NAME:

DATE:

DAY OF ABSENCE:

BODY: MUSCLES

**SEE MUSCLE CHART FOR MUSCLE LOCATION AND ANSWER THE FOLLOWING QUESTIONS IN AT LEAST 3-5<u>COMPLETE</u> SENTENCES FOR EACH QUESTION:

1. WHEN DO WE USE OUR BICEPS AND TRICEPS IN DANCE?

2. WHY DO YOU THINK WE EMPHASIS OUR CORE MUSCLES SO MUCH (ABDOMINALS)?

3. WHAT ACTIVITIES CAN YOU DO THAT ENGAGE YOUR QUADS AND HAMSTRINGS? GIVE 3 EXAMPLES A.

- B. (.
- 4. WHY IS IT IMPORTANT TO KNOW WHERE YOUR MUSCLES ARE LOCATED?

5. How do our muscles help us in dance?

WATCH THE MUSCLE DANCE VIDEO. WHEN YOU TURN IN YOUR ASSIGNMENT, PERFORM THE MUSCLE DANCE (MOVEMENT AND SINGING) FOR YOUR TEACHER TO PASS OFF.

PASS OFF SIGNATURE:

SONG:

- Trapezius Trapezius BICEP TRICEP PECTORALIS DELTOID NOW THE OTHER SIDE
- Trapezius Trapezius BICEP TRICEP PECTORALIS DELTOID We'RE HALFWAY THERE

ABDOMINALS ARE OUR CENTER CORE HAMSTRINGS STRETCH DOWN TO THE FLOOR GLUTEUS MAXIMUS LIFT AND LEFT STRETCHING OUR GLUTES IS NOT COMPLEX

NOW IT'S TIME TO STRETCH OUR QUADS SAY IT OUT LOUD, "THESE ARE MY QUADS." RELEASE THOSE MUSCLES, FEEL THE STRETCH. STRECHING OUR GLUTES IS NOT COMPLEX

NOW IT'S TIME TO STRETCH OUR QUADS SAY IT OUT LOUD, "THESE ARE MY QUADS." ONE MORE MUSCLE LEFT TO KNOW THE GASTROCHEMIUS NOW THE MUSCLES WE KNOW.