

Daily Musical Activities

Parents please initial activities as they are completed.

Sing song that you know to someone else.	Design and draw an instrument.	Learn and recite a nursery rhyme.	Write your own song lyrics.	Make up four different rhythm patterns by clapping.
Use pots, pans and other household objects to drum.	Sit outside and listen for five minutes. Write down all the sounds you heard.	Make a shaker instrument from recycle materials and dry rice or beans.	Play a clapping or other game from music with a parent or sibling.	Listen to 10 minutes of music. (Radio, streaming, YouTube).
Make up a rhythm pattern using body percussion and play the pattern along to a song.	Use your voice to imitate different sounds (animals, vehicles, sounds around the kitchen).	Practice whistling	Practice beat boxing	Listen to some music. Identify an instrument you hear and air-play along.

Online Musical Activities



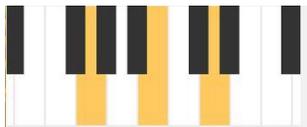
<https://www.quavermusic.com/Login.aspx>

Students can login with their school logins. The password is JPESMusic.



<https://listeningadventures.carnegiehall.org/game.aspx>

Students can play games and learn about the instruments of the orchestra.



<https://musiclab.chromeexperiments.com/Experiments>

Experiment with music!

Art Activities Menu

Choose 2 per week. Parents please initial activities as they are completed.*

Draw a self-portrait or a portrait of a family member.	Design a \$3 bill. Be creative!	Set 3 or more objects together and try to draw them realistically.	Make a piece of jewelry out of found objects.	Visit National Gallery of Art below and explore their website.
Design a playground, including at least 3 pieces of equipment.	Build a tower out of objects around your house.	Fold paper to make it 3D. Be creative or try origami	Combine two animals to create a new creature. What is its name?	Go to Artsonia.com classroom mode and title all your artworks (access code: XJWM-DJSX)
Draw a pot of cactus or other plant. Add texture.	Design a new superhero. What is their symbol?	Be silly: Draw a person with fruit for hair or draw a llama surfing.	Zoom in on a nature object and draw the details.	Visit Art for Kids Hub and try a drawing tutorial that interests you.

* Any completed projects you would like to send to Ms. Hill can be photographed and uploaded to Artsonia.com or sent through Microsoft Teams.

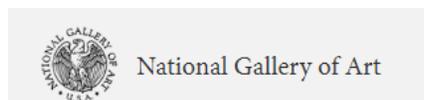
Online Resources



Ms. Hill's website: <https://www.ddtwo.org/Page/16796>



www.Artsonia.com



<https://www.nga.gov/education/kids.html>



<https://www.artforkidshub.com/>

PE Daily Activity Chart!

Parents/guardians, please initial on the box when the activity has been completed to the best of their abilities.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Practice your locomotor skills: walk, jog, run, skip, gallop, hop, slide, and leap. Check your heart rate!</p> <p>Stay hydrated and drink water! 5-8years old: 5 glasses 9-12 years old: 7 glasses</p>	<p>Practice any sport skills we have learned in PE for 20 minutes. Passing, forearm pass, dribbling, tracking, throwing, catching, etc.</p>	<p>Wellness Wednesday! Proper nutrition & bones. Answer the questions and watch the videos. (See points on next page.)</p> <p>How many curl-ups can you do?</p>	<p>Play for 30 minutes! Inside or outside. Get moving!</p> <p>Wash your hands for 20 seconds with warm water.</p>	<p>Fitness Friday! Exercise and stretch for at least 30 minutes.</p> <p>Don't forget your water breaks.</p>
Week 2	<p>Teach someone a skill you learned in PE.</p> <p>Stretch for 10 minutes.</p>	<p>Practice a skill that you're already good at. You can never practice enough!</p> <p>Try to do as many jumping jacks as you possibly can!</p>	<p>Wellness Wednesday! Heart Health & Muscle Memory. Answer the questions and watch the videos. (See points on next page.)</p> <p>How many push-ups can you do?</p>	<p>Thoughtful Thursday: Help someone today!</p> <p>Play for 30 minutes.</p>	<p>Fitness Friday! Exercise and stretch for at least 30 minutes.</p> <p>Don't forget your water breaks.</p>
Week 3	<p>Movement Monday! Get up and move! Try your best to move as much as possible today.</p>	<p>Challenge time. Pick a family member or friend to do an exercise competition!</p>	<p>Wellness Wednesday! How germs work. Answer the questions and watch the videos.</p>	<p>Play for 30 minutes!</p>	<p>Fitness Friday! Exercise and stretch for at least 30 minutes.</p> <p>Don't forget your water breaks.</p>

Don't have equipment at home? Get creative with whatever is around you to try and do these tasks. Example: use a long cord or string as a jump rope, ball up paper to use like a ball, use a shoe as a racket or bat, grocery bags as scarves.

Wellness Wednesday:

1) Proper nutrition and bones:

- Create a healthy plate! List the 5 food groups and then list a food for each food group.
- Why is nutrition so important for your health?
- What food is good for your bones?
- How many bones are in your body?
- How your bones and skeleton work: <https://www.youtube.com/watch?v=i42FSNA9bAY>
- Why do our skeletons have so many bones video & activity: <https://mysteryscience.com/trending/mystery-1/bones-animal-structures/161?r=75126454>

2) Heart Health & Muscle Memory:

- What does your heart do?
- What activities make it beat faster and what activities make it beat slower?
- How many muscles can you name?
- What do muscles help you do?
- <https://www.brainpop.com/health/bodysystems/heart/>
- <https://www.brainpop.com/health/bodysystems/muscles/>

3) Germs:

- There are good germs and bad germs.
- How do germs make you sick?
- How can you stay healthy?
- Why is it important to wash your hands?
- How do you wash your hands?

<https://mysteryscience.com/mini-lessons/germs?loc=mini-lesson-button#slide-id-8055>

Other helpful links:

<https://www.brainpop.com/health/sportsandfitness/>

<https://www.choosemyplate.gov/>

Fitness Friday:

Pick 6 of the exercises below to create a workout. You will do each exercise for 1 minute (60 seconds) and then take a break for 30 seconds before you do the next exercise. When you get to the last exercise, you will stretch for 3 minutes then repeat the 6 exercises again. Repeat 3 times for a total of 18 exercises.

Exercises:

Jumping jacks, lunges, pretend jump rope, plank, push-ups, curl-ups, high knees, glute kicks, cherry pickers, frog jumps, plank shoulder taps, mountain climbers, step-ups, calf raises, sprints, and wall sits.

Example:

<p>Round 1:</p> <ul style="list-style-type: none">○ Jumping jacks for 1 minute, rest.○ Lunges for 1 minute, rest.○ Curl-ups for 1 minute, rest.○ Cherry pickers for 1 minute, rest.○ Mountain climbers for 1 minute, rest.○ Plank for 1 minute, rest.○ Stretch for 3 minutes. <p>Go to round 2.</p>	<p>Round 2:</p> <ul style="list-style-type: none">○ Jumping jacks for 1 minute, rest.○ Lunges for 1 minute, rest.○ Curl-ups for 1 minute, rest.○ Cherry pickers for 1 minute, rest.○ Mountain climbers for 1 minute, rest.○ Plank for 1 minute, rest.○ Stretch for 3 minutes. <p>Go to round 3.</p>	<p>Round 3:</p> <ul style="list-style-type: none">○ Jumping jacks for 1 minute, rest.○ Lunges for 1 minute, rest.○ Curl-ups for 1 minute, rest.○ Cherry pickers for 1 minute, rest.○ Mountain climbers for 1 minute, rest.○ Plank for 1 minute, rest.○ Stretch for 3 minutes. <p>Done!</p>
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Name: _____ Class: _____

Create Your Own Sport!

Fire up that imagination, you are going to create your own sport! Read through all the requirements first then start creating on a separate sheet of paper(s). Your sport can be a mixture of sports that are played already, but cannot be exactly like an existing sport. If you need ideas, look up different sports, especially ones you are not familiar with.

What you must have written or drawn:

1. Name of sport. What are going to call your sport?
2. Rules of the game. Will there be penalties or fouls?
3. How many players can play at one time?
4. How many players can be on the team?
5. Positions. (forward, center, offense, defense, goalies)
6. Design and draw where the game will be played. (Inside, outside, field, court, grass, turf, clay, concrete, you decide!)
7. Where the fans will sit.
8. Point system. How they keep score during the game.
9. Design and draw the equipment needed to play. (rackets, ball, cones, sticks, nets, flags)
10. Design and draw the gear players will need to wear. (uniforms, cleats, running shoes, protective gear, helmets)
11. How do you play the game?
12. Who makes the calls? (1 judge, 3 referees)

Add anything else that you think will make your game complete. Remember to have fun and be creative! You never know, we might play this in class.