

Related Arts Weekly eUpdates 4.27.20

Greetings Caughman Road Elementary School Students and Families! We hope you enjoyed your Spring Break! Now that we're back to our regularly scheduled eLearning, we encourage you to participate in the related arts-centered learning activities included in this document. (Related arts teachers will maintain office hours this week Monday through Friday from 9AM-11AM and 1PM-3PM.) Have fun!

Best regards,

The Related Arts Team

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

Continue practicing the following dances that were introduced last week.

- Kinder - 1st grade: <https://artsedge.kennedy-center.org/educators/how-to/tipsheets/early-elementary-social-dance#Overview>
- Grades 2- 5: Hip-Hop Moves <https://youtu.be/ujREEgxEP7g>
- Grades K- 5: Frozen Dance <https://youtu.be/iG6rxoVWRoQ>
- Grades K- 5: Troll Dance <https://youtu.be/wCopCD0XYu8>

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

- Grades K-2: Singing Workout: Bunnies in the Spring https://richlandoneschooldist-my.sharepoint.com/:b:/g/personal/aimee_wieler_richlandone_org/EUoejIsgIEhCjz1q5LqsfTEBLbAL34Arn7Qd9L8RahaCHA?e=asK7Z8
- Grades 3-5: Instruments of the Orchestra https://richlandoneschooldist-my.sharepoint.com/:b:/g/personal/aimee_wieler_richlandone_org/EQab9ZwfA_RGu3YQ8YMhk1cBMtYWueI79XtanpknNkB06Q?e=swovHa






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

Following are activities for all students to do at home. Also, remember to eat healthy foods! Eat fruit, vegetables, and drink water. Stay healthy!

- Go for a 30 min walk with your family, be safe on your walk.
- 25 minute kids workout: <https://www.youtube.com/watch?v=dhCM0C6GnrY>
- 25 minute workout: <https://www.youtube.com/watch?v=skSbg1Gup8>
- Work on the Fitnessgram fitness test. We know you cannot do the pacer, however, you can jog in place, dance, or ride your bike. Anything to get your heartrate up and keep it there for at least 20 minutes. Also, do the following: push-ups, curl-ups (sit-ups), and sit & reach (sitting with legs straight and reaching for toes).

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

Over the next three weeks, complete the following activity choice boards.

- K-1st Grade:  [K - 1st Grade Choice Boards.docx](#)
- 2nd Grade:  [eLearning second grade - Choice Board.docx](#)
- 3rd Grade:  [eLearning Spanish 3rd Grade \(Unit 2\).docx](#)
- 4th Grade:  [4th Grade- CHOICE BOARD.docx](#)
- 5th Grade:  [eLearning Fifth Grade - Board Choice.docx](#)

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.

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

This week's art lesson features the artists **Vincent VanGogh** and **Frida Kahlo**. Like many artists, VanGogh and Kahlo regularly turned to *self* as the subject of their paintings. One benefit of using yourself as the subject of your art is the consistent availability of the subject matter. Explore the links below to investigate their artwork in self-portraiture. After, experiment with a self-portrait of your own.

Vincent VanGogh

Vincent VanGogh painted over 30 self-portraits between the years 1886 and 1889. His collection of self-portraits places him among the most prolific self-portraitists of all time. Van Gogh did not have money to pay models to pose for portraits nor did he have many people commissioning him to do portraits, so Van Gogh painted his own portrait. Van Gogh did not see portrait painting as merely a means to an end; he also believed that portrait painting would help him develop his skills as an artist.

- Grades PK-5: Thirty self-portraits of Vincent VanGogh
<https://www.youtube.com/watch?v=O5tKG39G6Qk&feature=youtu.be>
- Grades PK-2 Art with Mati and Dada: VanGogh
<https://www.youtube.com/watch?v=9lGEvm1Lve0>
- Grades 3-5: "Crows," a short film by Akira Kurosawa
<https://www.youtube.com/watch?v=iKSUpyENtwo>
- Grades 1-5: Biography of Vincent VanGogh
<https://www.youtube.com/watch?v=qv8TANh8djl>
- Grades Pk-5: "VanGogh and the Sunflowers," book read aloud.
<https://www.youtube.com/watch?v=J0nBIRFLzJw>

- Grades PK-5: “Katie and the Starry Night,” book read aloud.
<https://www.youtube.com/watch?v=QAPjNMsSc4M>
- Grades K-5: VanGogh self-portraits and self-portrait activity
https://www.youtube.com/watch?v=26VW04ihB_s

Frida Kahlo

Mexican artist Frida Kahlo is remembered for her self-portraits, pain and passion, and bold, vibrant colors. She is celebrated in Mexico for her attention to Mexican and indigenous culture and by feminists for her depiction of the female experience and form. Life experience is a common theme in Kahlo's approximately 200 paintings, sketches and drawings. Of her 143 paintings, 55 are self-portraits.

- Grades PH-5: Self-Portriats of Frida Kahlo
<https://www.youtube.com/watch?v=IJYAg36n19I>
- Grades 2-5: Introduction to Frida Kahlo
https://www.youtube.com/watch?v=Nt0_gHrd2rU
- Grades PK-5: “Little Frida,” book read aloud.
<https://www.youtube.com/watch?v=Hom0nPJciLM>
- Grades PK-5: “Little People Big Dreams,” book read aloud
<https://www.youtube.com/watch?v=N7y3kbZEfCc>
- Grades 1-5: Self-Portraits in the style of Frida Kahlo
<https://www.youtube.com/watch?v=6SWKiJxQxcY>