



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.