

Physical Education, Music, Art

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5
<p>ART</p> <p>I can statements</p> <ul style="list-style-type: none"> I can use technology responsibly I can use technology to visit a zoo I can create a sketch <p>Activity: Visit the Riverbanks zoo, https://www.riverbanks.org/animals/ & Sketch your favorite animal in its habitat. (IF you do not have internet access, draw your favorite animal from memory.)</p> <p>Resource: Activity Sheet, Riverbanks zoo, https://www.riverbanks.org/animals/</p> <p>Essential Question: What is creativity?</p> <p>Standards: Indicator VA.P Anchor Standard 3: I can improve and complete artistic work using elements and principles. IM.3.2 I can use the elements and principles of art to complete my artwork.</p>	<p>PHYSICAL EDUCATION</p> <p>I can statements</p> <ul style="list-style-type: none"> Use technology to increase activity. Be responsible with technology Mark my activities on my activity log <p>Activity 1: Throughout the day, as you watch television do different physical activity exercises to complete at least 60 minutes per day.</p> <p>Resource: Complete your activity log.</p> <p>Essential Question: What can we do to be physically active, and why is this important?</p> <p>Standards: Standard 3.1 Participate regularly in moderate-to-vigorous physical activity in and outside of physical education class.</p>	<p>MUSIC</p> <p>I can statements</p> <ul style="list-style-type: none"> I can sing alone and with others I can arrange and compose music <p>Activity 1: Sing <i>Twinkle Twinkle Little Star</i></p> <p>Resource: Lyrics: Twinkle, twinkle, little star How I wonder what you are Up above the world so high Like a diamond in the sky Twinkle, twinkle little star How I wonder what you are</p> <p>Activity 2: Find 1 way to change the song and sing it again!</p> <p>Essential Question: Why should we respect music if we don't like the way it sounds?</p> <p>Standards: GM.P-NL.3 I can use my voice in many ways. Indicator</p>	<p>PHYSICAL EDUCATION</p> <p>I can statements</p> <ul style="list-style-type: none"> Use technology to increase activity. Be responsible with technology Mark my activities on my activity log <p>Activity 1: Throughout the day, as you watch television do different physical activity exercises to complete at least 60 minutes per day. Then complete your activity log.</p> <p>Resource: Complete your activity log.</p> <p>Essential Question: Why is it important to be physically active?</p> <p>Standards: Standard 3.1 Participate regularly in moderate-to-vigorous physical activity in and outside of physical education class.</p>	<p>GO NOODLE FRIDAAAAAAAAAAAAAY</p> <p>Activity 1: During the course of today, participate in at least 6 of your favorite GoNoodle videos</p> <p>https://www.gonoodle.com/</p> <p>Optional Resource: *if you do not have internet access create your own dance party!!</p>

Week 2

Day 6	Day 7	Day 8	Day 9	Day 10
<p>ART</p> <p>I can statements</p> <ul style="list-style-type: none"> I can use technology responsibly I can use technology to visit an art museum I can create a sketch <p>Activity: Visit an art museum, https://www.metmuseum.org/art/online-features/metkids/ & Sketch your favorite artwork (IF you do not have internet access come up with an idea for your own artwork.)</p> <p>Resources: https://www.metmuseum.org/art/online-features/metkids/ Activity Sheet</p> <p>Essential Question: How can you use the elements of art to create a composition?</p> <p>Anchor Standard 3: <i>I can improve and complete artistic work using elements and principles.</i> IM.3.2 I can use the elements and principles of art to complete my artwork.</p>	<p>PHYSICAL EDUCATION</p> <p>I can statements</p> <ul style="list-style-type: none"> Use technology to increase activity. Be responsible with technology Mark my activities on my activity log <p>Activity 1: Throughout the day, as you watch television do different physical activity exercises to complete at least 60 minutes per day.</p> <p>Resource: Then complete your activity log.</p> <p>Essential Question: How do we interact with others during physical activity?</p> <p>Standards: Standard 3.1 Participate regularly in moderate-to-vigorous physical activity in and outside of physical education class.</p>	<p>MUSIC</p> <p>I can statements</p> <ul style="list-style-type: none"> I can analyze music I can evaluate music <p>Activity: Use the website at the bottom and go to the listening tab and go through each activity Use the tab "How Music Feels" and describe how the music feels to you https://musicplayonline.com/ (If you do not have internet access, choose a song you hear on the radio)</p> <p>Resource: https://musicplayonline.com/</p> <p>Essential Question: What inspires someone to make music?</p> <p>Standards: GM.R-NL.7 I can <i>use</i> my words to <i>talk</i> about music. Indicator GM.R-NL.7.1 I can <i>listen</i> and respond to music.</p>	<p>PHYSICAL EDUCATION</p> <p>I can statements</p> <ul style="list-style-type: none"> Use technology to increase activity. Be responsible with technology Mark my activities on my activity log <p>Activity 1: Throughout the day, as you watch television do different physical activity exercises to complete at least 60 minutes per day.</p> <p>Resource: Complete your activity log.</p> <p>Essential Question: How will physical activity help you in the future?</p> <p>Standards: Standard 3.1 Participate regularly in moderate-to-vigorous physical activity in and outside of physical education class.</p>	<p>GO NOODLE FRIDAAAAAAAAAAAY</p> <p>Activity/Resource 1: During the course of today, participate in at least 6 of your favorite GoNoodle videos</p> <p>https://www.gonoodle.com/</p> <p>(If you do not have internet access create your own dance party!!)</p>

Physical Activity Log

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes		Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Day 1						Day 6				
Day 2						Day 7				
Day 3						Day 8				
Day 4						Day 9				
Day 5						Day 10				

Suggested Activities:

During commercials or advertisements while watching your favorite show, you can do JUMPING JACKS, RUNNING IN PLACE, HIGH KNEES, WIND MILLS, PUSH-UPS, BEND & SHOOT, and BUTTERFLIES, CURL-UPS throughout the day.

Goal: 30 Minutes Daily

Week Of: _____

NAME: _____

Parent/Guardian Signature: _____



Standard 2-3.1: Participates regularly in moderate to vigorous physical activity in and outside of the physical education class.

ART ACTIVITY 1:

Sketch your favorite animal in its habitat

ART ACTIVITY 2:

Sketch your favorite artwork or come up with an idea for your own artwork