




## Special Areas Lesson Grid - Grade 1, Week of April 13th

Choose 1 or 2 activities from this menu per day for a total of 15-20 minutes. Rotate through subjects throughout the week.  
At the end of the week, share with your homeroom teacher which ones you chose.

Translate/Traducir/Phiên dịch: [translate.google.com](https://translate.google.com)

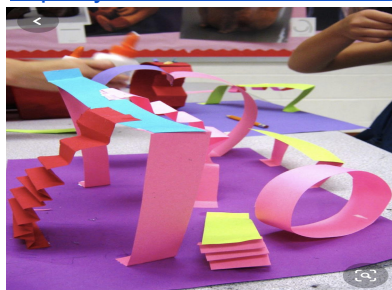
<b>Music</b> <a href="https://musicplayonline.com/">Musicplayonline.com/</a> <b>No Login Required</b>	<b>Art</b> Timmerman Specials Website: <a href="https://sites.google.com/pfisd.net/timmermanspecials">sites.google.com/pfisd.net/timmermanspecials</a>	<b>PE</b> <b>The focus of this week is:</b> <b>Throwing and Catching</b>
<p><b>Choice 1 -</b></p> <ul style="list-style-type: none"> <li>● Rollercoaster vocal warm up video: <a href="https://www.youtube.com/watch?v=oQipymdKP1w">https://www.youtube.com/watch?v=oQipymdKP1w</a></li> <li>● Go to <a href="https://musicplayonline.com/">Musicplayonline.com</a></li> <li>● So-Mi Echoes Video: <span style="border: 1px solid black; padding: 2px;">SOLFA PRACTICE</span> ▶ <span style="border: 1px solid black; padding: 2px;">ECHO SING</span> <ul style="list-style-type: none"> <li>○ Choose 01. So-Mi. Echo each pattern.</li> </ul> </li> <li>● Watch the video to sing “Lemonade”                             <ul style="list-style-type: none"> <li>○ <a href="https://youtu.be/iY5AzQcm32Y">https://youtu.be/iY5AzQcm32Y</a></li> </ul> </li> <li>● Compose your own So-Mi Pattern on a two-line staff on musicplayonline.com  <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;"> <span style="border-right: 1px solid black; padding-right: 5px;">MELODY COMPOSITION</span> <span style="padding-left: 5px;">INTERACTIVE MELODY COMPOSITION</span> </div> </li> <li>● Choose “Level 1” - place the dots on the top or bottom line to compose a so-mi pattern.</li> <li>● Bonus if you can sing the pattern you created!</li> </ul>	<p><b>Choice 1 -Cool Hands, Warm Heart</b></p> <ul style="list-style-type: none"> <li>● Watch this short video on <b>warm</b> and <b>cool</b> colors: <a href="https://www.youtube.com/watch?v=w6K08wrl9dA">https://www.youtube.com/watch?v=w6K08wrl9dA</a></li> <li>● Use a pencil or a marker to trace your left hand and your right hand on a piece of paper.</li> <li>● Use crayons, markers or colored pencils to color your hands using only <b>cool</b> colors.</li> <li>● Use a pencil or marker to draw a heart between your traced hands.</li> <li>● Use crayons, markers or colored pencils to color the heart using only <b>warm</b> colors.</li> <li>● Draw and color things that you love on your paper using <b>warm</b> and <b>cool</b> colors.</li> <li>● What are the <b>warm</b> colors and what are the <b>cool</b> colors? What do you think of when you see <b>warm</b> colors? What do you think of when you see <b>cool</b> colors?</li> </ul> <div style="text-align: center; margin-top: 10px;">  </div>	<p><b>Choice 1 - Warm-up (3-5 minutes)</b></p> <div style="text-align: center; margin-bottom: 10px;">  </div> <p>Choose 3 exercises from the chart below and complete 10-15 repetitions. Then choose two of the remaining exercises and complete 5-10 repetitions. Bonus- Pick 3 of your favorite exercises from the chart below and complete as many as you would like.</p> <p><b>Physical Education Activity (10-15 minutes)</b> Using a ball, sock ball or grocery bag ball, toss the ball in different ways to yourself or with a partner: behind your back; under your leg; clapping after you toss the ball. How many claps can you make before catching the ball? Challenge someone in your family to see how many different ways you can toss a ball. Challenge someone in your family to see how many different ways you can toss a ball.</p>

**Choice 2 – Practice Rhythm, Sing, and Play!**

- Watch this video to understand beat and rhythm:  
<https://www.youtube.com/watch?v=roXaL0wF8No>
- Go to [Musicplayonline.com](http://Musicplayonline.com)
- Click **RHYTHM PRACTICE ▶ ECHO RHYTHM** on the left hand column. Practice number 1 on the ta, ta-di, rest tab. 
- Watch this video to learn a new game with our song from last week:  
<https://youtu.be/dsDjzbGPG4Q>

**Choice 2**

Paper playground sculpture. You can create your very own imaginary playground with strips of paper you can curl, fold, and twist. You will need five rectangle strips of paper, a full sheet of paper for the base and glue stick.  
<https://youtu.be/TnGtz7MRaD8>



**Choice 2 -**

**Warm-up (3-5 minutes)**

- 10 Jumping Jacks- (2 times= 2x)
- 10 Push ups (2x) use your knees or straight legs. Challenge yourself to do more!
- 10 Sit ups (2x) Challenge yourself to do more! 15,20 or more!
- Jog in place by skip count by 1's or 2's or to your favorite Music to 50, 100
- Jump straight up in the air as high as you can 10 times

**Recreation Game (10-15 minutes)**

Flip It: Place a paper plate or pillow in front of you. Toss a ball/homemade ball onto the target. If your ball lands on the target, flip it over and go back to your starting point. Toss again and flip the target each time you make it. If you make it as far as you can, start the flips going back to your starting point.

**Choice 3 - Instrument Family**

- Review Instrument Families and Orchestra by watching this fun video  
<https://www.youtube.com/watch?v=M0Jc4sP0BEE>
- Check your skill level - You may play the game we used last week, or try your luck at Bingo! Go to [Musicplayonline.com](http://Musicplayonline.com), games are listed on the right side of the screen. One game is called “What Instrument do you hear?”, the other is “Instrument Bingo” They look like this:



**Choice 3 -**

Use some very basic shapes to learn how to draw a tugboat. Then make two shades of blue with one crayon by pressing down harder when adding color to the ocean.



Example Link:

<https://artprojectsforkids.org/draw-a-tugboat/>

**MATERIALS:** Tugboat example (link above, drawing paper, pencil or black marker, crayons

**Choice 3 -**

**Warm-up (3-5 minutes)**

Pick two out of the three links or do all three for your warm up.

Fan favorite! (district approved)  
<https://youtu.be/TJuYFFKyow>

Stacks & Jacks! (district approved)  
<https://youtu.be/wvk7RMEhN8Q>

Plank Tap! (district approved)  
<https://youtu.be/zy2i1hqwQD0>

**Unity-Unified Family (10-15 minutes)**

Tic-Tac-Toe: Make a tic-tac-toe grid with pillows or paper plates. Challenge your family to a game.

# Music

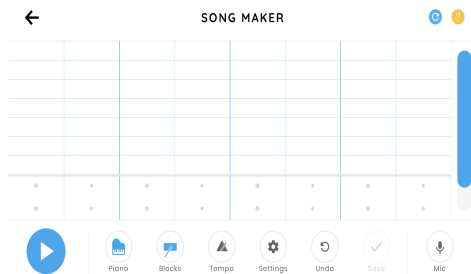
# Art

# PE

1st Grade

- Now is your chance to write your own music for instruments! The program is called “Song Maker”  
<https://musiclab.chromeexperiments.com/Song-Maker/>

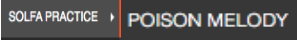
It looks like this:



Basics of Song Maker can be found here:  
<https://youtu.be/c8LP4M2grCI>

Have Pfun! Save it, send it to your parents or teachers, or don't and just keep playing. The choice is yours!

## Enrichment Activities (optional)

- Watch this video for a movement activity!  
<https://youtu.be/zzcjYuOf7po>
- Poison Melody! Go to [Musicplayonline.com](https://www.musicplayonline.com)  

  - Play #1 So-mi, show your hand signs while you echo each pattern
- PfISD Remote Learning Website:  
[sites.google.com/pfisd.net/pfisdremoteteaching/](https://sites.google.com/pfisd.net/pfisdremoteteaching/)

## Enrichment Activities (optional)

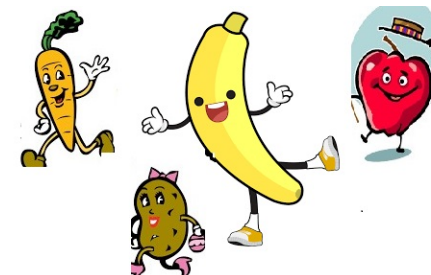
- Wednesday Window Art Show - Each Wednesday, display and show off your artwork from home. Hang your art in the front windows of your house for your neighbors to see.
- Or, participate in “**Happy Heart Hunt.**”

Make several balls to toss onto the tic-tac-toe game.

## Health Lesson: Snack Attack!

Why choose a **GO** snack?

Watch this [GO-SLOW-WHOA Video](#)  
Check your fridge. Draw and color a picture of 3 **GO** foods you found. Hang it on the fridge as a reminder to **GO** for them more often.



## Enrichment Activity (optional)

Can you think of another game you and your family can play using the balls? Example: Connect 4; Cornhole; or make a game up of your own.

<  Hearts Around Pflugerville  

# Happy Heart Hunt

During the COVID-19 pandemic,  
let's send our love to the world!

It's easy!

1. Cut out a heart of any size from any material (craft paper, cardboard, wrapping paper, newspaper, fabric, etc).
2. Decorate your heart with a positive message or leave it blank.
3. Tape your heart to a street-facing window to show your love to all.
4. As word spreads, go on a family walk or drive & see how many happy hearts you can find.



♥ Kids for Peace ♥