



MUSCLE MOVES



You will work with your peers to construct a dance video that will show off all the anatomical muscle movements that we're learning about this unit! Here are the specifics:

- You will work in groups of 4. All 4 of you can dance in the video or ONE GROUP MEMBER may opt to be the camera man. If you opt to have a group member as the camera man and 3 dancers, your camera man should be proficient at a video editing program/app as that will be their primary role for the group. Another option would be to shoot your music video in multiple segments and take turns acting as camera man and have everyone dance in a part of the video.
- Choose your song that you'd like to dance to! You may select anything you like, but please make sure it's school appropriate. Your song segment should be at least 1 minute long, but no longer than 2 minutes. Also, no "premade" dances, such as The Hokey Pokey or "Single Ladies"...
- Coordinate your outfits! It can be something as simple as wearing all black or something truly elaborate!
- Come up with an awesome group name! Make it something anatomy related!
- You are free to use any dance moves you want to in the video, but ALL of our featured anatomical muscle movements must show up somewhere in your dance. When they do, you need to put the text on the screen indicating the muscle movement that is occurring. Below is the list:

Flexion	Extension	Abduction	Adduction	Rotation	Circumduction
Pronation	Supination	Inversion	Eversion	Plantar Flexion	Dorsiflexion

- Be creative and have FUN! That's the whole point!
- Here is a list of apps that you might find helpful in editing & producing your video:

iMovie	Window's Movie Maker	Magisto
Big Clips	Splice	Vont
- Upon completion, email the final edit of your video to me at jhallkuff@wcpss.net by:

- We will be watching your videos as a class on Monday 10/31. Who's bringing the popcorn?? ☺

