

LPHS CHATOS: Outreach Learning
Apr 20-24, 2020

CHATOS DANCE TEAM - Week of Apr 20-27, 2020

Teacher/Team: J Watson, Dance Dept.

If there are any questions, please feel free to email me at:

Link to [TEAMS Folder](#)
Previous Lessons:

Link to: (*Resources*).

watsonj@lpisd.org

[CHATOS DANCE TEAM](#)

(workout) Abs & Glutes

<https://www.youtube.com/watch?v=smsxDlpGE9k>

****Handout for Couch Choreo. Instructions in FILES, POSTS, and ASSIGNMENTS.**

Objectives

Objective / I Can:

- I will choreograph a short movement phrase incorporating furniture.
- I will execute a stamina kicks using proper technique and placement.
- I will maintain a healthy body through an aerobic exercise workout.

Activities

Student Activities:

Go to [Teams Folder](#). Look for the assignment:

1. Reference the handout for instructions for Couch Choreography.
2. Execute your Stamina Kick series.
3. Complete assigned workout. (Abs and Glutes)

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Academic/Instructional Support

Schedule:

Teacher Support - TEAMS

(*Guidelines for how the teacher/team will support the student*
watsonj@lpisd.org

Office Hours

8:00am – 12:00pm; 1:00pm – 4:00pm weekdays

To Be Graded

Assignment for students to submit to TEAMS Folder:

1. Assigned Skills – Couch Choreography / 1:00 minute approx. – (video submission)
2. Stamina Kicks and Workout (video submissions)

When is it due? **Tuesday, Apr. 27th at 8:00am**

What assignments will the student submit?

1. Couch Choreography (video)
2. Stamina Kicks Documentation (video)
3. Aerobic Workout (Abs and Glutes) Documentation (video)

How will it be submitted?

EMAIL watsonj@lpisd.org

Electronically, except by individual arrangement.