

Warm ups:

<https://www.youtube.com/watch?v=KMuxRRINOJU> - Dance It Out

https://www.youtube.com/watch?v=PCqsl_SBXbs - Running Song

This week we are going to join Art & Physical Education! Get ready to explore and go on a color scavenger hunt! Search inside (I) the first time & (O) outside another time, to find things that represent each color below and complete the exercise inside the box. Mark each color square as you go until you find them all! Take a picture of all the colorful items you found and post a pic on Facebook in comments.

I-Jog in place for 30 seconds in the kitchen! O-Run for 30 seconds!	I-Butterfly stretch, 3 sets of 10 seconds! O-Fly like a butterfly for 30 seconds!	I-15 Mountain Climbers in the living room! O-Skip for 30 seconds!
I-25 Jumping Jacks! O-Leap forward 10 times!	I-4 Burpees in your bedroom! O-Crab walk for 30 seconds!	I-Count every door in your house! O-High Knee for 30 seconds!
I-Slither like a snake from the front door to the back door! O-Shuffle for 30 seconds!	I-Walk like a seal from your bedroom to the kitchen and back! O-Waddle like a duck for 30 seconds!	I-In every room that has carpet, do 5 sit ups! O-Race someone to the next mailbox!

Niki Edwards
CS Elementary Music
Pre-K through 3rd Grade
March 30-April 3, 2020
nedwards@chinaspringisd.net

Family Music Interview

Students will ask a family member(s) the following questions and record their responses:

- Who are your favorite musicians, singers, or bands?
- What was the first concert you ever attended?
- What was the first music you ever bought to listen to or play on an instrument?
- What type of music would you say you like the most?
- Have your musical tastes changed throughout your life?

Ask your chosen family member to share his/her favorite song with you and listen to it. What makes this song his/her favorite song?

Health Lesson for Mar. 30 - April 3, 2020

Connect:

Trolls: Can't Stop The Feeling - Go Noodle

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

Intro: This week we will learn: Internet Safety

Lesson: Internet Safety Brain POP jr.

<https://jr.brainpop.com/health/besafe/internetsafety/>

*Students have free access available at this time. Just need to create a log-in.

Closure

(PreK - 1st) Easy Quiz (5 questions)

(2nd-3rd) Hard Quiz (5 questions)

After taking the quiz, students **DO NOT** need to print answer sheet.