

# MUSCLE RAP MUSIC VIDEO

Kessler



You and your group are going to create a 1-3 minute music video illustrating the function, location, and exercises for the 12 listed muscles.

## Agenda:

Thursday: Introduction to Project— What is the objective? What is our plan of action? Start doing research for your fact sheet.

Friday: Planning and Research—continue with student research of facts and being planning of the video.

Over Spring Break: Feel free to work on this if you would like, but it is not going to be required that you do.

Monday: Finish storyboard, start filming—Finish up your story board and begin thinking about where and when you will film. Video is due at the end of the day Wednesday.

Tuesday: Nervous System, Editing—we will need to cover the Nervous system today so we will take brief notes in class, then you will have time to do some editing if need be and possible filming.

Wednesday: Integumentary System, Finish—We will be taking notes on the Integumentary system today, you will have time to put finishing touches on the videos so they are ready to turn in.

Thursday: Watch your class' videos during class and vote on the top one from the class, finish notes on body systems and review for test.

Friday: Watch top 3 videos and vote on winner, Test on Body Systems.

## Information and Criteria for Rap Video

- ⇒ The muscular system is very important to the movement and health of the whole body.
- ⇒ In groups of 2-4 people, you are to prepare and produce a music video on the 12 listed muscles, their function, and pair the exercises to them.
- ⇒ You are to utilize class time appropriately to complete research and your story board before filming.
- ⇒ If you have your own device that you can use for filming and editing, please do so, if not, I will have a few options available for you.
- ⇒ The music video shall be 1-3 minutes in length and everyone in the group needs to have a part. All lyrics and images must be school appropriate.
- ⇒ The music you are using in the background needs to have credit given to it in the correct way

### ⇒ Submission:

1. Make sure someone in your group has a Gmail account.
2. Upload the video to that person's Gmail account.
3. Share it with [kesslerbengalhealth@gmail.com](mailto:kesslerbengalhealth@gmail.com)
4. Check back for the grade on your assignment

### ⇒ Rubric:

- \_\_\_/20: Completed Storyboard
- \_\_\_/20: Completed Note sheet
- \_\_\_/25: Quality of Product
- \_\_\_/15: Followed Guidelines
- \_\_\_/20: Creativity of Final Product
- \_\_\_/100