
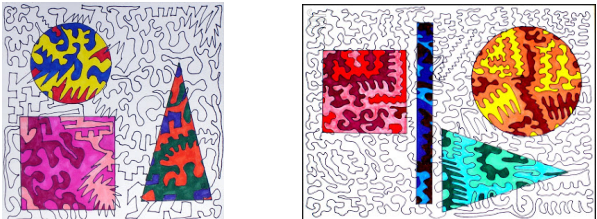


Special Areas Lesson Grid - Grade 1, Week of May 4



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 Musicplayonline.com/ No login required</p>	<p style="text-align: center;">Art Timmerman Specials Website: sites.google.com/pfisd.net/timmermanspecials</p>	<p style="text-align: center;">PE The focus of this week is: Backyard Games</p>
<p>Choice 1 -</p> <ul style="list-style-type: none"> Review So, Mi and La with our musical Planets. PitchPlanet Practice (If you didn't watch "La" video last week, Click here) Let's practice! Click here for "Doggie Doggie" -On the left of the screen, click the box that looks like this <div style="border: 1px solid gray; background-color: #e0e0e0; padding: 2px; display: inline-block; margin: 5px 0;">2.32. Doggie Doggie <input type="checkbox"/></div> -After you check the box, go to the right side of the screen for "Interactive Activities" and choose "Interactive Solfa"  The first note is SO Let's learn some music by Saint-Saens. Who likes elephants and swans? Click here to listen If you like this music, look at the Enrichment area for a fun contest! 	<p>Choice 1 - Geometric and Organic Shapes Watch this short video on Geometric and Organic Shapes: https://www.youtube.com/watch?v=pPdgR92rfMk</p> <ul style="list-style-type: none"> Starting in one corner of your paper, draw one long line that fills up your whole page. Your long line might include curvy or wavy lines. Do not cross over your line. Next, draw 3 or 4 large geometric shapes. Choose 3 colors for each geometric shape. Using these colors, color the organic shapes you made with your long line that are inside each of your geometric shapes. <div style="display: flex; justify-content: space-around; align-items: center;">  </div>	<p>Choice 1 - Warm-up (3-5 minutes) 10 Knee Lifts- While Standing, Bend then raise your right leg towards your body. Repeat with your left leg. 10 Reverse Curls- Lay down in a sit up position, Raise knees to chest and back down 10 Scissor Splits- While standing, Jump high into the air and move right leg forward and left leg back in a scissor movement, Then jump again and switch leg position 5 sets of Plank Hold- Start in Push up position, Then balance yourself with elbows/forearms and toes, Hold for a count of 20. Try skip counting by 2s, 3s or 5s to 100 Physical Education Activity (10-15 minutes) Time to get creative! Think about the areas in your house or outside your house where you can move around safely. Now, set an obstacle course for that area. Go over, under, around, and through objects. Change the way you move from object to object. An example might be: crawl under the table, then crab walk around a chair, then jump over a pillow, and step in a circle of stuffed animals! Use trees, sidewalks, plants, and your family members as objects in your obstacle course. Once you have it set, time yourself. Then challenge a family member to see if they can do it.</p>

Choice 2 - Rhythm and Song!

- Go to [Musicplayonline.com/](https://musicplayonline.com/)
- Click  on the left hand column. Then click  and create your own musical rhythms.
- Click this link to learn 2 new songs! <https://youtu.be/8ymt0GgioSE>

Choice 2 - Draw a tiger!



Learn how to draw a tiger, (officially on the Endangered Animals list) The fun part is adding all those triangles!

Example:

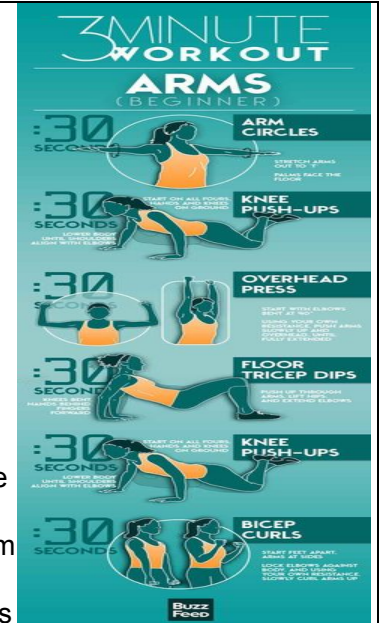
<https://artprojectsforkids.org/how-to-draw-a-tiger/>

- Drawing paper
- Black crayon or marker
- Crayons or markers

Add your own unique details! Tell or write a story about your tiger! You can also add other animals to your artwork!

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




Try this Fun 3 Minute Workout with your Family!



Recreation Game (10-15 minutes)

Bowl Ball: Place some bowls on the ground about 6 feet away from you. Set them up in any formation, such as a triangle or diamond pattern. Give each one a point value. Take a sock ball and toss it into a bowl. Keep track of how many points you can score in 1 minute. Can you think of another way to get the ball into the bowl? Challenge your family to see who can come up with the silliest way to throw the sock ball.

Choice 3 -

- Go to Musicplayonline.com/
-  for "Down by the Bay"
- Watch/listen to the song:  --> 
- What are the rhyming words?
 - Examples: whale - tail and goose - moose
- Make your own rhyming verse and sing it to someone who lives with you:
 - [Click here for the worksheet!](#)
- Now that you know the song, listen to this version of "Down by the Bay" and echo the singer with your singing voice.
 - [Down by the Bay \(Sing Along\)](#)
 - [Read along with the words](#)

Choice 3 -Continuous Owl Line

Drawing <https://youtu.be/Vr8XSAErdF4>

This lesson addresses shape, line and space. We will draw a continuous line drawing of an owl. Try to keep your line moving and flowing and the trick is to not pick up your pen while drawing.










You tube:

<https://youtu.be/dKE2UK1Xd00>

Choice 3 -

Warm-up (3-5 minutes)

Challenge yourself each day to see if you can improve over time!

NAME: _____		How many can you do in 100 seconds?
Home Room Teacher: _____		
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

Unity-Unified Family (10-15 minutes)

Fan-a-War: Mark a centerline on a table or the floor. (Use cups or shoes to help mark) You need a paper plate, school folder, or magazine per player. A balloon or ping pong ball works best for this game, but you could also use a cotton ball. Place the balloon/ball in the middle. On "go", both players use the plate/folder and try to fan the balloon/ball to the opponent's side. Play for 1 minute: score 5 points if the balloon/ball is on your opponent's side. Can you think of another way to keep score?

Health Lesson: Cool Carbs!

GO vs. **WHOA** Carbohydrates

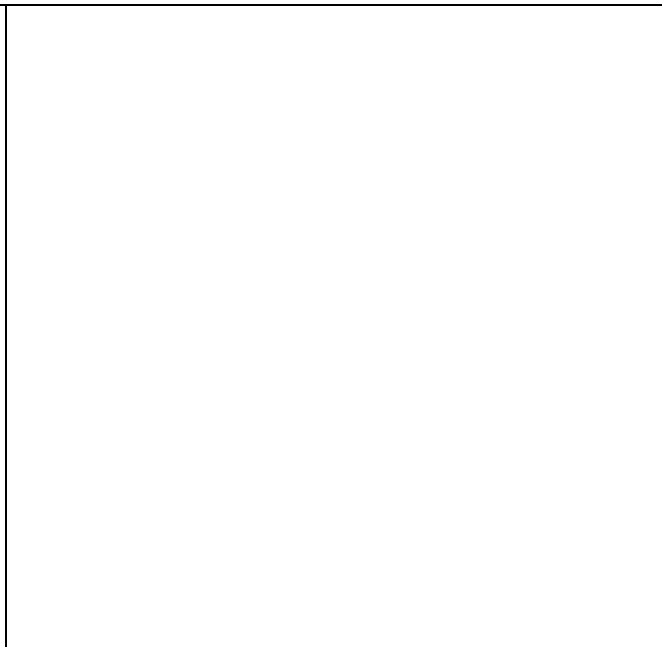
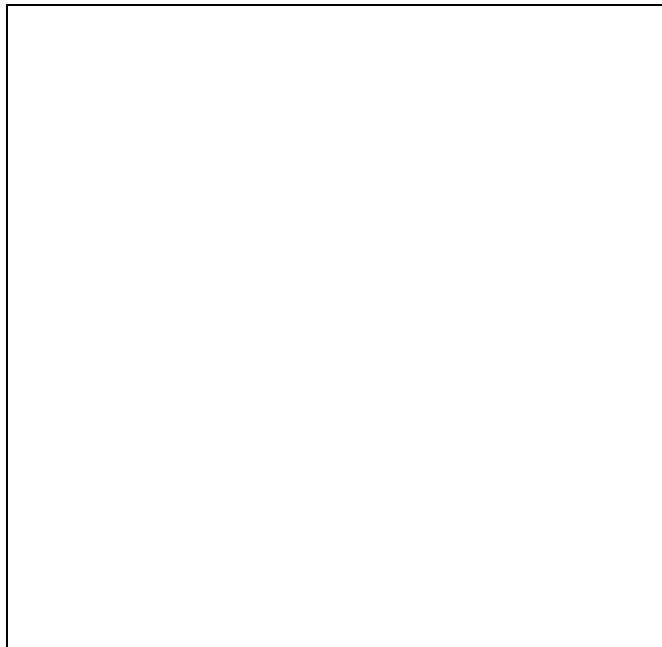
Watch these videos

<https://safeyoutube.net/w/kzx9>

<https://safeyoutube.net/w/50x9>

KITCHEN CARB CHALLENGE

Count the "**GO!**" Carbs in your kitchen!
 Count the "**Whoa!**" Carbs in your kitchen!
 Which one did you find more of?



Now let's go on a hunt!
[Go Carbs Scavenger Hunt](#)

Go! vs Whoa! Carbohydrates: Know the Difference
 By PositiveMed.com

GO CARBS
 More fiber, minerals & vitamins, Low glycemic index, Feel full on fewer calories

Whole-grain Oatmeal Green vegetables Fruits

WHOA CARBS
 Low fiber & nutrients, High glycemic index, Lots calories needed to make you full

Refined grains Sugary cereals Soda & sugary drinks Candies & cookies

More health tips on PositiveMed.com

Enrichment Activities (optional)

- Follow this link to enter in a musical painting contest!
<https://sasymphony.org/paint-to-music-contest/>

Enrichment Activities (optional)

- Participate in Window Art Wednesday! Every Wednesday display an artwork you have created in your window for people in your neighborhood to see and appreciate.
- Participate in the Art Contest, *Symphonyfrom Afar, Paint to Music*. Instructions in English and Spanish [here](#)

Enrichment Activity (optional)

Can you think of another game that can be played at home inside or outside? What could you play using a laundry basket and a sock ball? What about an empty water bottle and the laundry basket? What about just a balloon? The family that plays together, laughs together!