

Week #4 –April 13-17 – ART

This week in ART we are going to explore SHADOWS.

**Materials you may choose to use:**

**Paper**

**Markers**

**crayons**

**Sidewalk chalk**

**Paper**

**Don't have these items at home? That's ok, improvise. Improvising leads to creativity!**

### [3:59 THE BLACK RABBIT](#)

1. Read aloud – [The Black Rabbit](#) - click on link above
2. Go outside on a sunny day and explore different objects and the shadows they create. Notice where the object is positioned in relation to the sun in order to create a shadow.
3. Use your body or different objects to create a shadow. See the pictures attached or go to the China Spring Elementary Facebook page to get great ideas.
4. Use materials that you have on hand to create a shadow picture. If you don't have the materials just improvise and be creative.
5. Share your Shadow picture on the China Spring Facebook page under "Elementary Art Shadow Pictures". Post your shadow picture under comments. We would love for you to share your work.

SEE THE NEXT TWO PAGES FOR EXAMPLES!

**\*\*\* START COLLECTING TOILET PAPER AND PAPER TOWEL TUBES. YOU WILL NEED THEM FOR NEXT WEEK'S LESSON!!!**





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Health Lesson for April 13 - April 17, 2020

**Connect:** Trolls: Can't Stop The Feeling - Go Noodle

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

**Intro:** This week we will learn about Recycling

**Lesson:** BrainPOP Jr - Reduce Reuse, Recycle

<https://jr.brainpop.com/science/conservation/reducereuserecycle/>

**Closure:** (PreK) What's one item you could recycle in your house?

(K-1st) Easy Quiz

(2nd-3rd) Hard Quiz

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April 13-17, 2020

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Google site: <https://sites.google.com/a/chinaspringisd.net/niki-edwards2/>

## Graduation Song Review

The following links will take students to an example recording of a couple of the songs we sing at China Spring Elementary Kindergarten Graduation. These traditional songs are sung at various school assemblies during elementary school such as our patriotic assembly or Red, White and Blue assembly. For example, all students in kindergarten at China Spring learn “Fifty Nifty” for our graduation celebration. Many high school seniors also remember this famous song from kindergarten. It has become a tradition in our music program for over 20 years. Click on the following links to see an example recording on youtube:

“Fifty Nifty”

<https://www.youtube.com/watch?v=Hhe9ogtNdOg&t=33s>

“One Small Voice”

<https://www.youtube.com/watch?v=E0R2vNQFLRc>

After students review the two above songs, they can visit my updated Google site page where multiple links to various music game sites are located. My Google site address is:

<https://sites.google.com/a/chinaspringisd.net/niki-edwards2/>

Students can click on any of the links listed under “My Favorite Links” to visit my youtube channel, listen to a sample from a classical composer, practice making music notation and rhythms, or visit other sites of some of my favorite musicians. Have fun!

Week #4 - 4/14-4/17

Warm Ups:

<https://www.youtube.com/watch?v=bqj6sIU2A7k&feature=share> - Sally Up Squat

<https://youtu.be/Nqg5zY0MOfI>-Movelt and Freeze

*Hey All, hope you were able to get out and enjoy some of the awesome weather we had last week! This week we are going to combine fitness with spelling practice. Start with spelling out your full name and then do the workout with each letter. Once you get the hang of it, try spelling all of your family's names or your pet's names or your favorite TV show or movie, the possibilities are endless!!! Try to do 3-5 names or words a day!  
Be heart healthy!*

## Spell your Name Workout

<b>A</b>	10 Burpees	<b>N</b>	60 sec Wall Sit
<b>B</b>	60 sec Plank	<b>O</b>	15 Jumping Lunges
<b>C</b>	20 Squats	<b>P</b>	10 Donkey Kicks
<b>D</b>	10 Push ups	<b>Q</b>	15 Walking Planks (go from forearm planks to on your hands and back down)
<b>E</b>	20 Mountain Climbers	<b>R</b>	10 Supermans
<b>F</b>	15 Squat Jumps	<b>S</b>	10 Plank Jacks (jumping jacks in plank position)
<b>G</b>	30 Bicycles	<b>T</b>	20 High Knees
<b>H</b>	25 Jumping Jacks	<b>U</b>	25 Calf Raises
<b>I</b>	20 Walking Lunges	<b>V</b>	30 Arm circles (15 forwards and 15 backwards)
<b>J</b>	60 sec Jump Ropes (with or without a rope)	<b>W</b>	20 Side to Side Jumps
<b>K</b>	30 Sit ups	<b>X</b>	15 Pocket Kicks

<b>L</b>	20 Twists	<b>Y</b>	10 Tuck Jumps
<b>M</b>	15 Bells	<b>Z</b>	5 180 degree Jumps