

Fillmore Arts Center, DCPS

Performing Arts Distance Learning



African/World

WEEKS 3 - 4

Grades 3-5

DANCE

with Ms. Daniels

West / Stoddert Period 2 / Key Period 2

karen.daniels@k12.dc.gov



Stoddert 12:30-1:30 Class
Key 12:30-1:30 Class
West

Warm-up videos (choose 1 each day or 1 per week)

1. [Take 5 Yoga](#)
2. [Kukuwa® Fitness on Good Morning America](#)
3. [Debbie Allen Class](#)

Learn a dance routine

Follow each video and memorize 5-10 steps.

1. [Debbie Allen Class](#)

KuKu West African Dance (near the end of video, starting at 12:50 minutes)

2. [Street Jazz](#)
3. [“Can’t Stop the Feeling”](#)

African/World Grades 3-5



Schools + Classes

Stoddert 12:30-1:30 Class
Key 12:30-1:30 Class
West

Literacy Activities:

1. Please complete the Activity Log - PDF

2. “Be A Dance Reporter”

Please download the pdf file in the link below:

<https://dcps.instructure.com/courses/179580/files/2250044/>

3. Watch for enjoyment and dance appreciation:

[Debbie Allen \(TED Talk\)](#)

[Kankouran: The Next Generation](#)

[Dancing In The District: Learning About West African Dance](#)

[West African Dance - Alvin Ailey](#)