**Snow Packet 6-10 Dance Assignment**

This will be 2 Project assignment. Both were assigned prior to this situations so we are going to pick up where we were. The completion of BOTH projects will be the snowpack assignment for 6-10.

We are all trying to continue with our jobs and schooling, so please be flexible, creative and think outside the box. Please read the assignments in detail. I have modified each slightly to fit this situation. If you have questions concerning the assignments you can- livegrade message me or email emarshal@k12.wv.us -I try to leave both up so I can check regularly. Thanks!!! Mrs. MacVean

**Days 6-7-8- Cultural Dance Project**- If you saved it to office 365 that’s great, if not you have time to redo or if you would rather do different culture that is fine too. See 2 parts below.

1. Select a culture or use your own heritage -but pick one we have not covered in class. (we have done Appalachia Dance, New England Square and Irish Step Dancing)

Research the “Culture” first, find out what you can about their way of life. Then look into their dance traditions. Things you may look for or find are: celebrations, rituals, social dance, costumes, customs dance is performed, reason dance began, folk dancing etc… You can

Make a list of 25 Facts you find and then develop a 2 page report on your selected “culture dance”

1. We have seen various costumes. Explore the costume of the culture. Create a full page pencil sketch/colored design of a costume for your dance using as much detail as possible, as if you were the designer of the costume designer. We will NOT do the power point, because I think computers could get bogged down with submission and download of 15 power points coming in.

**Days 9-10** Yoga Routine and Practice.

Finalize the creation of your 10 min yoga routine, write the routine out as planned, select music to go with your routine. When you have finished the written routine and are ready, demonstrate it for a parent or guardian.

The following is a list of yoga poses you know- Downward Dog, Mountain Pose, lunge, standing forward bend, warrior, plank, cobra, seated forward bend, and the crossed leg or laying positions with palms up for breathing, Nose breath on each side. Do 2 practice sessions either using the routine you create or 2 days of Practicing yoga using youtube- there are excellent guides -I suggest- youtube.com and in the search bar- Yoga for Beginners At Home (20min Class) Easy Yoga Poses For Flexibility.

Have your parent or guardian sign and verify at the bottom your written routine that this has been performed and you have practiced 2 days either the routine you created or 2 days from the internet.

Submit your assignments as directed by administration.