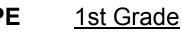
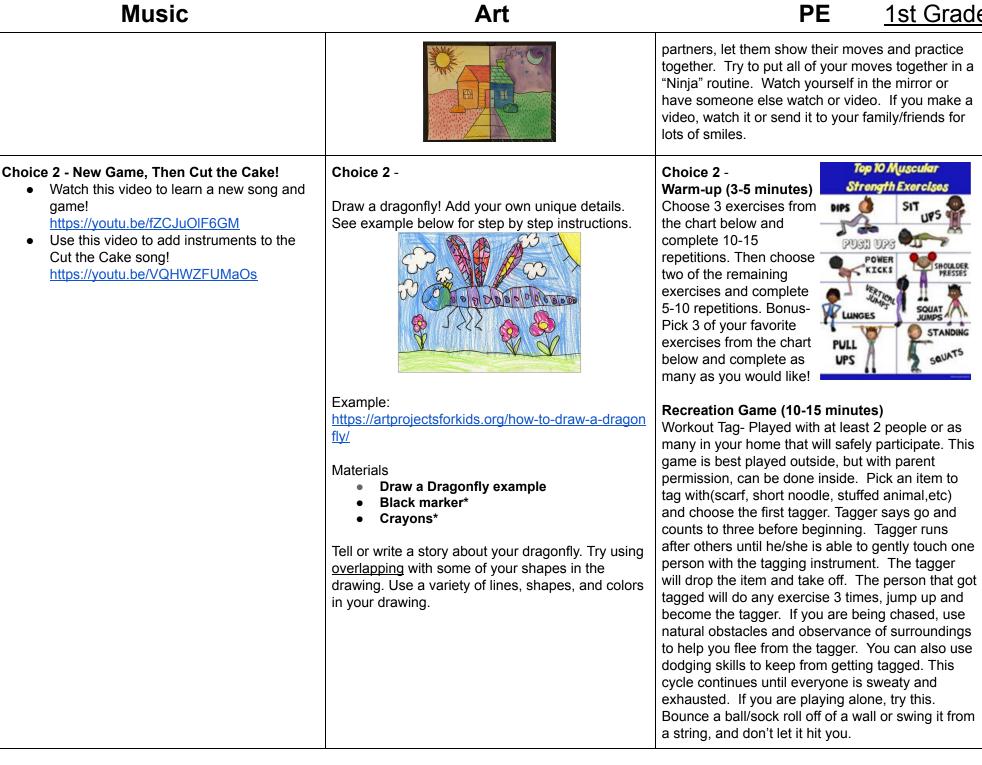
Want to see your Specials teachers on zoom? Click this link to fill out the form! <u>https://forms.gle/qNVzSayEgxX2LceGA</u>

Check parent email and the specials website for more information!

Special Areas Lesson Grid - Grade 1, Week of April 27 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 Music PE Art Musicplavonline.com/ Timmerman Specials Website: No login required sites.google.com/pfisd.net/timmermanspecials Choice 1 -Choice 1 - Warm Days, Cool Nights Choice 1 -Materials: Paper and crayons Warm-up (3-5 minutes) • Listen to Ms. Malm read "Rumble in the Jungle" with a musical twist: •10 Jumping Jacks- (2 times= 2x) https://youtu.be/UA0oHip4_EQ Watch this short video about warm and cool • 10 Push ups (2x) use your knees or Compose your own 8 beat rhythm with colors. straight legs. Challenge yourself to do animals from the jungle https://www.youtube.com/watch?v= more! LhtJ6Eegm90&t=94s • Either print out this PDF or draw • 10 Sit ups (2x) Challenge yourself to do your own boxes and animals on a 1. Fold your paper in half. more! 15,20 or more! 2. In the middle of your paper, use a black crayon piece of paper at home. • Jog in place by skip count by1's or 2's Speak your animal composition to draw a picture of a house. 0 or to your favorite Music to 50, 100 with a steady beat. 3. On one side of your paper draw a sun and on •Jump straight up in the air as high as • Can you clap the rhythm (the the other side of your paper draw a moon. you can 10 times syllables of each animal)? 4. Use shapes to add details to your house like a Which animals have 1 door, windows and a chimney. syllable and which have 2 5. Use lines and patterns to add details to your Physical Education Activity (10-15 minutes) syllables? background like grass, flowers and trees. Tagging - to touch someone being chased, 6. Use warm colors to color the day side of your Fleeing- to run away from someone to not get tagged, Dodging- to avoid using a sudden, guick picture. movement 7. Use cool colors to color the night side of your picture. Skill Practice- Think of as many ways to avoid What warm colors did you use on the day side of being tagged as you can. Use your fleeing and your picture? What cool colors did you use on the dodging skills. Examples: jump over, slide right, night side of your picture? slide left, duck, leap, drop and roll, spin move, Example: martial arts moves, statue man, back arch, fake and go, etc. Practice these moves over and over and make up some new ones. If you have





Music



Choice 3 - New Solfege pitch

 Listen to Mrs. Manning Introduce a new solfege pitch. You may watch her video here.

https://voutu.be/wzB2CQ10I8w

Now it's your turn to play with the musical planets. Can you travel to each planet AND remember their salute (hand sign)?

Solfege Planet Practice

Choice 3 - Marker Robots | Robot Week In this video from Robot Week.We have a complete step by step lesson on drawing and painting a robot.

We learn how to use watercolor





and just household markers or crayons, to create an exciting paint effect on our robots.We use the elements of art and some simple art supplies to create our masterpieces.

Click on this video to get started: https://youtu.be/IC7pCZTvXX0

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

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

PE

1st Grade

Fan favorite! (district approved) https://youtu.be/TJuYFFKyoew

https://www.youtube.com/watch?v=59 j0CjY75U

Music Moves (district approved) https://voutu.be/8RTT4hUJsBA

Unity-Unified Family (10-15 minutes)

Snowball Fight - Family snowball fight in the Spring? Totally! Ball up socks, plastic grocery bags, paper, or use soft balls as your snowballs. Make a playing boundary. Inside or outside, use whatever you have as obstacles to hide behind so you don't get splatted. Use your fleeing and dodging skills. If you do get tagged by a snowball, drop down and do 4 snow angels. Jump back up and keep playing. If you are laughing and sweating, you must be playing right!

Health Lesson: Rethink your Drink!

What does sugar do to your body?



Music	Art	PE <u>1st Grade</u>
		Watch this video: https://safeyoutube.net/w/Bwy7
		Now play H ₂ O TIC TAC TOE
		 H20 Tic Tac Toe Draw a Tic Tac Toe grid on paper or on the back of your hand. Every time you drink a cup of a "GO BEVERAGE" you put your initials in that box. Play against a parent or sibling. Winner leads 1 minute of exercises 2nd Place follows leader. CATS you take turns leading, 1 minute each!
Enrichment Activities (optional)	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) Are you drinking enough water? Check your pee! Cherybration is a Leading cause of running injuries WHAT COLOR IS YOUR PEE? Cross we know, but is helpful Cross we know, but is helpful Cr