
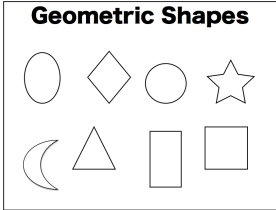


Special Areas Lesson Grid - Grade 1, Week of April 20

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.

| Music Musicplayonline.com/ No login required | Art Timmerman Specials Website: sites.google.com/pfisd.net/timmermanspecials | PE The focus of this week is: Spatial Awareness | | | | | | | | | | | | |
|---|---|--|-----------------------------------|------------------------|--------------------------------------|-------------------|--------------------------------------|------------------------------------|-------------------------------------|--|------------------------------------|------------------|--------------------------------------|-----------------|
| <p>Choice 1 -</p> <ul style="list-style-type: none"> ● Warm up your singing voice with Ms. Malm and her slide whistle! <ul style="list-style-type: none"> ○ https://youtu.be/AsLH6iVQP4w ● Improvise with So and Mi <ul style="list-style-type: none"> ○ Before you watch the lesson video, find two things in your house that make two different sounds - one with a high sound and one with a low sound. Be ready to make some sounds on these items! <ul style="list-style-type: none"> ○ https://youtu.be/XIlgU7O_bWs ● Musicplayonline.com ● SEARCH for "Hello Game" ● Click: , then . Listen to the song <ul style="list-style-type: none"> ○ Copy the song but sing hello to the people who live in your house with you. You are practicing so and mi. <ul style="list-style-type: none"> ■ Example: "Hello Mommy, Hello Daddy, Hello Grandma, Hello, Grandpa" | <p>Choice 1 - Color Wheel Names</p> <p>Materials: paper, pencil, markers or crayons</p> <ol style="list-style-type: none"> 1. Using a pencil, draw a diagonal line from one top corner of your paper to the opposite bottom corner. Repeat for the other side of your paper. This will make an "X". 2. Draw a horizontal line across the middle of your paper. 3. Write your name in the middle of your paper. You can try using block lettering if you choose. 4. Draw different geometric shapes inside the sections of your paper. 5. Outline your lines, name and shapes in black marker or crayon. 6. Color inside the sections as a simple color wheel. 7. Color your name and shapes a different color from each section color. <p>Shape examples:</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px; border: 1px solid black; padding: 5px;"> <p style="margin: 0;">Geometric Shapes</p>  </div> </div> | <p>Choice 1 - Warm-up (3-5 minutes)</p> <p>Have Fun and Enjoy these exercises by yourself or with a family member!</p> <div style="text-align: center;"> <p>RAINBOW EXERCISE SCAVENGER HUNT</p> <table style="width: 100%; text-align: center; border: none;"> <tr> <td style="width: 50%;"><i>FIND 2 THINGS THAT ARE RED</i></td> <td style="width: 50%;"> 5 JUMPING JACKS</td> </tr> <tr> <td><i>FIND 2 THINGS THAT ARE YELLOW</i></td> <td> 5 PUSH-UPS</td> </tr> <tr> <td><i>FIND 2 THINGS THAT ARE ORANGE</i></td> <td> RUN IN PLACE FOR 30 SECONDS</td> </tr> <tr> <td><i>FIND 2 THINGS THAT ARE GREEN</i></td> <td> DO YOUR FAVORITE STRETCH FOR 15 SECONDS</td> </tr> <tr> <td><i>FIND 2 THINGS THAT ARE BLUE</i></td> <td> 5 SIT-UPS</td> </tr> <tr> <td><i>FIND 2 THINGS THAT ARE PURPLE</i></td> <td> 5 SQUATS</td> </tr> </table> </div> <p>Physical Education Activity (10-15 minutes) STACK. REARRANGE. UNSTACK FITNESS</p> <p>Spatial Awareness is the distance between you and the objects in your environment. Arrange 5-10 different toys or objects with parent permission from:</p> <ul style="list-style-type: none"> ● largest to smallest ● smallest to largest ● by color: rainbow color order (red, orange, yellow, green, blue, & purple) ● favorite toys to least favorite (can you still stack them up?) <ul style="list-style-type: none"> ○ Example objects to use: your toys, empty plastic bowls, cereal boxes, | <i>FIND 2 THINGS THAT ARE RED</i> | 5 JUMPING JACKS | <i>FIND 2 THINGS THAT ARE YELLOW</i> | 5 PUSH-UPS | <i>FIND 2 THINGS THAT ARE ORANGE</i> | RUN IN PLACE FOR 30 SECONDS | <i>FIND 2 THINGS THAT ARE GREEN</i> | DO YOUR FAVORITE STRETCH FOR 15 SECONDS | <i>FIND 2 THINGS THAT ARE BLUE</i> | 5 SIT-UPS | <i>FIND 2 THINGS THAT ARE PURPLE</i> | 5 SQUATS |
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Music


Art

PE

shoe boxes, food boxes, and books

Do “head-shoulders-knees-toes” one time after you stack an item. IF it falls down, do 10 mountain climbers and start over. Can you stack items while in a plank position or crab position? What happens if you stack objects from small to large?

Choice 2 - Rhythm Practice and Song

- Go to Musicplayonline.com
- Click **RHYTHM PRACTICE** on the left hand column. Play numbers 1 and 2 on the ta, ta-di, rest tab. 
- Watch this video to add more music to our cake song! <https://youtu.be/EEqXTtRai7I>

Choice 2 - 1st Grade Landscape- Lines, shapes and patterns.

- Start by using a crayon, sharpie or pencil to create a horizon line. A horizon line is a line that starts on one side of your paper and goes to the other
- Draw shapes rectangles, squares, and triangles to create buildings on the horizon line.
- To create sunset, draw a semi-circle on top of the horizon line.
- From the horizon line, draw diagonal lines (Lines that slant) that fan out in all directions.
- Fill each space with lines, shapes and patterns. Here is a great video to create this landscape. Step by step

You can find this lesson on your tube, under the title: First grade landscapes

or click this link

<https://www.youtube.com/watch?v=U1U4QEn3a5E>



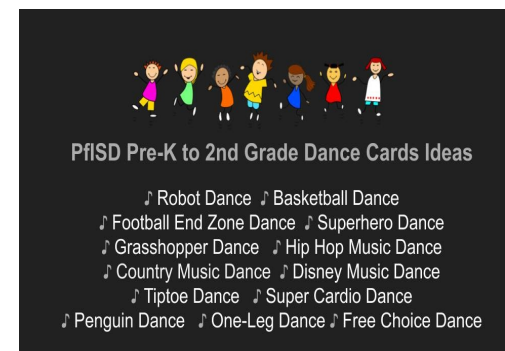
Choice 2 - Warm-up (3-5 minutes)



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!

Recreation Game (10-15 minutes)

DJ Dance Party Remix: Make your own deck of cards using the dance list choices below. Shuffle the cards and select one card. Do the dance to the song your parent, the DJ, selects for 1 minute.



Music

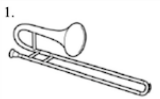


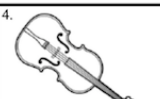


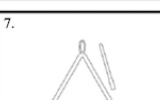

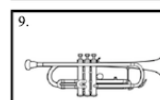
Choice 3 - Instrument Families

- Watch this video and call out the instrument families. You may not know the names of every instrument, but can you put them in the right family? How fast can you name the instrument family?
https://www.youtube.com/watch?v=A1FQ9u_gwGo&feature=youtu.be
- On a sheet of paper, write down the family in which each instrument belongs.

Name: _____

What is the family?

Directions: Circle the name of the instrument family that goes with each picture.

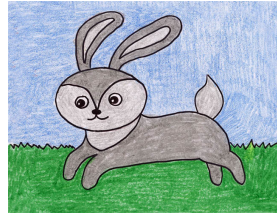
| | | |
|---|---|--|
| 1.  Brass Strings | 2.  Percussion Strings | 3.  Brass Woodwind |
| 4.  Brass Strings | 5.  Strings Woodwind | 6.  Percussion Woodwind |
| 7.  Brass Percussion | 8.  Strings Woodwind | 9.  Brass Woodwind |

Instrument Interview

- Find out if your parents or guardians in the house know how to play an instrument.
- Or call a relative and find out if who can play an instrument.
- Decide what instrument family their

Art

Choice 3 -



Learn how to draw a Rabbit with a little added action. Stretched out legs and blown back ears do the trick.

Example:

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

Materials

- Draw a Rabbit Example
- Drawing paper
- Black marker
- Crayons

Add your own unique details! Tell or write a story about your rabbit.

PE

Choice 3 -

Warm-up (3-5 minutes)

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

Bottle Flip Chaos (district approved)

<https://youtu.be/AZd8oJv6LIM>

Tossing Challenge (district approved)

<https://youtu.be/kwyPDzDRCSA>

Music Moves (district approved)

<https://youtu.be/8RTT4hUJsBA>

Unity-Unified Family (10-15 minutes)

LETTER CHARADES

Game Set-Up: Designate 1 player to be the actor (the youngest goes first). All others are the guessers.

- Stand 10 feet away from the actor, with all guessers at least 6 feet (social distance) apart.
- Game Instructions:
 - The object of Letter Charades is for the guessers to call out the letter that the actor is demonstrating using movements.
 - Actors cannot speak or make sounds — only movements.
 - Choose a letter from the list below. You cannot choose a letter that has already been used in this game today. Letter List: A C E F H I J K L O P Q T U V X Z

Health Lesson: Snack Attack!

P is for Protein

Watch this video

[P is for Protein Video](#)

Powerful Proteins **THIS** or **THAT**

Now that you know **Protein Foods** are the building blocks for making muscles and bones, let's fuel up with **GO Protein Foods** at snack time. Here's a fun challenge for your family.

Music

instrument belongs to.

- Ask them these questions:
 - When did they learn how to play?
 - Who taught them how to play their instrument? Are they self-taught or did they have a teacher?
 - Ask why they chose the instrument, or if they still play today.
 - Did you play in any musical groups?

Art

PE

Look at the **Protein Foods** in Row 1. Can you spot the **GO** food? Look at the **MOVE** above

| | THIS | OR | THAT |
|-------------|---|----|---|
| MOVE |  | |  |
| 1 |  | |  |
| 2 |  | |  |
| 3 |  | |  |
| 4 |  | |  |
| 5 |  | |  |

the **GO** food? Look at the **MOVE** above your protein choice. Do that **MOVE** while counting down from 10,9,8,7,6,5,4,3,2,1. If you chose Grilled Chicken and your **MOVE** was Burpees, you **WON!** Repeat for each row. Work Sweaty! Have Fun!

Here are some additional choices, so that you may continue your FUN!

THIS or THAT

- Grilled chicken or fried chicken
- Quarter pounder or kids burger
- Bacon or Pork chop
- Whole eggs or eggwhite
- Peanut butter or Nutella
- Bean burrito or ground beef taco

Enrichment Activities (optional)

- Now is your chance to write your own music for instruments! The program is called "Song Maker"
 - <https://musiclab.chromeexperiments.com/Song-Maker/>
 - Basics of Song Maker can be found here: <https://youtu.be/c8LP4M2grCl>
 - 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)

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)

Think about moving within a group. Can you create a game where everyone has to keep the same distance from each other? What if someone is blindfolded?