

		Grade:	Special Area
Physical Education PERSISTING Crazy Eights: Complete the following circuit for a total of 3 rotations: 1. Jumping Jacks 2. Arm Circles 3. Squats 4. Superman 5. Run in place 6. Hop side-to-side 7. Scissor Kicks 8. Plank If you want to change an exercise or use equipment that you have at home please do so. Send a picture of your list of exercises.	STEAM QUESTIONING AND PROBLEM POSING Design and build a tall tower using spaghetti noodles, pipe cleaners, toothpicks, bamboo skewers, or twigs. Use something other than tape or glue to hold it together. Suggestions: mini marshmallows, gum drops, string, clay, silly putty. How tall can you build it before it collapses?	Art CREATING, IMAGINING, AND INNOVATING Draw a picture of a cell phone. Plan out what your screen saver will look like. Will you draw a selfie, or a favorite place? Add details of the symbols that appear on a phone: WiFi signal, time, date, battery life, etc. Add color to complete your phone.	
Art APPLY PAST KNOWLEDGE Draw yourself as a Lego figure. If you have access to a computer, google "lego template" to find printable lego body templates and lego facial expressions. Think about how you can draw the hair and clothes to look like you.	 Computer TAKING RESPONSIBLE RISKS I set up a Padlet for different technology task for each grade. Here is the link: https://overallcreek.padlet.org/kbrown/tech	Library Outside Reading: Go outside and read for at least 20 minutes! Lay on a blanket, climb a tree to sit, sprawl out on a lounge chair, sit on the front or back porch, or anywhere safe!	
Music CREATING, IMAGINING, INNOVATING Find a song that you like and change the words to make it funny about something that has changed in your routine. This is called creating a parody. EX: Taking the song, "Row, row, row your boat": wash, wash, wash your hands, keep them good and clean, spark-ling, spark-ling, like a diamond ring. Create as many as you can think of!!	Physical Education CREATING, IMAGINING, INNOVATING Play Snakes and Ladders Fitness Game. The game board is attached and you may modify it with different exercises. Share pictures from your game with your class and have fun.	STEAM QUESTIONING AND PROBLEM POSING Design and build a cable car that can move coins or other small items. It can be built using cans, bottles, index cards, boxes, paper cups, etc. It should move freely across string, yarn, fishing line, etc. without breaking. How much weight can it hold? How far can it go? What makes it move fast or slow?	
Library THINKING INDEPENDENTLY Book Recommendation: Write a book recommendation about a book you have read, remember not to be a spoiler, then call or tell a friend or a family member to share your recommendation.	Music GATHERING DATA THROUGH ALL SENSES Sound Experiment: Balloon Blow up balloon and tie the end. Hold the balloon close to your ear while tapping lightly on the other side. Describe what happens to the sound. Create a hypothesis for what you believe is happening. Try the same thing with whispering, singing, humming, and see if the results are the same. Mrs. Gordon will be on Zoom calls as much as possible next week to hear your hypotheses and to see how many of you are correct!!	Music FINDING HUMOR Play freeze dance the way we play in music class, with someone in your house. Draw statue cards and when the music stops have one person hold up a statue card and recreate the statue with your body.	

SNAKES AND LADDERS FITNESS GAME

How to play

1. Play on your own or with a sibling, friend, parent/guardian
2. Roll a dice and move your object/piece along the grid
3. If you land on a snake, you move down
4. If you land on a ladder, you move up
5. Whatever square you land on you must complete the exercise

WINNER		35	34	33	32	31
	25	15 x superman's	15 x squats	20 x ride the bike	20 x side bends	15 second bridge hold
	24	15 second bridge hold	REST	15 second plank	15 x jumping squats	15 x bridges
	23	REST	15 x bridges	20 x side bends	REST	15 second plank
	22	15 x bridges	20 x ride the bike	15 x jump squats	15 x squats	REST
	21	15 second bridge hold	REST	15 x superman's	15 second plank	20 x ride the bike
	20	15 x bridges	15 x squats	15 x superman's	15 second bridge hold	REST
	19	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	18	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	17	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	16	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	15	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	14	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	13	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	12	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	11	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	10	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	9	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	8	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	7	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	6	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	5	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	4	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	3	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
	2	15 second bridge hold	15 x bridges	15 x superman's	15 second plank	20 x ride the bike
	1	15 second bridge hold	15 x bridges	15 x jump squats	15 x squats	REST
START						