**Tuesday, June 9th Dance Class**

**Warm Up:** **Work out Warm up:-** Play your favourite song and make up your own warm up. You can pick an exercise and do it 8 times and then move on to the next exercise. Try to move all your body parts.

Here is a song you can use: Try Everything-By Shakira: <https://www.youtube.com/watch?v=jpqV3dzYOgk>

**Activity: Move it to the Sound:** <https://www.youtube.com/watch?v=7JvkWXBY2eY&list=RDjpqV3dzYOgk&index=46>

**Kidz Bop Kids:** <https://www.youtube.com/watch?v=JaK0Vrkzu80>

**Try making up your dance to this song**

**Cool Down:** Super Scooper Maximo: <https://www.youtube.com/watch?v=3Ei2DHY2EMI>

**Thursday, June 11th Dance Class**

**Warm Up:** <https://family.gonoodle.com/activities/poppin-bubbles>

**Activity:** <https://family.gonoodle.com/activities/im-still-standing>

Make up another dance using this song and include three dance movements that you learned from the **“I’m still standing”** dance.

**Cool Down:** <https://family.gonoodle.com/activities/strengthen-your-focus>