




## Special Areas Lesson Grid - Grade 1, Week of May 11

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> No login required	<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> The focus of this week is: <b>Backyard Games (Towel-chute)</b>
<p><b>Choice 1 -</b></p> <ul style="list-style-type: none"> <li>Let's look at more songs from the "Carnival of the Animals". <a href="#">Click Here</a></li> <li>In music, there are patterns you can hear. The pattern, or form of the song we will use is AB. Let's Dance!!!! <a href="#">Click Here</a></li> </ul>	<p><b>Choice 1 - Underground World</b></p> <p>Use your imagination to create an underground world where small animals and insects might live.</p> <ul style="list-style-type: none"> <li>Watch this short video on texture: <a href="https://www.youtube.com/watch?v=tDVS9XSqt90&amp;t=12s">https://www.youtube.com/watch?v=tDVS9XSqt90&amp;t=12s</a></li> <li>Draw a ground line at the top of your page.</li> <li>Draw tunnels, small animals, and insects to create an underground world.</li> <li>Use lines, patterns and repetition to create the implied texture of life underground.</li> <li>Use your imagination to draw fun items that your animals and insects might like to have in their underground home.</li> </ul> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div>	<p><b>Choice 1 - Warm-up (3-5 minutes)</b></p> <p>Do each Fun skill for 5 seconds and repeat 3 times! Older Students can do each fun skill for 10 seconds and repeat three times. Good Luck!</p> <div style="text-align: center; margin: 10px 0;">  </div> <p><b>Physical Education Activity (10-15 minutes)</b></p> <p><b>Trade Spots:</b> Get a towel or sheet with one person holding each end or corner if more than two. Count to three and on three, carefully, throw the towel up and trade spots with each other. Place balloons/sock balls/plastic bag balls on top of the sheet or towel. Shake the towel to turn your balls into popcorn.</p> <p><b>Challenge:</b> If you have a squishy ball, place the ball in the middle of the sheet/towel and try to make it roll off the other person's side.</p>

### Choice 2 - Rhythm Practice and a New Rhyme

- Go to [Musicplayonline.com](http://Musicplayonline.com)
- Click **RHYTHM PRACTICE** or **POISON RHYTHM** on the left hand column. Play numbers 3 and 4 on the ta, ta-di, rest tab. 
- Watch this video to learn a new musical rhyme!  
<https://youtu.be/nSmlc21fCS4>

### Choice 2 -

Learn how to draw a Tree Snake that looks like he's wrapping around a branch. It's easy if you draw him one step at a time. You can use OVERLAPPING to create DEPTH in your artwork. Color the snake with WARM colors and make the background COOL!

EXAMPLE-

<https://artprojectsforkids.org/how-to-draw-a-tree-snake/>

Materials-

- Snake Example
- Crayons or markers
- Pencil
- Black crayon or marker
- Paper



Add your own details! Tell or write a story about your snake!

### Choice 2 - Warm-up (3-5 minutes)

Do each fun exercise three times.



### Recreation Game (10-15 minutes)

Place a target (pillow/basket/box) in the center of the room. Put the sock/plastic bag/balloons on the sheet and try to toss the objects into the target. Try to improve your score with each toss.

### Choice 3 - Peter and the Wolf Story and Music

- Listen and watch as Ms. Malm tells the story of Peter and the Wolf:
  - Video: [Peter and the Wolf](#)
- After listening to the story, review the instruments and characters with [this worksheet](#) (click for the pdf link).

### Choice 3 - First grade Vincent Van Gogh Pop Out Chair

Who was Vincent Van Gogh?

Visit: <https://youtu.be/qv8TANh8djl>



Materials: A small square to trace around and use like a stencil, Scissors, a pencil, markers or crayons .

Visit: <https://youtu.be/dcLWikurO6I>

### Choice 3 -

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

Do 1, 2 or all three Fun links!

Fitness Blender - 6 pack abs:

[https://www.youtube.com/watch?v=aqqwZ\\_leAMA&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=aqqwZ_leAMA&feature=emb_rel_pause)

Dance Warmup "Happy" (5min):

[https://www.youtube.com/watch?v=\\_swUGtEpaZY](https://www.youtube.com/watch?v=_swUGtEpaZY)

Wake up yoga with Adrienne in Austin (11min)

<https://www.youtube.com/watch?v=UEEsdXn8oG8>

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

Make two teams with each team using a towel or sheet. Use the balls and work together to throw the objects back and forth with each other. Play a volleyball type game with the towels/sheets. Place one of the objects or a ball in the center of a towel and toss it back and forth. If the other team misses it the throwing team gets a point.

### Enrichment Activities (optional)

- Follow this link to enter in a musical painting contest!  
<https://sasymphony.org/paint-to-music-contest/>
- Create your own music on [Chrome Music Lab!](#)

### 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.

### Enrichment Activity (optional)

From OPEN National Field Day: Towel Flip Challenge. Lay a towel on the floor and stand on it. You want to try to flip the towel over while standing on it. You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel. The towel must be flat at the start and flat at the finish.

### Health Lesson: BICYCLE SAFETY

Are you “*Wheeler*” Safe!

Watch this video: <https://safeYouTube.net/w/Gz8B>

Know and practice rules for bike safety: HELMET ON!!!

- Inspect your bike: size, brakes, tire pressure, and handlebars
- Stop your wheels! Make sure you know how to use your brakes and make sure they are working properly
- Practice turns with hand signals
- Practice safe start; safe stop
- Ride in a line

With an adult, ride each day and draw a map of your route!

**Don't forget to STOP! LOOK! and LISTEN!**

