day this week to learn one dance each.

**DANCES to LEARN:**

**Monday: Chicken Dance**

**Tutorial-** <https://www.youtube.com/watch?v=PtpofI1dqH0>

**Song-** <https://www.youtube.com/watch?v=npp1z32idrc>

**Tuesday: Cupid Shuffle**

**Tutorial-** <https://www.youtube.com/watch?v=5_srg-18Fz0>

**Song-** <https://www.youtube.com/watch?v=C2iA083jcv4>

**Wednesday: Macarena**

**Tutorial-** <https://www.youtube.com/watch?v=vSCqglUC74w>

**Song-** <https://www.youtube.com/watch?v=MAsP7TYPYcc>

**Thursday:** **Cha Cha Slide**

**Tutorial-** <https://www.youtube.com/watch?v=DYlvGRCzGrI>

**Song-** <https://www.youtube.com/watch?v=LkzR1GSLcHM>

**Friday: FREESTYLE!!**

**Do whatever dance you want. You can do a TikTok Challenge, or any popular song that we may not know of. If you have trouble thinking of one here’s some for you -** <https://www.youtube.com/watch?v=sHd2s_saYsQ&t=1592s>

**If you have some serious moves, you can create a TikTok or just record the dances and send it to our Twitter @NPK\_PhysEd we’d love to repost your guys representing Norton Park and SOARing HIGH!!**

**And have an AMAZING Spring Break!!!**