

LPHS CHATOS: Outreach Learning
Apr 6-10, 2020

CHATOS DANCE TEAM - Week of Apr 6-10, 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](#)

(leg hold)

<https://www.youtube.com/watch?v=i1wB7k7QgZ0>

(pirouette / second turns)

<https://www.youtube.com/watch?v=Rq0ovsiB4MQ>

(workout) Latin Cardio

https://www.youtube.com/watch?v=8DZktowZo_k

Objectives

Objective / I Can:

- I will demonstrate proper technique and placement in various leaps.
- I will execute a stamina kicks using proper technique and placement.
- I will maintain a healthy body through an aerobic exercise workout.
- I will journal to document my progress of dance skills, knowledge, and mental health.

Activities

Student Activities:

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

1. Respond to journal post in the Teams Folder.
2. Use turn tutorial and combination videos to practice and improve technique and execution of various turns.
3. Execute your Stamina Kick series.
4. Complete assigned workout. (Latin Cardio)

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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. Journal Entry
2. Assigned Skills, Combos, and Workouts (video submissions)

When is it due? **Monday, Apr. 6th at 8:00am**

What assignments will the student submit?

1. Journal Entry
2. Turns in Second (left and right side) Documentation (video)
3. Stamina Kicks Documentation (video)
4. Aerobic Workout (Latin Cardio) Documentation (video)

How will it be submitted?

TEAMS folder

Electronically, except by individual arrangement.