



# Heritage Elementary P.E. & Music/Art Outreach Learning

April 6 - 10, 2020



Add messages from the campus administrator, counselor, special instructions from teachers, etc. This section can be formatted fit specific campus needs.

**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.**

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

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

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

**Coaches' Message:** Stay Fit! Be Active!

**Music/Art Teacher** at: [lupoldj@lpisd.org](mailto:lupoldj@lpisd.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 April 6 - 10, 2020 are due on Tuesday, April 14, 2020 by 8:00 a.m.

## Music & Art

**Music Office Hours: 8:30 A.M.-10:30 A.M.; 1:00 P.M.-3:00 P.M.**

**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** 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

**P.E. Office Hours: 9:00 A.M – 11:00 A.M, 1:00 P.M. – 3:00 P.M.**

**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 attainment.

**The Link below is a hello message to my students**

<https://youtu.be/4C59DL458Bg>

**Weekly Activities:**









Health Lesson is schedule on Friday activity, please complete.

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

**Assessment(s):** Print Fitness Log sheet or create your own with notebook paper or copy paper. When every line is full, scan or email a photo of the completed log to [hatfieldt@lpsd.org](mailto:hatfieldt@lpsd.org)



P.E. daily exercises or choose  
 an exercise to do from the daily choices list on the bottom.  
**Stay Fit! And Be Active!**

<p><b>Monday</b> Kids Work Out</p>  <p>Or</p> <p>Avengers Fitness Training. Repeat 2x</p> 	<p><b>Tuesday</b></p> <p>20 Calf Raises and</p>  <p>20 Lunges- Alternate each legs, back straight and knees are not touching the ground. (2 cycles)</p>  <p>Or</p> <p>20 Trunk Twist and</p>  <p>20 Arms crossing your body (2 cycles)</p> 	<p><b>Wednesday</b></p> <p>Brain Breaks Yoga (repeat 2x)</p>  <p>Or</p> <p>Be Positive Kids Yoga ( repeat 2x )</p> 	<p><b>Thursday</b></p> <p>Health Lesson:  <a href="http://www.brainpop.com">www.brainpop.com</a>        Log in: hrelpsid        Password: lpsid        Type on search button <u>Bicycle Safety</u> after complete Quiz send a picture to my email.</p> <p>Would You Rather? Fitness Challenge #2</p> 	<p><b>Friday</b></p> <p>Holiday: Good Friday</p>
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**Daily Choices:**

- Run up and down your stairs for 10 minutes
- 40 Jumping Jacks
- Create an indoor obstacle course
- Take a Family Walk or Ride Bike for 20 minutes

- Vacuum or Sweep and Mop the entire house
- Dust all the Windows and Furniture
- Plank while reading a book

# 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: \_\_\_\_\_