



## Heritage Elementary P.E. & Music/Art Outreach Learning March 30 - April 3, 2020



**Coach Hatfield and Ms. Lupold have your 2<sup>nd</sup> Set of lessons and activities here!  
Stay strong physically and in your heart as you exercise, play and make music a new way!  
Live links to more lessons are on the pages below the lesson plan text boxes.**

¡La Sra. Hatfield y la Sra. Lupold tienen la segunda semana de lecciones y actividades aquí!  
¡Mantente fuerte físicamente y en tu corazón mientras haces ejercicio, tocas y haces música de una nueva forma!  
Los enlaces en vivo y más lecciones se encuentran en las páginas debajo de los cuadros de texto del plan de lección.

If there are any questions, please feel free to email:

Si tiene preguntas favor de mandar al email:

**P.E. Coach** at: [hatfiledt@lpsid.org](mailto:hatfiledt@lpsid.org) for physical education questions

**Office hours for P.E. are: 9:00-11:00 and 1:00-3:00 Monday – Friday**

**Coaches' Message:** Please complete and email to me your Fitness Activity Log in. **Stay Fit! Be Active!**

**Music/Art Teacher** at: [lupoldj@lpsid.org](mailto:lupoldj@lpsid.org) for questions about music or art

**Office hours for MUSIC & ART are: 8:30-10:30 and 1:00-3:00 Monday - Friday**

**Fine Arts Message:** Lessons on Quaver are the required lessons for Music. This week will also include Enrichment and Extension lessons with links to sites for more music and art experiences.

### **Grades**

Assignments for the week of March 30-April 3, 2020 are due on Monday, April 6, 2020 by 8:00 a.m.

## Music & Art

**Objective(s):** Parents will assist Students and log on Quaver Music to complete the Assignments below. Students will \*COMPOSE their own music using digital applications in Quaver and on incredibox.com. \**COMPOSE* means to write your own music. Students will learn about different musical styles.

**Grades K&1:** I will compose music with a digital paint brush in "SONG BRUSH" to create and play high and low sounds. I will learn about one musical style with "QUAVER BOOKS".

**Grades 2-5:** I will create and perform percussion sounds using "QBACK BEAT LITE" and beatbox sounds on [incredibox.com](http://incredibox.com) to explore composing different drum music and layers of beatbox sounds. I will learn about one musical style with "QUAVER BOOKS".

Weekly Activities:

**Grades K & 1** –Select Song Brush. Instructions are in the lower Left Corner.

Video Help is in the top Right Corner. Paint lines on the music staff to 'write' music. Push play to listen to your composition.

From the Student Dashboard choose "QUAVER BOOKS". Select one musical style (Advanced) to read about, listen to, and learn about styles of music.

**Assessment(s):** Adult observation of lesson participation.

**Grades 2-5-** Select QBack Beat Lite. Read the instructions and view the "HELP" video tutorial before composing your own drum music. Choose different "tempo" to change the speed of your music. From the Student Dashboard choose "QUAVER BOOKS". Select one musical style (Advanced) to read about, listen to, and learn about styles of music.

**Assessment(s):** Adult observation of lesson participation.

**ENRICHMENT:** GO to [www.incredibox.com](http://www.incredibox.com) "Try the Web Version" for the laptop. No one is required to buy the app. Choose a Version and mix your own BeatBox music!

**EXTENSION:** Spring Art Lesson: See links below on Music and Art  
\*Parents can choose to send photos or comments of their child's interaction on Quaver or making and/or singing music each week.

## Physical Education

**Objective(s):** Describe and select physical activities that provide opportunities for enjoyment and challenge. Cardiovascular endurance, Upper body, abdominal and legs' muscles' strength and endurance. Rhythm, timing, body coordination, travelling in different ways without falling, demonstrate clear contrast between slow and fast movement when travelling.

**English Language Learners Objectives:** Listen to and derive meaning from variety of media such as audio, videos and pictures to build and reinforce concepts and language.

**Weekly Activities:**

Daily Exercise from P.E. Menu and List of Daily choices – See Below

**Assessment(s):** Complete the Fitness Log

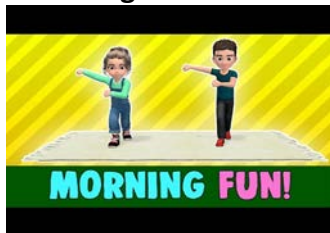


Each day you can choose your workout! Pick one of the daily exercises or choose an exercise to do from the daily choices list on the bottom.

**Stay Fit! And Be Active!**

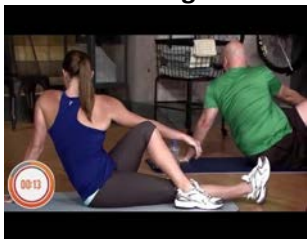
## Monday

Morning Fun Exercise



OR

Stretching



## Tuesday

Do Locomotor Skills around the house (Running, skipping, galloping, hopping with 1 leg, jumping, side slide, fast walking, jogging). Repeat 3 times.

OR

Do Animals Exercise and Animal Walks around the house ( Bear walk, bunny hops, frog jumps, snake crawl, inch worm, dog running, crab walk). Repeat 3 times.



## Wednesday

20 Burpees



20 Crab Kicks



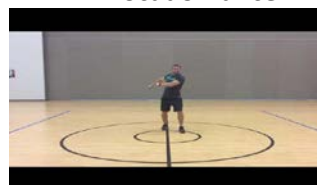
Or

50 Curl-Ups



## Thursday

Avocado Dance



Or

Pikachu Dance



## Friday

Would Rather? Fitness Challenge



**Daily Choices:** Run up and down your stairs for 10 minutes

30 Jumping Jacks

Create an indoor obstacle course

Take a Family Walk or Ride Bike for 20 minutes

Vacuum or Mop the entire house

Dust all the Windows and Furniture

Built a Fort

# HERITAGE FITNESS ACTIVITY LOG

Rate your participation for the fitness session 1-4 stars

Low 

Moderate 

High 

Full Out 

Date	Exercise	Duration	Star Rating 1-4

Student Name: \_\_\_\_\_

Grade Level: \_\_\_\_\_



## Music and Art Links



**Quaver Music Lessons: Log in to [quavermusic.com](http://quavermusic.com)  
Log on to [quavermusic.com](http://quavermusic.com) with user name and password:  
LaPorte2020 (Be sure to capitalize "L" and "P".)**

**Go to the Student Dashboard**

**Choose: Creatives to compose your own music and Quaver Books to explore musical styles.**



**BEAT  
BOX**

Go to [www.incredibox.com](http://www.incredibox.com)

Choose "Try the WEB VERSION" Select a Version for Sound effects.  
Click on "AUTO" for a demonstration on how you can create your own.

### Spring Art Lessons

Create a butterfly

Beginner:

<https://youtu.be/SBEnV-hvHsw>

Advanced:

<https://youtu.be/LeLofjkkaXQ>