**Year 9 - Week Commencing 20th April 2020**

**Compulsory work:**

**Each week you will be sent a weekly task through Teams. The work that is set will need to be completed weekly and not emailed directly to me but uploaded onto the assignment section in Teams. I will still be able to give you feedback but this way I can easily see who has and hasn’t submitted and it will also tell me who has uploaded it late. It will let up resubmit work if you have handed it in before the deadline and you then added more to it. The work will be uploaded onto Teams every Monday morning and the hand in date will be the following Monday by 12pm.**

**This week’s work:**

**Everyone is to watch a piece called Within Her eyes and to complete a first impressions document. The link and document to help you will be attached to the assignment on teams the hand in date for this is Monday 27th April by 12pm**

**Optional practical work:**

Each week I will send over three videos of optional practical work. Afterwards you can upload a short video onto a private page for our class the app is called flipgrid. There will be two sections that you can upload videos to. The first one is for any dances or movement you have learnt from the videos I have sent or from any you have found yourself. The second section is for any stretches or exercises that you think are really helpful to improve your basic spec fm. This section will be really helpful for component 2 for September when you have to write up about exercises to improve your skills.

**Students will need to download an app called Flipgrid. When they open the app it will ask for a flip code depending what class you are in depends what code you add.**

**If you are in 9S1 your code is hurden0415**

**If you are 9R1 your code is hurden2658**

**If you are completing the practical work please send a short video so I can see what you have learnt or any stretches you have found to be useful that have helped to improve any of your basic spec fm skills. The students with the most videos will receive prizes when we return to school**

Technique and Body Conditioning:

**15 Minute Technical Dance Warm Up:** https://www.youtube.com/watch?v=rXhQ3dDiWVE

**15 Minute Full Body Workout:** https://www.youtube.com/watch?v=QNtCo20dD6w

**15 Minute Full Body Stretch:** <https://www.youtube.com/watch?v=7KSoWzbznhk>