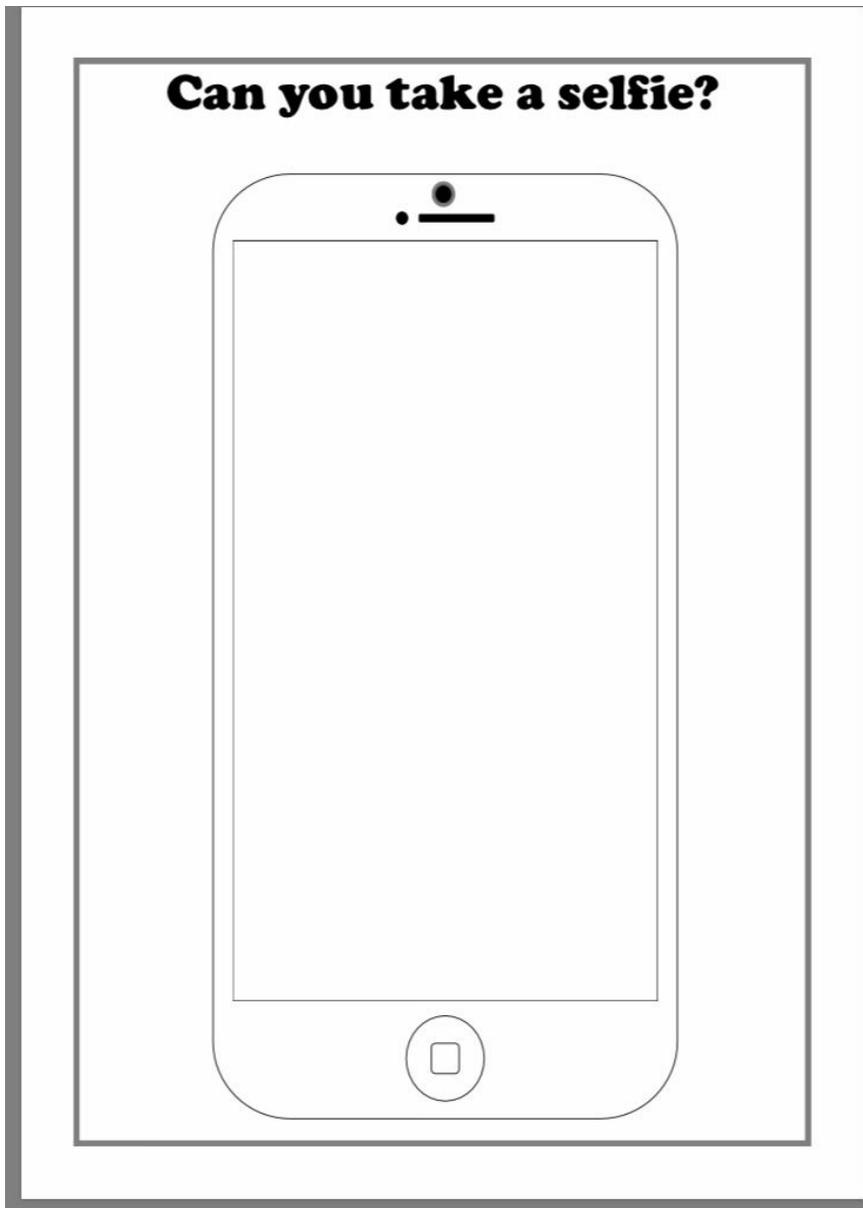


Week 9 - May 11 - 15 - Art

“Quarantine Selfie”

Use the example provided to draw a self “Quarantine Selfie”. Don’t forget your mask and gloves!!!



May 12th - 18th, 2020

Intro: This week we will learn: Storm/Weather Safety

Lesson:

"The Magic School Bus: Kicks Up A Storm"

<https://www.dailymotion.com/video/x6slqhr>

Niki Edwards

CS Elementary Music

Pre-K through 3rd Grade

May 11-May 15, 2020

nedwards@chinaspringisd.net

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

Graduation and Patriotic 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 link to see an example recording on youtube:

https://www.youtube.com/watch?v=OWGc6AZQIAE&list=PLS8Umny_BX4cg-SdvVjUqx8_sSFAUH7jh&index=1

Students can listen to and learn the American Sign Language for the song “America to Me” by Jack Hartmann from his “I’ve Got Music in Me” album. Mrs. Edwards has posted a demonstration video on youtube where she shows the students the signs for the song. We sing this song at kindergarten graduation every year as well as at our annual patriotic assembly at China Spring Elementary.

The link to access the video on youtube is :

<https://youtu.be/oG5nqPyNWpM>

One of the final songs we learn for kindergarten graduation is “First Grade, First Grade”. Mrs. Edwards demonstrates this song on the following youtube link:

https://www.youtube.com/watch?v=Dli5Z38hVA&list=PLS8Umny_BX4cg-SdvVjUqx8_sSFAUH7jh&index=7

Students can also 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 #8 - May 11- May 15, 2020

We loved seeing all of you at the parade and can't wait to see you back in the gym! I am sending another weekly schedule; choose from daily and/or pick an activity on the left side to do as well. There are video links to the workouts and a fun fitness monopoly game that you can use with your family! Keep exercising and stay healthy!

Miss you all!

Each day you can choose your workout! Pick ONE of the daily exercises or choose an exercise to do from the daily choice list on the left. HAVE FUN and STAY ACTIVE!

Daily Choices

Help clean the floor by sock skating

Blow up a balloon and make a game with it

Play hopscotch

Have a pillow fight

Run through a sprinkler

GO FISHING

Make an outdoor art project

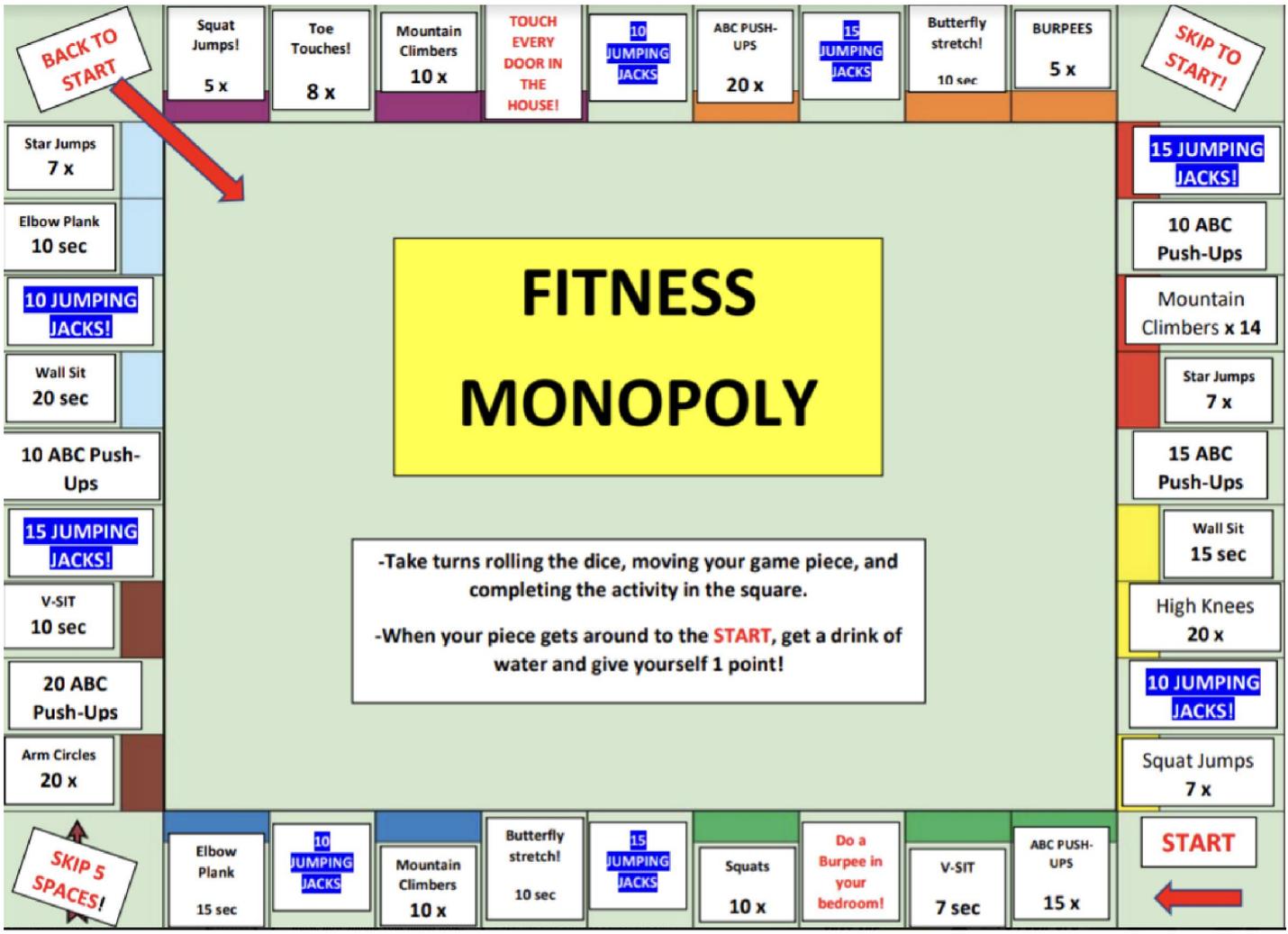
Go Stargazing or cloud gazing

Play Fitness Monopoly

Plant a garden or flowers

Daily Exercises

Monday	→ Space Jam Dance OR Dance to your favorite music for 10 minutes
Tuesday	→ Read a book while doing a wall sit OR Dribble a ball through your house for 5 minutes
Wednesday	→ GoNoodle workout Or Play outside for 15 minutes
Thursday	→ Do as many burpees as you can in 3 minutes OR Go for a walk with your family
Friday	→ Choose any (2) activities from the daily exercises or daily choices



BACK TO START

Squat Jumps!
5 x

Toe Touches!
8 x

Mountain Climbers
10 x

TOUCH EVERY DOOR IN THE HOUSE!

10 JUMPING JACKS

ABC PUSH-UPS
20 x

15 JUMPING JACKS

Butterfly stretch!
10 sec

BURPEES
5 x

SKIP TO START!

Star Jumps
7 x

Elbow Plank
10 sec

10 JUMPING JACKS!

Wall Sit
20 sec

10 ABC Push-Ups

15 JUMPING JACKS!

V-SIT
10 sec

20 ABC Push-Ups

Arm Circles
20 x

SKIP 5 SPACES!

Elbow Plank
15 sec

10 JUMPING JACKS

Mountain Climbers
10 x

Butterfly stretch!
10 sec

15 JUMPING JACKS

Squats
10 x

Do a Burpee in your bedroom!

V-SIT
7 sec

ABC PUSH-UPS
15 x

START

FITNESS MONOPOLY

-Take turns rolling the dice, moving your game piece, and completing the activity in the square.
-When your piece gets around to the **START**, get a drink of water and give yourself 1 point!

15 JUMPING JACKS!

10 ABC Push-Ups

Mountain Climbers x 14

Star Jumps
7 x

15 ABC Push-Ups

Wall Sit
15 sec

High Knees
20 x

10 JUMPING JACKS!

Squat Jumps
7 x