

Monday	TLW: perform memorized movement sequences with rhythmical accuracy, express ideas and emotions through movement	Objective: Concert Dance
		Activities: learn choreography in preparation for our May Concert
		Materials: music
		Follow Up/HW: relax
Tuesday	TLW: perform memorized movement sequences with rhythmical accuracy, express ideas and emotions through movement	Objective: Concert Dance
		Activities: learn choreography in preparation for our May Concert
		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, perform memorized movement sequences with rhythmical accuracy	Objective: Workout, journal, Concert Dance
		Activities: stretch, workout/pilates day, write in journal, learn choreography in preparation for our May Concert
		Materials: music, paper, writing utensil
		Follow Up/HW: practice
Friday	TLW: NO SCHOOL	Objective:
		Activities:
		Materials:
		Follow Up/HW: