

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

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

<p style="text-align: center;">Music</p> <p style="text-align: center;">Musicplayonline.com/ No login required</p>	<p style="text-align: center;">Art</p> <p style="text-align: center;">Timmerman Specials Website: sites.google.com/pfisd.net/timmermanspecials</p>	<p style="text-align: center;">PE</p>
<p>Choice 1 -</p> <ul style="list-style-type: none"> ● Listen to Ms. Malm read “Rumble in the Jungle” with a musical twist: <ul style="list-style-type: none"> ○ https://youtu.be/UA0oHip4_EQ ● Compose your own 8 beat rhythm with animals from the jungle <ul style="list-style-type: none"> ○ Either print out this PDF or draw your own boxes and animals on a piece of paper at home. ○ Speak your animal composition with a steady beat. ○ Can you clap the rhythm (the syllables of each animal)? <ul style="list-style-type: none"> ■ Which animals have 1 syllable and which have 2 syllables? 	<p>Choice 1 - Warm Days, Cool Nights</p> <p>Materials: Paper and crayons</p> <p>Watch this short video about warm and cool colors. https://www.youtube.com/watch?v=LhtJ6Eeqm90&t=94s</p> <ol style="list-style-type: none"> 1. Fold your paper in half. 2. In the middle of your paper, use a black crayon to draw a picture of a house. 3. On one side of your paper draw a sun and on the other side of your paper draw a moon. 4. Use shapes to add details to your house like a door, windows and a chimney. 5. Use lines and patterns to add details to your background like grass, flowers and trees. 6. Use warm colors to color the day side of your picture. 7. Use cool colors to color the night side of your picture. <p>What warm colors did you use on the day side of your picture? What cool colors did you use on the night side of your picture?</p> <p>Example:</p>	<p>Choice 1 - Warm-up (3-5 minutes)</p> <ul style="list-style-type: none"> ● 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 <p>Physical Education Activity (10-15 minutes)</p> <p>Tagging - to touch someone being chased, Fleeing- to run away from someone to not get tagged, Dodging- to avoid using a sudden, quick movement</p> <p>Skill Practice- Think of as many ways to avoid being tagged as you can. Use your fleeing and dodging skills. Examples: jump over, slide right, slide left, duck, leap, drop and roll, spin move, 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</p>



partners, let them show their moves and practice together. Try to put all of your moves together in a “Ninja” routine. Watch yourself in the mirror or have someone else watch or video. If you make a video, watch it or send it to your family/friends for lots of smiles.

Choice 2 - New Game, Then Cut the Cake!

- Watch this video to learn a new song and game!
<https://youtu.be/fZCJuOIF6GM>
- Use this video to add instruments to the Cut the Cake song!
<https://youtu.be/VQHWZFUMaOs>

Choice 2 -

Draw a dragonfly! Add your own unique details. See example below for step by step instructions.



Example:

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

Materials

- **Draw a Dragonfly example**
- **Black marker***
- **Crayons***

Tell or write a story about your dragonfly. Try using overlapping with some of your shapes in the drawing. Use a variety of lines, shapes, and colors in your drawing.

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)

Workout Tag- Played with at least 2 people or as many in your home that will safely participate. This game is best played outside, but with parent permission, can be done inside. Pick an item to tag with (scarf, short noodle, stuffed animal, etc) and choose the first tagger. Tagger says go and counts to three before beginning. Tagger runs after others until he/she is able to gently touch one person with the tagging instrument. The tagger will drop the item and take off. The person that got tagged will do any exercise 3 times, jump up and become the tagger. If you are being chased, use natural obstacles and observance of surroundings to help you flee from the tagger. You can also use dodging skills to keep from getting tagged. This cycle continues until everyone is sweaty and exhausted. If you are playing alone, try this. Bounce a ball/sock roll off of a wall or swing it from a string, and don't let it hit you.

Choice 3 - New Solfege pitch

- Listen to Mrs. Manning Introduce a new solfege pitch. You may watch her video here.
<https://youtu.be/wzB2CQ1OI8w>
- 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/lC7pCZTvXX0>

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>

https://www.youtube.com/watch?v=59_j0CjY75U

Music Moves (district approved)
<https://youtu.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?


Category	Examples
Drink Plenty	<ul style="list-style-type: none"> Zero-calorie water Tea/Coffee without sugar Low-fat (1%) or fat-free milk, plain
Drink Occasionally	<ul style="list-style-type: none"> Diet drinks Reduced-fat (2%) milk, plain 100% Fruit or vegetable juice
Drink Rarely	<ul style="list-style-type: none"> Soft drinks (e.g. soda pop) Sports and energy drinks Fruit drinks or punches Whole or flavored milk drinks Other sweetened drinks


This project is supported by the Minneapolis Health Department and the Hennepin Health Department. Hennepin Health Department and Hennepin Health Department of Health.

		<p style="text-align: center;">Watch this video: https://safeyoutube.net/w/Bwy7</p> <p>Now play H2O TIC TAC TOE</p> <div style="border: 2px solid yellow; padding: 5px;">  <div style="display: inline-block; border: 1px solid black; padding: 5px; margin: 0 10px;"> <p style="font-size: 24px; margin: 0;">H2O Tic Tac Toe</p> </div>  </div> <ul style="list-style-type: none"> 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!
--	--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

		<p style="text-align: center;">Enrichment Activity (optional) Are you drinking enough water? Check your pee!</p>  <p style="text-align: center;">WE RUN ON WATER</p> <p>Each time you go to the restroom, chart the color of your urine (pee). Talk to your family about how important it is to drink plenty of water.</p>
--	--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>Enrichment Activities (optional)</p>	<p>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.</p>	<p>Enrichment Activity (optional) Are you drinking enough water? Check your pee!</p>  <p style="text-align: center;">WE RUN ON WATER</p> <p>Each time you go to the restroom, chart the color of your urine (pee). Talk to your family about how important it is to drink plenty of water.</p>
------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>Enrichment Activities (optional)</p>	<p>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.</p>	<p>Enrichment Activity (optional) Are you drinking enough water? Check your pee!</p>  <p style="text-align: center;">WE RUN ON WATER</p> <p>Each time you go to the restroom, chart the color of your urine (pee). Talk to your family about how important it is to drink plenty of water.</p>
------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>Enrichment Activities (optional)</p>	<p>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.</p>	<p>Enrichment Activity (optional) Are you drinking enough water? Check your pee!</p>  <p style="text-align: center;">WE RUN ON WATER</p> <p>Each time you go to the restroom, chart the color of your urine (pee). Talk to your family about how important it is to drink plenty of water.</p>
------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------