

Monday	TLW: practice an effective warm-up and cool-down, express ideas and emotions through movement	Objective: hip-hop
		Activities: learn choreography in hip-hop
		Materials: music
		Follow Up/HW: practice
Tuesday	TLW: practice an effective warm-up and cool-down, express ideas and emotions through movement	Objective: hip-hop
		Activities: learn choreography in hip-hop
		Materials: music
		Follow Up/HW: practice
Wednesday/Thursday	TLW: practice an effective warm-up and cool-down, use elements of proper conditioning, express ideas through written language, practice an effective warm-up and cool-down, express ideas and emotions through movement	Objective: Workout, journal, hip-hop
		Activities: stretch, workout/pilates day, write in journal, learn choreography in hip-hop
		Materials: music, paper, writing utensil
		Follow Up/HW: practice
Friday	TLW: practice an effective warm-up and cool-down, practice an effective warm-up and cool-down, express ideas and emotions through movement	Objective: hip-hop
		Activities: learn choreography in hip-hop
		Materials: music
		Follow Up/HW: practice

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