

PE Virtual Learning

4th Grade Rhythmic Activities

April 13-17



4th Grade PE Lesson: April 13-17

Learning Target:

Students will demonstrate rhythm while performing a variety of activities.

Background: Rhythm is a strong, repeated, pattern of movement, or sound.

Let's Get Started:

- 1. Warm up your body by doing some dynamic stretching (30 seconds of arm circles, 30 seconds of high knees, 20 jumping jacks)
- 2. Follow along with this Rhythm Video.
 - You could use scarves, bandanas, or grocery bags if you would like, but not necessary.



Practice #1

Safety: Before beginning any activity, check in with your parents first and then make sure you have a safe space with enough room.

Follow along with the GoNoodle video

*While performing this dance, think about...

- Why is rhythm important in dance?
- What activities use rhythm besides dance?



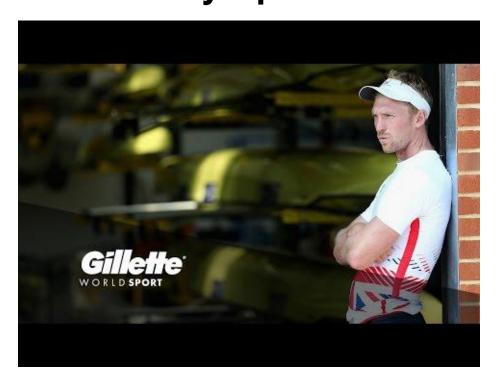
Practice #2

- Click the video and follow along with the dancers.
- You do not need to do the whole dance, just 1-2 minutes.



Practice #3 **Rhythm-Elements of an Olympian**

- Rhythm is involved in more activities besides dance.
- Watch this video about why rhythm is important for these Olympians.



Practice on your own:

Here are a few videos of activities that involve rhythm you can use to practice:

- If you have a basketball at home, you could practice rhythm while dribbling.
- Rhythm Sticks Activity (you can use drums sticks, chopsticks, empty paper towel rolls, or create sticks on your own)





Self Check:

- 1. Was this lesson?
 - easy,
 - ☐ just right
 - hard



2. Explain to your parents or siblings what rhythm is and how it is used in many activities.