

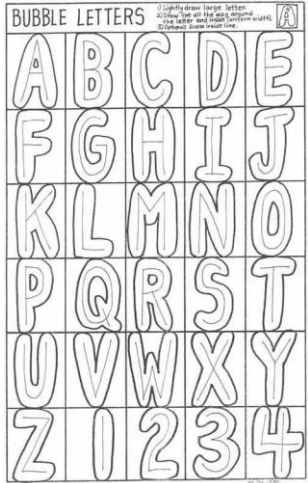


Subject	Monday: Mar. 30	Tuesday: Mar. 31	Wednesday: April 1	Thursday: April 2	Friday: April 3
<p>Art</p> <p>You may choose the activity you want to do on whatever day you'd like to do it. If you want to do all 5 activities, GREAT, but it is perfectly fine if you just get one done. Don't forget to send me a pic on Class Dojo!</p>	<p>Activity Choice 1:</p> <p>Follow the recipe on the picture to make a small batch of air dry clay. Practice rolling coils and slabs and then create something fun with your clay.</p>  <p>Small Batch Air Dry Clay</p> <ul style="list-style-type: none"> 1/2 cup flour or gluten-free alternative 1/4 cup salt 1/4 cup water 	<p>Activity Choice 2:</p> <p>Have everyone in your family build a paper airplane and see whose plane flies the furthest!</p>	<p>Activity Choice 3:</p> <p>Strengthen your drawing skills by following along with a video from Art For Kids Hub on YouTube.</p> <p>https://www.youtube.com/user/ArtforKidsHub</p>	<p>Activity Choice 4:</p> <p>Line up a toy or household item so the sun casts its shadow onto your paper and then trace it.</p> 	<p>Activity Choice 5:</p> <p>Practice drawing your name using the bubble letter handout.</p> 
<p>Music</p> <p>Please pick 1 highlighted music activity this week to make a video recording and upload into your child's class dojo portfolio.</p>	<p>Kindergarten Activity:</p> <ul style="list-style-type: none"> Read the long and short patterns for the mystery song. Name the mystery song (<i>Engine Engine</i>) and "chug" the steady beat in your arms. Touch the hearts to the steady beat as you sing the song. <p>"Chug" around the house to the steady beat like an "engine."</p>	<p>Kindergarten Activity:</p> <ul style="list-style-type: none"> Sing "See Saw" and pat the steady beat on your body Sing the song and touch the pictures under the hearts Draw long and short lines under each picture that match the big and little sounds. Touch the lines and sing the song using the words "long" and "short." 	<p>Kindergarten Activity:</p> <ul style="list-style-type: none"> Sing "Snail Snail" and play the steady beat on any homemade instrument such as a pot, pan, bowl, etc. Look at the phrases and if they are the same, draw an apple in each box. If they are different, draw an apple in the first box and a banana in the second. <p>Sing the song with family members and "draw snail"</p>	<p>Kindergarten Activity:</p> <ul style="list-style-type: none"> Sing "Rain Rain" and tap the steady beat on any homemade instrument such as a pot, pan, bowl, etc. Look at the phrases and if they are the same, draw an apple in each box. If they are different, draw an apple in the first 	<p>All Students (K-4) Activity:</p> <ul style="list-style-type: none"> Sing and play known songs and games: <i>Apple Apple</i>, <i>Naughty Kitty Cat</i>, <i>Bee Bee Bumble Bee</i>, <i>Music Freeze</i> Touch the hearts to the steady beat as you sing the song. Pick a music activity from the Specials Bingo Card that

<p>Website: https://youtu.be/ce0a5j6lQ2o</p> <p>1st Grade Activity:</p> <ul style="list-style-type: none"> • Sing "Snail Snail" • Read and sing melodic pattern number 3 on <i>m s l</i> with hand signs. <p>Sing and play "Snail Snail" with your family. (Game: Sing the song and "draw a snail" with your finger on each other's hands and arms.)</p> <p>Website: https://youtu.be/iBuzn8hvwao</p> <p>2nd, 3rd, 4th Grade Activity:</p> <ul style="list-style-type: none"> • Sing "Mother Mother" • Read and sing melodic pattern number 3 on <i>d m s l</i> with hand signs. <p>Sing and play "Mother Mother" with your family if you have a jump rope, or make up your own game.</p> <p>Website: https://youtu.be/Tjofea4UrKQ</p>	<p>Find a partner, hold hands with your partner, sing the song, and "see saw"/move your hands up and down.</p> <p>Website: https://youtu.be/YJX95DfZ1hM</p> <p>1st Grade Activity:</p> <ul style="list-style-type: none"> • Sing "Cut the Cake" and pat the steady beat and tap the words (rhythm) in your hands • Read and tap rhythm pattern number 3. <p>Sing and play the game. (Stand in a circle and sing with 1 person walking around the outside of the circle. The friends in the circle clap their hands, shake their bodies, and hold hands with each other. At the end of the song, the "cake cutter"/person who walked around the outside of the circle, stops walking and gently slices between 2 friends holding hands. The "cake cutter" steps back and holds their hands out to the sides of their body while the 2 children in the circle run opposite directions around the outside of the circle and back to the "cake cutter". The first child to touch the "cake cutter's" hand is the next "cake cutter.")</p>	<p>shells" on each other's hands and arms.</p> <p>Website: https://youtu.be/QofxBoOvWN8</p> <p>1st Grade Activity:</p> <ul style="list-style-type: none"> • Sing "Rain Rain" • Read and sing melodic pattern number 4 on <i>m s l</i> with hand signs. <p>Website: https://youtu.be/QofxBoOvWN8</p> <p>2nd, 3rd, 4th Grade Activity:</p> <ul style="list-style-type: none"> • Sing "King's Land" • Read and sing melodic pattern number 4 on <i>d m s l</i> with hand signs. <p>Sing and play the game if you can. Game: 1 person is the king or queen and stands on the opposite side of the room/yard. The rest of students sing the song, walk toward the king or queen, and stop at the end of the song in a line in front of the king or queen. The line of students run away from the king or queen and the king or queen tries to tap/tag as many students as they can. The game is played until everyone is a king or queen.</p> <p>Website: https://youtu.be/hsZYua7AMJM</p>	<p>box and a banana in the second.</p> <p>Sing the song with family members and create movements to go with each phrase. (If the phrases are the same-perform the same movement for both phrases. If the phrases are different, create 2 different movements and perform them with the song.)</p> <p>Website: https://youtu.be/JzvzvNC1b5E</p> <p>1st Grade Activity:</p> <ul style="list-style-type: none"> • Sing "Hot Cross Buns" • Read and tap rhythm pattern number 4. <p>Sing and play "Hot Cross Buns" with your family if you can. (Game: Sit in a circle. Pass a soft object around the circle to the beat as you sing the song. As the end of the song, whoever has it is out. Play until there is 1 person left.)</p> <p>Website: https://youtu.be/Smm3UMdIDgk</p> <p>2nd, 3rd, 4th Grade Activity:</p> <ul style="list-style-type: none"> • Sing "Hot Cross Buns" • Read and tap rhythm pattern number 4. <p>Sing and play "Hot Cross Buns" with your family if</p>	<p>matches your grade level.</p> <p>Website: https://youtu.be/QarGKVTZUNQ</p> <p>Resources: Specials Bingo Card-posted on class dojo</p>
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Website:

[https://youtu.be/4OLXZ](https://youtu.be/4OLXZAeXUOM)

[AeXUOM](https://youtu.be/4OLXZAeXUOM)

2nd, 3rd, 4th Grade

Activity:

- Sing “Cut the Cake” and pat the steady beat and tap the words (rhythm) in your hands
- Read and tap rhythm pattern number 3.

Sing and play the game. (Stand in a circle and sing with 1 person walking around the outside of the circle. The friends in the circle clap their hands, shake their bodies, and hold hands with each other. At the end of the song, the “cake cutter”/person who walked around the outside of the circle, stops walking and gently slices between 2 friends holding hands. The “cake cutter” steps back and holds their hands out to the sides of their body while the 2 children in the circle run opposite directions around the outside of the circle and back to the “cake cutter”. The first child to touch the “cake cutter’s” hand is the next “cake cutter.”

Website:

[https://youtu.be/TLwoF](https://youtu.be/TLwoFIFnquA)

[IFnquA](https://youtu.be/TLwoFIFnquA)

you can.

(Game: Sit in a circle.

Pass a soft object around the circle to the beat as you sing the song. As the end of the song, whoever has it is out. Play until there is 1 person left.)

Website:

[https://youtu.be/CJro3_f](https://youtu.be/CJro3_f_sWk)
[_sWk](https://youtu.be/CJro3_f_sWk)

PE

See school website or class dojo for larger images



Activity: How should I prepare to exercise?

Resources: "How should I prepare to exercise?" Chart



Activity: Healthy Habits

Resources: SELF CARE Poster



Activity: Push-Up Challenge
Resources: 30 Day Challenge Calendar



Activity: TABATA High Intensity Interval Training
Resources: TABATA Chart

Letter & Exercise	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
A - Ten Stretches	10 Sec	20 Sec	30 Sec	40 Sec	50 Sec	60 Sec	70 Sec	80 Sec	90 Sec	100 Sec	110 Sec	120 Sec	130 Sec	140 Sec	150 Sec	160 Sec	170 Sec	180 Sec	190 Sec	200 Sec	210 Sec	220 Sec	230 Sec	240 Sec	250 Sec	
B - Butterfly Stretch	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
C - Cat/Cow	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
D - Downward Dog	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
E - Elbow Plank	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
F - Frog Jumps	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
G - Gentle Leg	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
H - High Kick	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	
I - Incline	5 Sec	10 Sec	15 Sec	20 Sec	25 Sec	30 Sec	35 Sec	40 Sec	45 Sec	50 Sec	55 Sec	60 Sec	65 Sec	70 Sec	75 Sec	80 Sec	85 Sec	90 Sec	95 Sec	100 Sec	105 Sec	110 Sec	115 Sec	120 Sec	125 Sec	

Activity: Alphabet Fitness
Resources: Alphabet Fitness Poster

Science

Activity: Plant a flower
Website: Google Classroom
Resources: Generation Genius Kahoot

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