**Warm Up Test Alternate Assignment/Extra Credit**

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_ Class: 6A 6B 7A 7B 8A 8B

Answer the following questions in the spaces below, and in **COMPLETE SENTENCES**.

1. Define what it means to “warm up” in Dance. Explain the importance of warming up. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Put our warm up dance steps in order from numbers 1-12. Draw a line from each exercise to the muscle or action the exercise works:
   1. \_\_\_\_ spine stretch 1) loosens hip extensors and improves balance
   2. \_\_\_\_ isolations 2) improves directional movement/focus
   3. \_\_\_\_ mountain climber set 3) raises heart rate with overhead movement
   4. \_\_\_\_ turn/reach 4) activates and prepares upper body for movement
   5. \_\_\_\_ hip swings 5) improves strength of quadriceps, and other leg muscles
   6. \_\_\_\_ upper body warm up 6) loosens shoulder joints
   7. \_\_\_\_ lunges 7) low aerobic exercise that increases heart rate and helps \_\_\_\_ shoulder circles improve core control
   8. \_\_\_\_ jumping jacks 8) stretches and warms up the spine
   9. \_\_\_\_ Grapevine 9) works on side to side coordination with primarily footwork

Movement

10) creates awareness in joints and works on stabilization of

Body

1. Explain what you movement you feel like you execute best. Explain what movement you struggle with most & why. IF you have been unable to perform the warm up due to injury, in observing the class, what movement do you feel like the class does consistently well and what do they appear to struggle with.

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1. Is there anything you would change about the warm up? If yes, then please state what you would change.

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