

Grade 4 Phys Ed

Week 4

Basic Dance Moves

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| 1. Clap | 7. Squat |
| 2. Shake | 8. Knee lift |
| 3. Roll | 9. Kick |
| 4. Swing | 10. Tap |
| 5. Reach | 11. Slide |
| 6. Shoulder Shrug | 12. Twist |

Put these moves together with some music and you will see what an **amazing dancer** you are! I have also attached **2 fun fun fun** dance videos-get the whole family bobbing and jiving 🧑🏻🧑🏻👉👉👉👉👉👉

PS. Mom and dad will know these songs 😊😊