

Coach Hatfield and Ms. Lupold have your 4th 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 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 for questions about music or art

Office hours for MUSIC & ART are: 9:00-11:00 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.

Music & Art

Objective(s): Students will continue to *COMPOSE their own music using digital applications in Quaver (2-5 only or on incredibox.com.) Students will create original music by adding rhythms on the instruments they found during the Instrument Scavenger Hunt along with the digital music they composed. *COMPOSE means to write your own music. Students will learn about different musical styles.

Use the video tutorial Ms. Lupold made for you – the link is below!

Grades K-5: I will create and perform percussion sounds using "QBACK BEAT LITE". I will compose my own rhythms on my found instruments to play along with the digital Quaver drum music
3-4th Grade may choose to use "QBACK BEAT LITE" Or Incredibox.

MUSIC LESSON VIDEO TUTORIAL WITH MS. LUPOLD USING QUAVER!:

<https://drive.google.com/file/d/1RGljhC17Wkz1aOfLsR8xwtm0409O5-wE/view>

Weekly Activities:

Grades K-5—From the Student Dashboard in Quaver Music select "Creatives". Then Select "QBACK BEAT LITE". By choosing the Kick Drum or Snare, Floor Tom or High Hat, click on the downbeats (the beginning of each measure), or any other part of the measure for each of the 4 instruments to create a rhythm pattern on the screen shown. (The first 2 measures.) Experiment with different rhythms and sounds until you like your created music.

Then you will choose one of the instruments you 'found' in the Scavenger Hunt from Week 1 and play your own rhythm along with the digital music you created in "QBACK BEAT LITE". I've included a "How To" video (the link is above) which should help greatly.

Using one or more of the instruments you found in your Scavenger Hunt, play along with the digital Quaver music, or Incredibox BeatBox. *Have someone make a short video of you creating your music. Have family members join you with more instruments. Send Ms. Lupold the video or a link to the video.

ENRICHMENT: GO to www.incredibox.com "Try the Web Version" for the laptop. Choose a Version and mix your own Beatbox music!

EXTENSION: Spring Art Lesson: See links below on Music and Art

*Parents should send photos or comments of their child's interaction on Quaver or making and/or singing music each week. This is how I will assign grades.

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 attainment.

Weekly Activities:

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

FitnessGram – The state has suspended Fitness Gram testing for this school year so scores will not be entered for any students in 3rd – 5th grade. I still encourage students to work on their upper body strength and cardio endurance.

Assessment(s): Print Fitness Log sheet or create your own with notebook paper or copy paper. Scan or email a photo of the completed log to 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>Monday</p> <p>Holiday</p>	<p>Tuesday</p> <p>Bop It- Crumple a paper into a little ball, toss it alternately using the palm of left and right hand as many as you can for 10 minutes. Use stuff toys or anything soft that will not hurt your feet to create a circle then stay inside the circle as a boundary while tossing the paper in the air. Click the video below. https://www.youtube.com/watch?v=JwpP1MajdvI</p> <p>Or</p> <p>Duck Race – Make 2 piles consist of 5 to 6 stuff toys/animals or any small items that are not breakable. Compete with any family member or use a timer how fast you can collect all the stuff toys/animals while doing duck walk. Click the video below. https://www.youtube.com/watch?v=O7LDScC0FiI</p>	<p>Wednesday</p> <p>Mindful Movement (repeat 2x)</p>  <p>Or</p> <p>Calming Yoga</p> 	<p>Thursday</p> <p>Spiderman Work Out</p>  <p>Or</p> <p>Iron Man Work Out</p> 	<p>Friday</p> <p>30 Jumping Jacks (3 cycles)</p>  <p>Or</p> <p>30 jumps using Jump rope (3x)</p> <p>The video below will help you make your own jump rope.</p> 
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Daily Choices:

Run up and down your stairs for 10 minutes

50 Jumping Jacks / jump rope

Do some gardening (rake leaves and pull weeds)

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



Music and Art Links



Quaver Music Lessons: *****Please use Clever to sign into Quaver.*****

Log on to Clever with user name and password:

Click on the Quaver App

Go to the Student Dashboard

Choose: Creatives then “QBackBeat Lite” to compose your own music.



Go to 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 Bluebonnet Garden using Cotton Balls and Q-Tips

Beginner: Use supplies you have at home.

https://youtu.be/f6Pyy_ZgheE

Advanced: Only use the parts needed for your flower design

<https://youtu.be/vzfhEYhJzOI>

Create in your own style! Send Ms. Lupold photos of your art!