

Related Arts Weekly eUpdates 4.6.20

Greetings Caughman Road Elementary School Students and Families! Despite not being at school, CRES Related Arts teachers are confident that students have continued to learn and grow from home in pursuing self-guided learning activities and with a lot of assistance from families. We encourage you (students) to continue your growth by participating in the learning activities suggested below. Like last week, should you or your parents/guardians have any questions about the content, email your related arts teacher(s). (Related arts teachers will maintain office hours this week Monday through Thursday from 9AM-11AM and 1PM-3PM.) Work hard, have fun, and be well!

Best regards,

The Related Arts Team

Dance (Contact: Mrs. Slater-Warren, sabrina.slater-warre@richlandone.org)

Practice is an essential part of dance. Continue to practice yoga and rehearse the dances provided last week. I am sending video links to the dances that we began learning before we left. I am also including a link to the Snake dance that K-2 loves so much. You will also find some suggested activities listed below that don't require internet access. The Yoga log and exercises that you received prior to leaving school can be continued. I will include a link to other yoga sites that you and your parents may try together.

Dance Moves-Grades three through five

<https://www.wikihow.com/Learn-to-Dance-at-Home> https://youtu.be/kIKcQt_awWw
<https://youtu.be/TgcwKrf8wHM>

Read Alouds with Movement- grades K-2

<https://youtu.be/wglNS2WjGAM-In>

Spanish <https://youtu.be/GKahpvSkzfk> <https://youtu.be/3cOSt2QVJf4>

Yoga for K-2 Cosmic Kids Yoga

https://youtu.be/C_Mi1-ntGHc-In Spanish

<https://youtu.be/U9Q6FKF12Qs>- In English

https://youtu.be/j24_xH5uvdA

Yoga for 3-5

https://youtu.be/nEUdh_3q9OU-In English

<https://youtu.be/QHht9Xvf1fA>-In English

<https://youtu.be/KOe-efPzeKI>- In Spanish

Written Resources

- Think about your favorite animal from the zoo. Move like that animal for 30 seconds. Don't forget to practice. Ask your parent to video tape your dance
- If you could be a machine, what would you be? How many body parts would move? What would be the speed of your movements?
- Ask your parents to go through the motion of a daily chore, ex (mopping, cooking, folding clothing. Ask them to go through the motions. Observe your parents. Make an eight-count phrase using these motions. Move in the style of ballet, modern, or hip hop. Email me a video.
- Write a paragraph comparing a dance from TiK-Tok and YouTube. How are the sequences different? Which app is easier to use for dance?

Music (Contact: Mrs. McElderry, dorothy.mcelderry@richlandone.org)

- Sing Flea Fly Mosquito with another person and have them repeat (echo) you. Keep a steady beat.

Flea Fly Mosquito Chant:

The bold words are for the leader!

Flea (Flea), Flea Fly (Flea Fly)

Flea Fly Mosquito, ((Flea Fly Mosquito)

Oh, No, no, no more Mosquitoes! (Oh, No, no, no more Mosquitoes!)

Itchy, Itchy, Scratchy ,scratchy, ooh I go one down my backy! (Itchy, Itchy, Scratchy, scratchy, ooh I go one down my backy!) Beat that big bad bug with the bug spray! (Beat that big bad bug with the bug spray!)

- Find something that is metal. Does it make a cool sound when you tap it with your hand. What kind of beat can you create?
- Find a rubber band, stretch it (not too tight) then strum it with your finger. Did it make a sound? Do that again, a little tighter, did the sound get higher or lower? Create a fun beat!
- Listen to every day sounds, in the house, outside, in the car etc... What has a beat? Is the beat a fast beat? Is the beat a slow beat? Can you walk to the beat? Can you run to the beat?

Orchestra (Contact: Mrs. Hanlin, dorothy.hanlin@richlandone.org)

Orchestra Activity Choice Board

Choose one activity each week. Color the square after you have done the activity.

You may email your work to me at dorothy.hanlin@richlandone.org.

Explore	Listen	Create
Explore a type of music that is new to you (check with your parents first). Talk about how it is different from what you normally listen to.	Listen to one of your favorite songs. What sounds make it important to you?	Create a new pattern for the Pepperoni Pizza song. You can use a pencil for a pretend bow if you don't have your instrument at home.
Explore one of your parents' favorite songs. Have them tell you why they like that song. Ask if it brings up any memories.	Listen to a song from the 1970's and a song from the 2000's. How are they different? How are they alike?	Create a picture while you listen to a song you enjoy. Draw what the music makes you feel.
Explore music in nature! Make a list of sounds that you hear as you take a walk or stand on your porch.	Listen to the music from a commercial. List the different instruments you hear. Is one seem more important than another?	Make a playlist that makes you feel happy. List your songs.
Explore your house for things that can be used to make music. These are called "found" instruments. Make a list of the ways they can be used organize sounds.	Listen to the music in your favorite game. Are there voices, instruments or both? How do they help tell the story of your game?	Create an album cover for your playlist.
Explore your favorite song for rhythm patterns that happen repeatedly. Talk about how they help make the song important to you.	Make a list of the places you hear music during the day. What kind of things do you hear in the music?	Using some "found" instruments in your house (ordinary things that you can use to create different sounds), create new rhythms or beats for some of your favorite music.

Physical Education (Contacts: Coach Brown, linda.brown2@richlandone.org, and Coach Ford, jan.ford@richlandone.org)

- If you can't get out to walk here's a 1 mile walk video. <https://www.youtube.com/watch?v=X3q5e1pV4pc>
- Go to this website: <https://ymca360.org/> : YMCA on Demand Videos – These are links to videos for all ages. Great for you and your family.
- Do 15 push-ups, 15 curl ups, and 10 stretches. Throw a ball with a sibling or at a SAFE wall for 20 minutes. Roll up a sock if you do not have a ball.
- Spell Your Name With Exercise. A,B,C,D,E = 5 push-ups F,G,H,I,J = 5 Curl ups K,L,M,N,O = 5 Jumping Jacks P,Q,R,S,T = run in place 10 sec. U,V,W,X,Y,Z = hop 10 seconds. EXAMPLE: Coach= C=5 push-ups, O=5 Jumping Jacks, A=5 push up, C=5 push-ups, H=5 Curl ups

Spanish (Contact: Mr. Rodriguez, yesid.rodriguez@richlandone.org)

- Kinder - 1st grade: <https://quizlet.com/498471758/write>
- Second grade: <https://quizlet.com/238010785/greetings-and-courtesy-words-saludos-y-palabras-de-cortesia-k-2-grade-flash-cards/>
- Third Grade: <https://quizlet.com/266453725/descubriendo-mis-alrededores-3-flash-cards/>
- Fourth Grade: <https://quizizz.com/join/quiz/5e40b5080466be001ba0038c/start>
- Fifth Grade: https://quizlet.com/_88ych1?x=1jqt&i=2kiaa4

Visual Art (Contact: Ms. Wieler, aimee.wieler@richlandone.org)

This week's art lesson features the artist **Rene Magritte** and the art movement **Surrealism**. Investigate his work through the following video links below. Like many Surrealist artists, Magritte created art based on the ideas in his mind instead of what he saw in real life. Many of his paintings include elements that look realistic, yet each artwork includes a surprise that makes the art resemble more of a dream than reality. After learning about the life and art of Magritte through these videos, consider creating a drawing or painting of your own that includes both realistic and surreal (not-real) elements. Enjoy!

- What is Surrealism?: https://www.youtube.com/watch?v=1YE_Zas-A5A
- Who was Rene Magritte? (K-2): https://www.youtube.com/watch?v=yD53mLZ_y8k
- Who was Rene Magritte? (3-5): <https://www.youtube.com/watch?v=DRlpD-iEnMQ>
- "Dinner at Magritte's" Book Read Aloud (K-5):
<https://www.youtube.com/watch?v=EBW8tLt23ug>
- "Magritte's Marvelous Hat" Book Read Along (K-5):
<https://www.youtube.com/watch?v=HBGDRZ8yN6U>
- Art can help you analyze (3-5): <https://www.youtube.com/watch?v=ubEadhXWwV4>
- Create a painting like Magritte: <https://www.youtube.com/watch?v=MZ1iQjZBi6s>