









<b>Activity</b>	Adventure to Egypt Lesson Two	<b>Level: Grade k-4</b>			Allison Tipler
<b>Learning Intentions</b>	<ul style="list-style-type: none"> <li>Promote positive mental health through physical education</li> <li>Engage in dramatic play a with a focus on exploring time and place</li> <li>Explore body zones (whole body vs. upper body vs .lower body)</li> <li>Develop an understanding of body shapes (big, small, angular, twisted, curved, straight)</li> </ul>				
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>Yoga mat (optional) or carpet area</li> <li>A found instrument (e.g. a container filled with rice or beads)</li> <li>A device (computer or tablet) to watch and follow along with the video</li> </ul>				
<b>Process</b>	<p>Click on the video to be led on a Fun with Music 'n Yoga Adventure to Luxor, Egypt.</p> <ol style="list-style-type: none"> <li>You will land on your magical yoga mat in the Sahara Desert, near the Valley of the Kings.</li> <li>Discover the wonders and dangers of Ancient Egypt while you Perform B.F.F. Rap (Best Friends Forever) through the Sahara Desert</li> <li>Arrive at the great pyramid and explore King Tut's Tomb using your body and imagination. You will learn about King Tutankhamen and ancient burial techniques.</li> </ol>				
<b>Extensions</b>	<ul style="list-style-type: none"> <li>Create a body shape to represent an animal during "B.F.F. Rap"</li> <li>Explain what the shape looks like (big, small, angular, twisted, curved, straight)</li> </ul>				
<b>Assessment</b>	<b>Skills:</b>	<b>All the time</b>	<b>Sometimes</b>	<b>I have trouble</b>	
	I can focus and participate during the lesson				
	I can create a body shape to represent an animal during "B.F.F Rap".				
	I can explain the shape that my body makes for the animal (e.g. big, small, angular, curved, twisted, straight)	