

Specials

Our Specials' teachers MISS OUR STUDENTS! They hope students will enjoy these fun activities during their time at home.

Activities attached for ...

Physical Education *from Mrs. Golden & Mrs. Iverson*

Health *from Mrs. Turner*

Music *from Mrs. Edwards*

Art *from Mrs. Hodges*

****None of these activities need to be turned in for a grade. If you want to share your fun with us, simply send a picture or video to your child's homeroom teacher through SeeSaw, email or post on our elementary Facebook page. ENJOY!***

Physical Education Lesson for 3/23-3/27

WarmUps:

Get your dance moves on and your heart pumping! Chose one

<https://youtu.be/Cg-wnQKRHTs>

<https://youtu.be/IU6ZXI6Ygl0>

This week we are going to work on full body health! Everyday pick a few options that will increase your heart rate, a few that build muscle strength, a few that encourage flexibility, and one to make sure you are eating right. If you do 10 activities a day, that is 50 in a week! Be active and stay healthy!

Name: _____

Name _____

Grade: _____

Directions: Check off the activities that you have completed each day by putting the date that you completed the exercise.

Goal: Perform a minimum of 10 activities per day which will be a total of 50 for the week. Exercises can be completed more than once.

<input type="checkbox"/> Go jogging 20 minutes	<input type="checkbox"/> Do 20 burpees	<input type="checkbox"/> Do 20 sit ups
<input type="checkbox"/> Eat 2 veggies in 1 day	<input type="checkbox"/> Dance 20 minutes	<input type="checkbox"/> Do 20 reach jumps x 2
<input type="checkbox"/> Walk with a pet/parent/sibling for a 20 minute walk	<input type="checkbox"/> Watch TV for only one hour per day and do a wall sit during every commercial.	<input type="checkbox"/> Add your own exercise
<input type="checkbox"/> Ride your bike, for 20 minutes	<input type="checkbox"/> Do 60 second wall sit x 2	<input type="checkbox"/> Jog high knees in place 20 second 3 times
<input type="checkbox"/> Play with a hula hoop 20 minutes	<input type="checkbox"/> Play a tag game for 20 minutes	<input type="checkbox"/> Do 20 jumping jacks x2
<input type="checkbox"/> Walk for 20 minutes or run for 10 minutes	<input type="checkbox"/> Plank for 25 seconds x2	<input type="checkbox"/> jump as high as you can 20 times
<input type="checkbox"/> Dribble a ball 10 minutes, practice with different hands	<input type="checkbox"/> Shoot a ball 20 minutes	<input type="checkbox"/> go for a walk with a family member for 53 minutes
<input type="checkbox"/> Jump rope 20 minutes	<input type="checkbox"/> Do Arm Circles for 20x each direction	<input type="checkbox"/> Leg raises x20 each leg
<input type="checkbox"/> Build a fort for 20 minutes	<input type="checkbox"/> Play catch with a friend or parent	<input type="checkbox"/> Do 20 Burpees
<input type="checkbox"/> V-ups for two(2) minutes	<input type="checkbox"/> have an indoor snowball fight with socks for 20 minutes	<input type="checkbox"/> Climb up and down the stairs 20 times
<input type="checkbox"/> Hop on each foot 15 times	<input type="checkbox"/> eat a piece of fruit everyday for a week	<input type="checkbox"/> Do 20 push ups
<input type="checkbox"/> Dribble a soccer ball 10 minutes (outside)	<input type="checkbox"/> Do butt kickers in place for 20 seconds x 3	<input type="checkbox"/> 20 Frog jump as far as you can 2 times
<input type="checkbox"/> Write a poem about hand washing	<input type="checkbox"/> run around the block with a parent once	<input type="checkbox"/> Do 20 mountain climbers
<input type="checkbox"/> Hike a hill 5 times	<input type="checkbox"/> Walk like a seal across the room 2 times	<input type="checkbox"/> Sit/reach your toes for 20 seconds 3 times
<input type="checkbox"/> Play kickball with friends	<input type="checkbox"/> Play baseball/softball with a friend.	<input type="checkbox"/> Sit and reach your toes 20 seconds 3 times
<input type="checkbox"/> List 5 ways to stop the spread of infectious diseases	<input type="checkbox"/> Do 20 standing squats 2 times	<input type="checkbox"/> Eat 2 different vegetables in the same day
<input type="checkbox"/> Do 15 wall push ups	<input type="checkbox"/> Read a story before bed	<input type="checkbox"/> Walk with a pet/parent/sibling for 30 minutes

Name: _____

<input type="checkbox"/> Play a game from PE class	<input type="checkbox"/> Play in the yard 30 minutes	<input type="checkbox"/> Get 8 hours of sleep 2 nights in a row
<input type="checkbox"/> Do 20 sit ups	<input type="checkbox"/> Hop on one foot then the other 20 times	<input type="checkbox"/> Balance on each foot for 20 seconds 3 times
<input type="checkbox"/> Do book curls 30 times each arm	<input type="checkbox"/> Eat breakfast each day for a week	<input type="checkbox"/> 20 skips 5 times
<input type="checkbox"/> Go outside and play shadow tag to practice social distancing	<input type="checkbox"/> Do 2 sets of 20 step ups	<input type="checkbox"/> Perform 30 mountain climbers
<input type="checkbox"/> Walk like a crab 20 feet 2 times	<input type="checkbox"/> Play catch with a friend	<input type="checkbox"/> Make a obstacle course in your house or outside
<input type="checkbox"/> Watch TV for only one hour in a day	<input type="checkbox"/> Play a board game with your family	<input type="checkbox"/> Do something nice for a familiar member of your community
<input type="checkbox"/> Plank 30 seconds 2 times	<input type="checkbox"/> Help cook a family meal	<input type="checkbox"/> Spend 10 minutes stretching

Health Lesson for Mar. 23 - Mar. 27, 2020

Connect:

Trolls: Can't Stop The Feeling - Go Noodle

<https://youtu.be/KhfkYzUwYFk> (3:21 minutes)

Intro: This week we will learn: Seat Belt and Bicycle Safety

Lesson:

Video: <https://www.youtube.com/watch?v=EuPuTewPJEc> (GreenLight - Seat belt - Traffic safety education in cartoon videos - 5:26 min)

Review:

1. Always make sure your seat belt is across your chest and you hear a "click".
2. Never put a seat belt behind your head. You should sit in a car seat or booster seat if your seat belt does not fit properly.
3. NEVER take off your seat belt until the car has come to a complete STOP.

Video:

<https://www.nemours.org/services/health/safety-injury-prevention/kohlsoninjuryprevention/bike-safety.html> (Bike Safety - 8:13 min.)

Review: When riding your bike you should:

1. Always wear a helmet.
2. Don't wear loose clothing.
3. Wear tennis shoes with laces tied. Don't wear flip-flops or sandals.
4. Use hand signals so that other people know that you are turning.

Closure:

Create your own helmet.



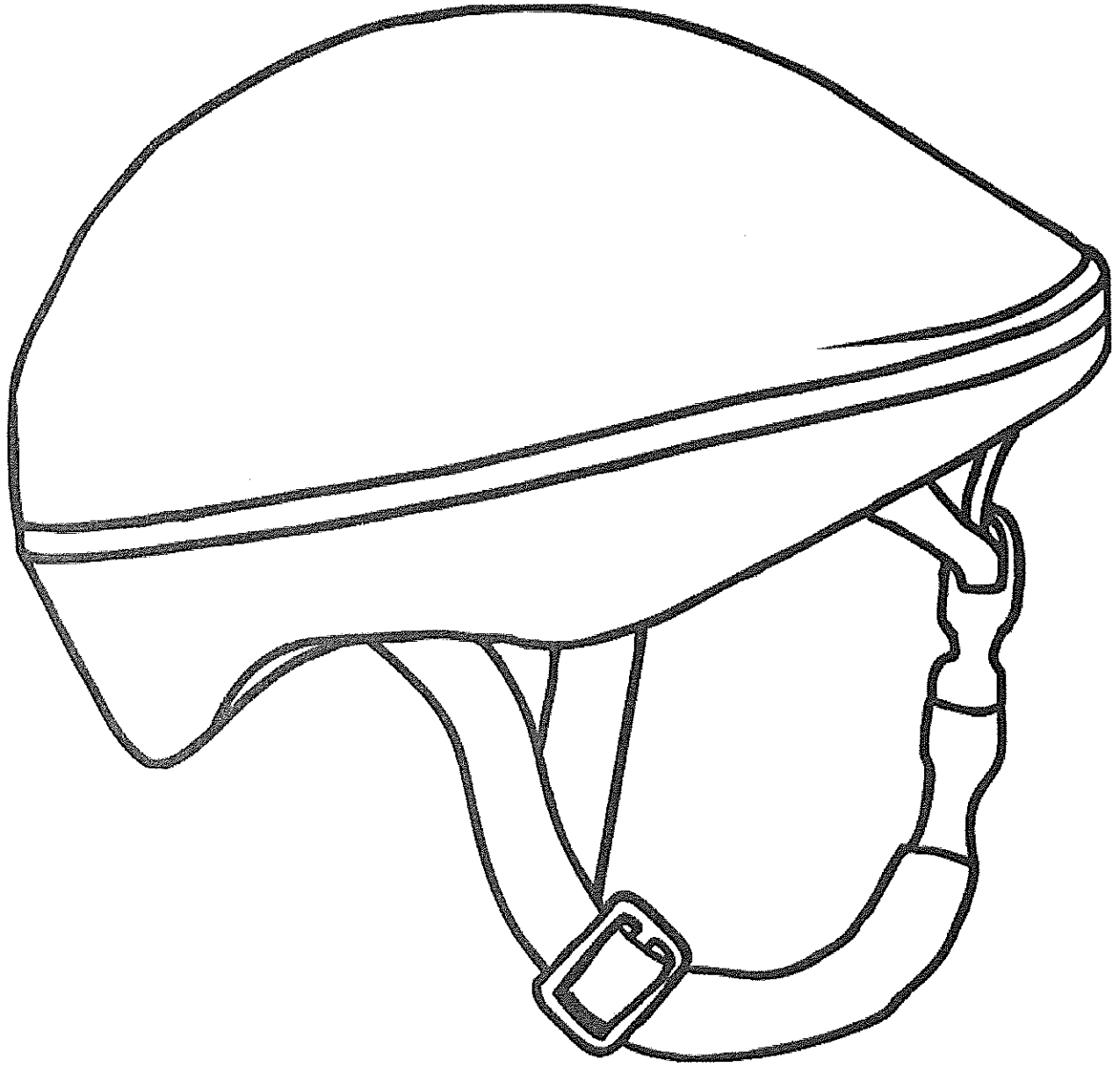
Brainy Bikers

Promise to follow the #1 bike safety rule by writing your name and today's date:

I promise to wear a helmet every time I ride a bike.

Name: _____ Date: _____

Create a cool design for a bike helmet using crayons, markers,



CS Elementary Music
Pre-K through 3rd Grade
March 23-27, 2020
Niki Edwards
nedwards@chinaspringisd.net

Kitchen Music with Mrs. Edwards

Music can be found all around us. Many tools in the kitchen can demonstrate the four different timbres of percussion instruments--woods, metals, shakers and skins (drums).

Students will explore and "play" tools in their home kitchen and sort them into the four groups of percussion. Students will then demonstrate each musical sound while singing "Willowbee-Time for Music" to the tune of the folk song "Shortnin'Bread".

A video demonstration of this lesson can be found on Youtube at https://youtu.be/h3g22B2_q14

"Willowbee--Time for Music" Lyrics

Here we go willowbee, willowbee, willowbee;
Here we go willowbee all day long.
Time to make music, music, music
Time to make music all day long. (2x)
Time for dance, time for song
Time to make music all day long. (2x)

Time for woods now,
Time for woods now,
Time for woods now all day long. (2x)
(Free play)

Time for metals,
Time for metals,
Time for metals all day long. (2x)
(Free play)

Time for shakers,
Time for shakers,
Time for shakers all day long. (2x)
(Free play)

Continued on next page...

Time for drums now,
Time for drums now,
Time for drums now all day long.
(Free play)

Time for instruments,
Time for instruments,
Time for instruments all day long.
(Free play)

Take a picture of yourself (and/or family members) playing your favorite kitchen tool instrument and post on Seesaw or the China Spring Elementary Facebook page.

Elementary Art
March 23 - 27th, 2020
Pre-k through 3rd grade
Stephanie Hodges

For: All grade levels Pre-k through 3rd grade

Using Nature Art as a way to get kids out in the fresh air exercising, learning about nature, being creative and having fun can bring so many benefits. Fitness both physical and mental, appreciation of the natural world and so on. Just open your eyes when out and about and see what you find. Take a closer look at leaves and pebbles and all the interesting things you might find, inspect their colors and shapes and let those things inspire you to make an original work of art!

Tip: This activity can be adjusted and modified to fit your situation. If you do not have access to outdoor items, use indoor items. Simple is appropriate.

Nature Art

1. The student will go outdoors (backyard) and collect items in nature (leaves, sticks, grass, rocks, flowers, acorns, seeds, etc.).
2. Use the items you collected to create an original piece of art. Check out the fun examples provided for you on the back of this page.
3. Take a pic of your art and post on Seesaw.

