





\*\*Last Special Menu for the school year! Checkout our website - it will be available all summer. Have a great summer break!!\*\*

## Special Areas Lesson Grid - Grade 1, Week of May 18

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)

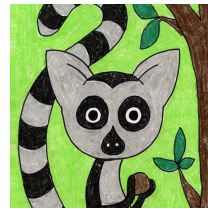
<p style="text-align: center;"><b>Music</b> <a href="https://musicplayonline.com/">Musicplayonline.com/</a> <b>No Password Needed</b></p>	<p style="text-align: center;"><b>Art</b> Timmerman Specials Website: <a href="https://sites.google.com/pfisd.net/timmermanspecials">sites.google.com/pfisd.net/timmermanspecials</a></p>	<p style="text-align: center;"><b>PE</b> The focus of this week is: <b><u>Water Safety</u></b></p>
<p><b>Choice 1 -</b></p> <ul style="list-style-type: none"> <li>Find out more about Camille Saint-Saens' "Carnival of the Animals" <a href="#">Click here</a></li> <li>Do you like to swim? Saint-Saen made a song for what he thought fish/swimming sounded like, called "Aquarium". Fun Fact: Disney was so inspired by "Aquarium" by Saint-Saen that they wrote a similar piece for the beginning of "Beauty and the Beast". Can you hear the similarities?</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center;"><a href="#">Aquarium</a>      <a href="#">Beginning</a></p> <p>Wanna Dance? Here is a review from last week's dance. <a href="#">Click Here</a></p> <p>You can try this one too! Can you figure out the "AB" pattern in the music/dance? <a href="#">Click here</a></p>	<p><b>Choice 1 - Word Art</b></p> <p>Use repetition to create a landscape using words.</p> <ul style="list-style-type: none"> <li>Draw a landscape using the words for the objects.</li> <li>Repeat the words in the shape of the object you are drawing.</li> <li>You can include the color word for each object (yellow sun, blue sky) or only use the word for each object (sun, sky).</li> <li>Use colors that represent each object that you are drawing.</li> </ul> 	<p><b>Choice 1 - Warm-up (3-5 minutes)</b></p> <p>Get a deck of cards and lay them out on a table or have someone holding them face down across the room. Run to the table/person, take a card, run back to your warmup space, perform the exercise that is listed in the chart.</p> <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"><b><u>PLAYING CARD FITNESS</u></b></p> <p>A - 15 JUMPING JACKS K - 4 BUPEES Q - 23 LINE JUMPS J - 4 PUSH UPS 10 - SQUATS 9 - CURL UPS 8 - ARM CIRCLES 7 - HEEL RAISES 6 - PLANK FOR 30 SECONDS! 5 - 10 REVERSE LUNGES 4 - 7 LUNGES 3 - MOUNTAIN CLIMBERS 2 - JOG 2 LAPS</p> <p style="text-align: right; font-size: small;">©Michael Berger (75-4-#220), 1974</p> </div>  <p><b>Physical Education Activity (10-15 minutes)</b></p> <p>Watch this video: Steps to Save Someone Drowning <a href="https://www.youtube.com/watch?v=RE8ly9BsU_M">https://www.youtube.com/watch?v=RE8ly9BsU_M</a></p> <p>Rag or Sponge Toss: Materials Needed: 2 buckets or cut off the tops of Milk Jugs (with help of parents) Water Rag or Sponge If 1 person, you can race against time; if more than 1 person participates, then line up in between buckets. Make sure one bucket is full of</p>

water and the other bucket is empty. If 1 person, then soak the sponge/rag in the first bucket and run to squeeze it out in the empty bucket. See how long it takes you. If more than 1 person participates, then the first person soaks the sponge/rag and then tosses it to the next person, and then they either toss it to the next person or if they are last then they will squeeze it into the empty bucket.

**Choice 2 - Learn a New Game and Create Music!**

- Click this link to learn a new musical game! <https://youtu.be/NC1ATwBRaTI>
- Go to <https://www.isleoftune.com> and create your own musical island.

**Choice 2 -**



Learn how to draw a lemur with this step by step example. Those big eyes and striped tail make such an interesting and unusual looking animal. Lemurs are native only to the island of Madagascar. Most are small, have a pointed snout, large eyes, a long tail, and chiefly live in trees. Add your own details!

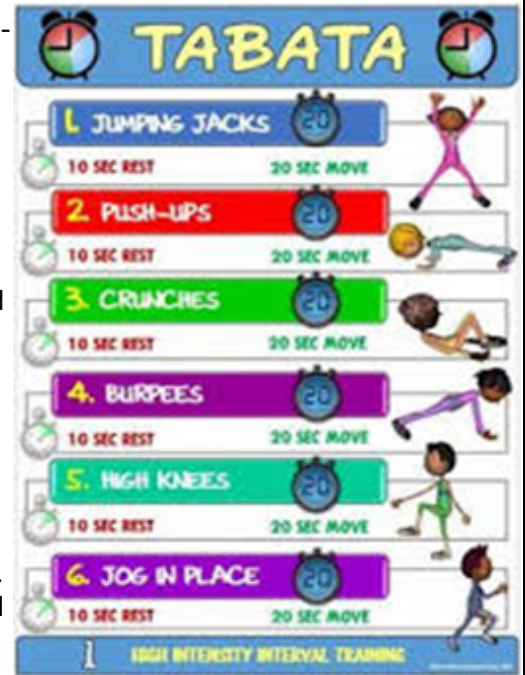
Example: <https://artprojectsforkids.org/draw-a-lemur-2/>

Materials

- Draw a Lemur Example (link above)
- Drawing paper
- Black marker or pencil
- Crayons

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

Choose 3 exercises from the chart below and time yourself! Then choose two of the remaining exercises and enjoy. Bonus- All of the warm ups on the chart!



**Recreation Game (10-15 minutes)**

Review Safety Water Tips click here for document. Cup Fill  
 Materials Needed : Two cups per team and a bucket/pitcher of water  
 One partner lays on the ground on their back, holding the cup on their stomach and the second partner starts at the bucket/pitcher full of water about 5-10yards away. On "GO" the partner standing up at the bucket/pitcher fills their cup and places on top of their head. They walk/run

down to their partner who is laying on the ground and dumps their cup of water into their cup. The cup MUST stay on your head while you are pouring into your partners. The first team to fill up the cup placed on the stomach wins. If only one team, then just go until the cup is filled and switch roles.

**Choice 3 -**

- Warm up your singing voice with Ms. Malm and vocal sirens: [Youtube: Vocal Sirens](#)
- Watch and listen as Ms. Malm sings “Aiken Drum” and draws a silly picture.
  - [Youtube: Aiken Drum](#)
  - After the video, get a blank piece of paper and a pencil/markers/crayons/colored pencils to draw your own Aiken Drum and sing about it to your family.

**Choice 3 - Sing along with Pete the Cat:**

I Love My White Shoes  
[https://youtu.be/fj\\_z6zGQVvYM](https://youtu.be/fj_z6zGQVvYM)

How To Draw Pete The Cat  
<https://youtu.be/yTLg2H40huw>



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

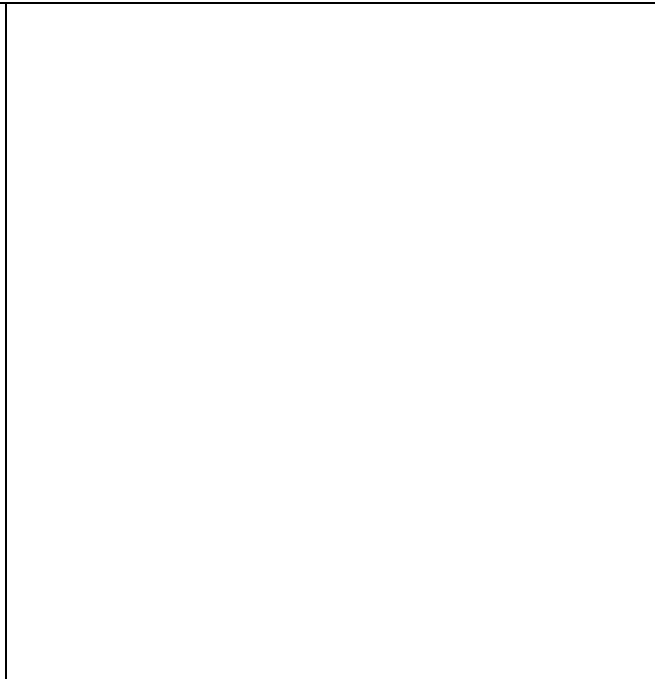
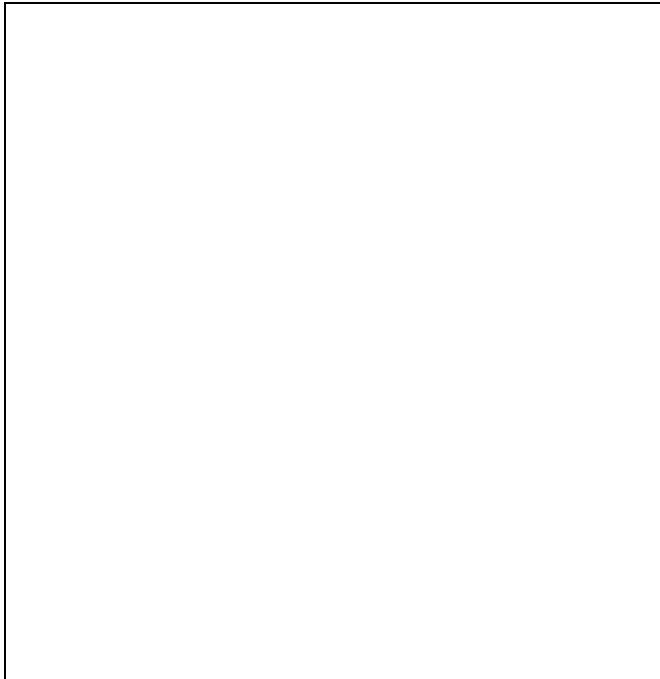
Complete each exercise in any order. Then do it again in a different order!

**Unity-Unified Family (10-15 minutes)**  
**Drip, Drip, Drop (Same idea as Duck, Duck, Goose)**



Materials Needed: One cup with water

All players need to sit to make a circle facing each other. One person is designated as “it” and they will walk around the circle dropping a little water from their cup on Drip and the whole cup on Drop. If you are a drip, you remain seated in the circle; if you get a drop by the person who is “it” then you stand up and chase them around the circle. The “it” and Drop person will speed walk, “it” is trying to make it back to the Drop’s seat before getting tagged. If they get tagged then they are “it” again. If not tagged then the Drop becomes “it”.



**Remember to Stay Hydrated by drinking water throughout the day. Below are the signs of Dehydration.**

**Enrichment Activities (optional)**

- Poison Melody!  
[musicplayonline.com](http://musicplayonline.com) SOLFA PRACTICE ▶ POISON MELODY
- Any So-mi or so-mi-la videos
- Poison Rhythm!  
[Musicplayonline.com](http://Musicplayonline.com) RHYTHM PRACTICE ▶ Poison Rhythm 🎵🎵

**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.

**Health Lesson: WATER SAFETY**

*“Swim Safe! Stay Safe!!”*

**Watch this video**

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

Grab a pencil and some crayons and complete the water safety activity booklet: Stay on Top of It!  
[https://www.seattlechildrens.org/pdf/kids\\_water\\_safety\\_activity\\_booklet.pdf](https://www.seattlechildrens.org/pdf/kids_water_safety_activity_booklet.pdf)