



Personal Fitness Virtual Learning

Dance Workout

April 23, 2020



7/8th Grade Personal Fitness
Lesson: [April 23rd 2020]

Learning Target:

Students will be able to analyze technique of selected exercises
and track a personal activity log

Describes and applies mechanical advantage(s) for a variety of
movement patterns. S2.M12

Essential Question: How does dance help with coordination?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will complete a variety of dance workouts**

Let's Get Started:

1. **Follow this warm-up to get started!!**
 - [Warm-up video](#)

Practice #1

- Complete the Just Dance routine to [Happier](#)
- Try your hardest at this dance; include moving your feet. If you just move your arms your not completing the dance correctly

Practice #2

- Complete the Just Dance routine to [24K Magic](#)
- Try your hardest at this dance; include moving your feet. If you just move your arms your not completing the dance correctly. This dance is more fun if someone does it with you!

Practice on your own:

- Go to this [link](#); here you will find many Just Dance routines. Pick 3 more to complete today's workout.

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: How can I improve my coordination?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house