MOVEMENT & MENTAL HEALTH

MELANIE LEVENBERG, M.Ed.
Creator/Founder PL3Y International
@melanieg.pl3y melanie@pl3yinc.com

world_record_egg • Follow

world_record_egg Let's set a world record together and get the most liked post on Instagram. Beating the current world record held by Kylie Jenner (18 million)! We got this 🙌

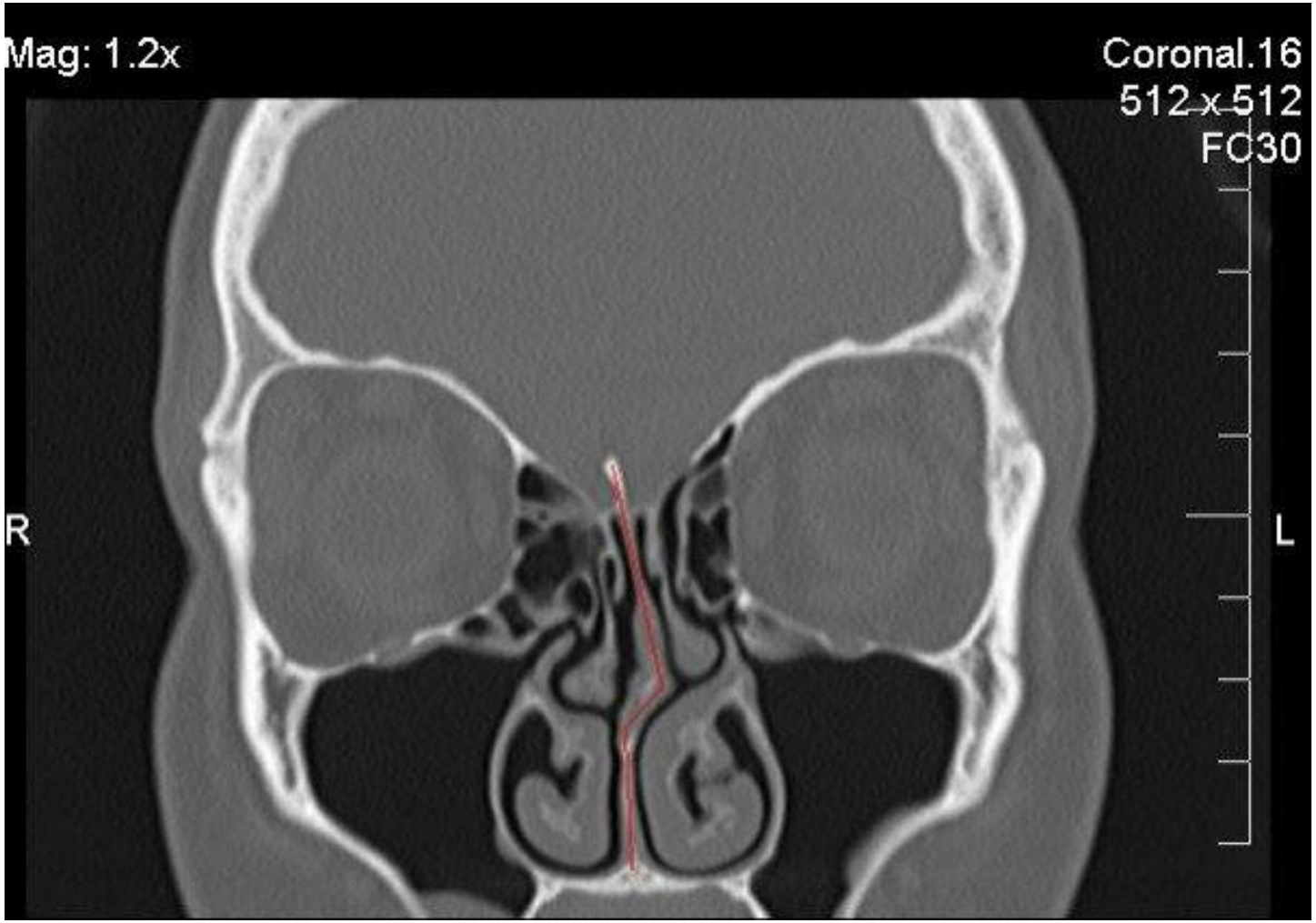
#LikeTheEgg #EggSoldiers #EggGang

53,093,705 likes

JANUARY 4

CHECK IN:
HOW DO YOU FEEL?

TOUCH FOOTBALL
TOURNAMENT OF CHAMPIONS
2007
NATIONAL CHAMPIONSHIPS
TOURNOIS CHAMPIONS
ANADIAN TOUCH FOOTBA
CHAMPIONSHIPS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AJGIEL

BE POSITIVE.
BE FUN.
BE YOURSELF.

@MELANIEG.PL3Y @PL3YINC

HEROES by ALESSO

Developing Physical Literacy:
FMS: Shuffle
FMS: Jump
InterACTIVITY
Confidence

Stretches

Sweep + Fist Pumps X4

Pose – Melt - Fast Feet

Step Clap

Shuffle

321-High 5

Pose – Melt - Fast Feet

Step Clap

Shuffle

Sweep + Fist Pump

Step Clap

Final Pose

Choreography provided by

DANCEPL3Y

SHAKE IT OFF by TAYLOR SWIFT

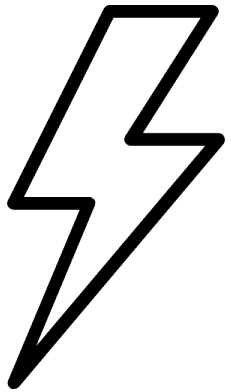
Developing Physical Literacy:
FMS: Jump
FMS: Twist
FMS: Hop
Element of Dance: Shake

4 JUMPS + TWIST
CLAP COMBO
5 HOPS EACH LEG – SHAKE R / L / UP / DOWN
4 JUMPS + TWIST
CLAP COMBO
5 HOPS EACH LEG – SHAKE R / L / UP / DOWN
EXTENDED SHAKE
1-2-FREEZE, CLAP COMBO + TWIST
5 HOPS EACH LEG – SHAKE R / L / UP / DOWN
EXTENDED SHAKE

Choreography provided by

DANCEPL3Y

THUNDER by IMAGINE DRAGONS



Developing Physical Literacy
FMS: Jumps
FMS: Hopping
Element of Dance: Loud, Stomp
Pathways: ZigZag

STOMP STOMP CLAP

LIMBO + STOMP 4

[2 JUMPS + 3 HOPS R/L] X2

STOMP STOMP CLAP

LIMBO + STOMP 4

[2 JUMPS + 3 HOPS R/L] X2

LIGHTNING HOPS (4 SLOW 8 FAST)
JUMP + HOLD

[2 JUMPS + 3 HOPS R/L] X4

LIGHTNING HOPS (4 SLOW 8 FAST)

Choreography provided by DANCEPL3Y

HAPPY by Pharell Williams

Developing Physical Literacy:
FMS: Twisting
FMS: Balance

Interpersonal Skills: Partners

SWIM – TWIST
STEP CLAP
SWIM – TWIST
STEP CLAP
PARTNER PADDY CAKE
SWIM – TWIST
STEP CLAP
PARTNERS PADDY CAKE
SWIM – TWIST w A PARTNER

Choreography provided by
DANCEPL3Y

CHECK IN:
HOW DO YOU FEEL?

100%

WHAT ARE THINGS THAT WORRY YOU?

(STUDENTS/CAMPUS STAFF)

Things that worry us

Balance

Time

telling

SCHOOL WORK

Hurting someone

School

death

Tests/Quizzes

Being alone

uncertainty

Exams/homework

My brother

Being alone

teachers

my mom

toilet

Stuff

family/friends sick

Homework

being embarrasd

Breakaways

life

Social Media

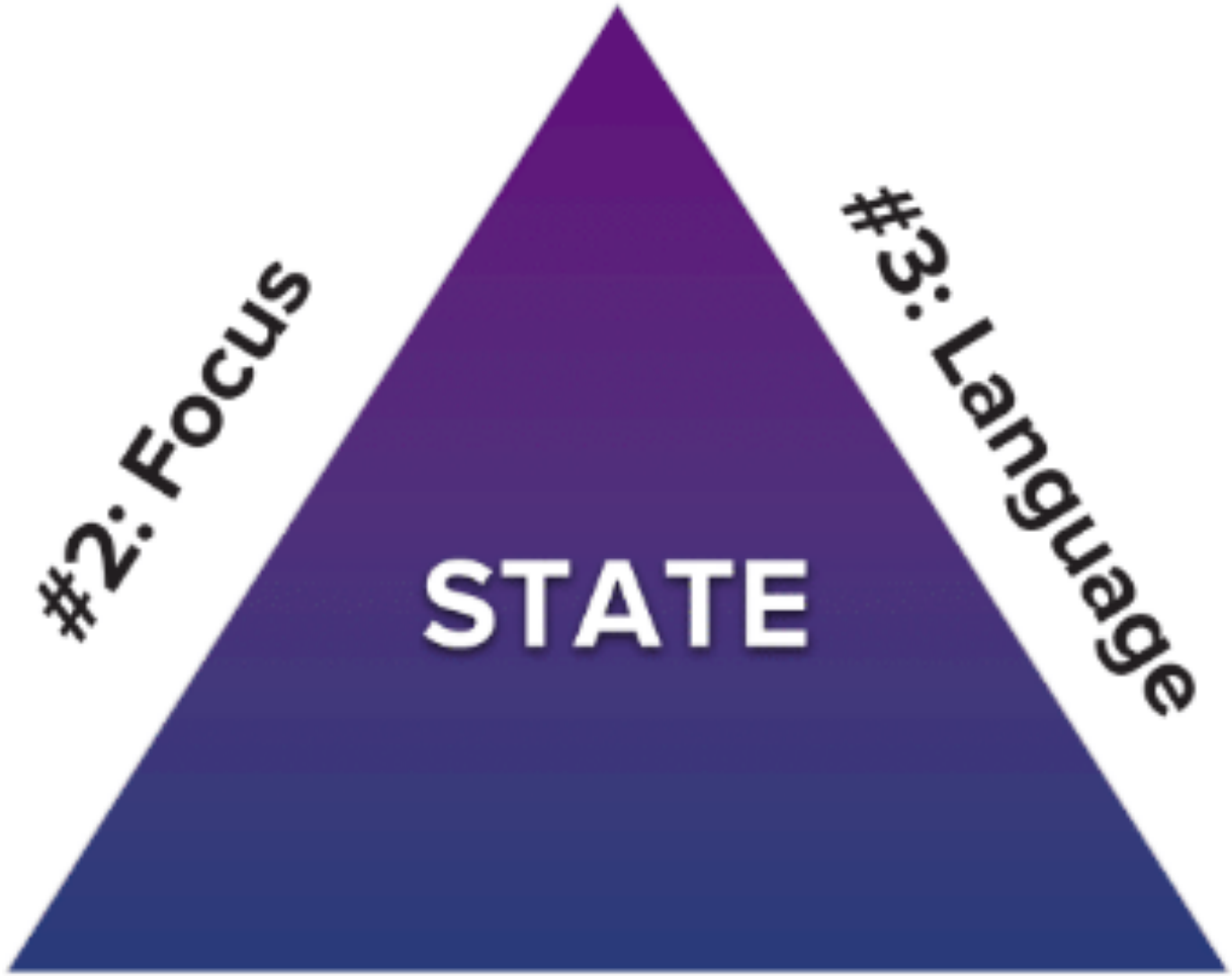
school

homework

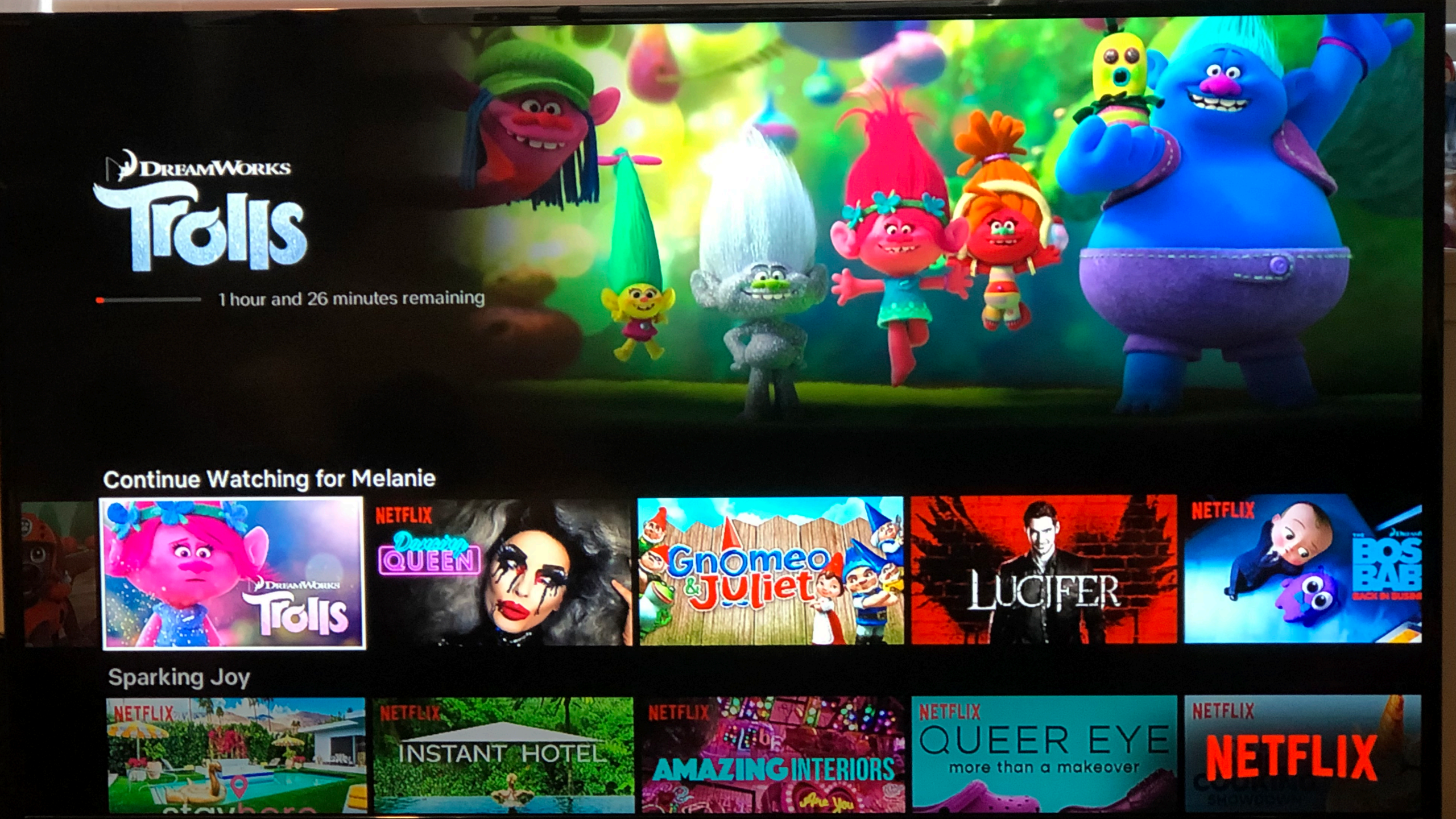
Exams

tests

term



#1: Physiology


DreamWorks
Trolls
1 hour and 26 minutes remaining
Continue Watching for Melanie
Trolls
NETFLIX
Dancing Queen
Gnomeo & Juliet
LUCIFER
NETFLIX
Sparking Joy
NETFLIX
NETFLIX
INSTANT HOTEL
NETFLIX
AMAZING INTERIORS
NETFLIX
QUEER EYE
more than a makeover
NETFLIX
NETFLIX

NETFLIX

HOW CAN WE SUPPORT MOVEMENT FOR MENTAL HEALTH?

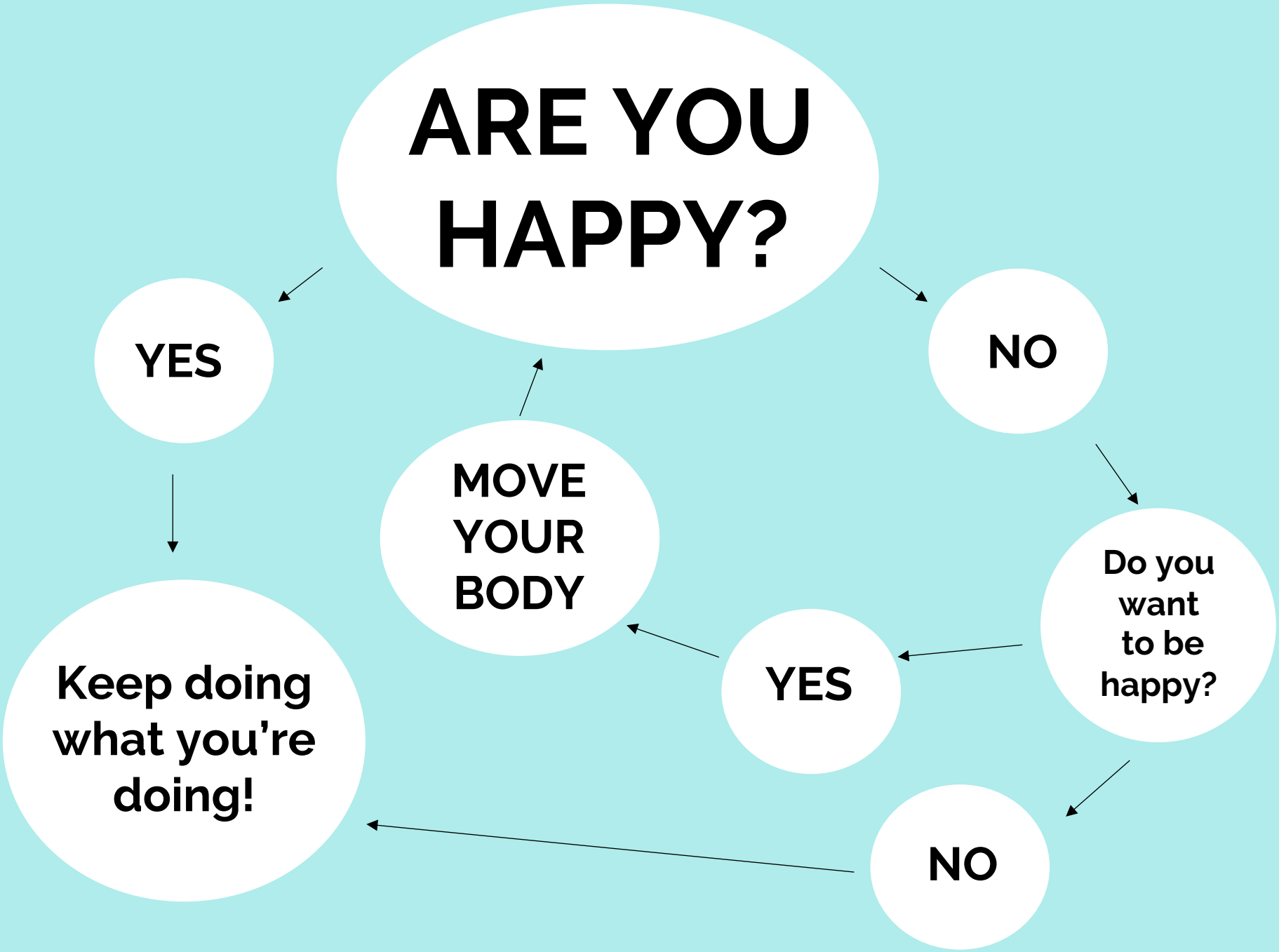
FIGHT SONG by RACHEL PLATTEN

Developing Physical Literacy:
FMS: Skip
Element of Dance: Sequence
Element of Dance: Wave
Meaningful Connections

Wave Hand X4
Half Heart – Half Heart – Burst Arms Open
Match – Burst Jump
1-2-Open
COMBO
Skipa
1-2-Open
COMBO
Slow Arm Wave
Wave Hand X4
Half Heart – Half Heart – Burst Arms Open
Match – Burst Jump
COMBO
Hearts in the Sky

COMBO:
Punch-Punch-Freeze X8
Lean…Lean…Freeze X3
Stomp-Stomp-Clap-Reach Up.
Stomp-Stomp-Clap-Muscles.

Choreography provided by
DANCEPL3Y


ARE YOU HAPPY?
YES
NO
Keep doing what you're doing!
MOVE YOUR BODY
YES
Do you want to be happy?
NO

YOU ARE

AWESOME!