**Tuesday, May 19th  Dance Class**

**Warm up: Ninja Dance:** <https://www.youtube.com/watch?v=b4u42yQmvpI>

**Activity: Makes some Noise:** <https://www.youtube.com/watch?v=6QObE0zvN_E>

Try dancing to this song and make up some of your own moves!

**Cool Down: Stretching Music:** **<https://www.youtube.com/watch?v=WUXEeAXywCY>**

Do some stretches and cool down to this music.

**Thursday, May 21st Dance Class**

**Warm up: Just Dance:** <https://www.youtube.com/watch?v=eughyYPoExk>

**Activity: Dancing with Kids Bop:** <https://www.youtube.com/watch?v=CqgREfWK0U8>

How many dances can you do without stopping? What is your favourite dance?

**Cool Down: Calm Down Yoga** : <https://www.youtube.com/watch?v=rWP4Xl4IDYA&t=127s>