

Week of: 10/22

Teacher: Canales

Team: Westside, PE Dance

Monday	TLW: Express ideas and emotions through movement, demonstrate basic principles of proper skeletal alignment, perform memorized movement sequences with rhythmical accuracy	Objective: Hip-Hop
		Activities: Hip-Hop warm-up Continue learning hip-hop combination
		Materials: music
		Follow Up/HW: practice
Tuesday	TLW: Express ideas and emotions through movement, demonstrate basic principles of proper skeletal alignment, perform memorized movement sequences with rhythmical accuracy	Objective: Hip-Hop
		Activities: Hip-Hop warm-up Continue learning hip-hop combination
		Materials: music
		Follow Up/HW: practice
Wednes/Thurs	TLW: Express ideas and emotions through movement, demonstrate basic principles of proper skeletal alignment, perform memorized movement sequences with rhythmical accuracy, apply body sciences and fitness principles to dance	Objective: Hip-Hop
		Activities: Hip-Hop warm-up Strengthening and conditioning exercises Finish learning hip-hop combination
		Materials: music
		Follow Up/HW: practice
Friday	TLW: communicate using appropriate anatomical terminology, demonstrate basic principles of proper skeletal alignment, perform memorized movement sequences with rhythmical accuracy	Objective: Hip-Hop
		Activities: Hip-Hop warm-up Practice hip-hop combination Peer Evaluation
		Materials: music
		Follow Up/HW: practice