

# Specials Choice Board

Kindergarten

April 13-17



P.E.



Music



Art



## Flipgrid Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 2 minutes.
6. Complete the Flipgrid challenge!! Let's see how many push-ups or curl-ups you can do! Any form works.

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## Down by the Bay

1. [Click here to watch video.](#)
2. Come up with your own rhyme!  
Ex: "Did you ever see a fish washing a dish?"
3. [Click here to go to the Seesaw assignment.](#)

## The Most Magnificent Thing

1. Click [here](#) to listen to the story.
2. Access Seesaw through Classlink. I have assigned Curious Moment: What Can You Create?
3. Look around your home to find materials to build with: Legos, Duplos, Play-Doh, blocks, boxes, etc.
4. Design and build with your materials. It can be anything!
5. Click add response, Take a photo or a video of your creation & save.

## Health Day!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for a total of 2 minutes. Take as many turns as needed.
4. Jog in place for 3 minutes.
5. Write down 5 vegetables.
6. Write down 5 fruits.
7. Write a few sentences on why eating healthy is important.

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Drawing Expressions

1. Click [here](#) for the steps on how to draw 4 faces with different expressions.
2. Add color with materials you have at home.

## Circuit Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Toe challenge! Sit down, keep your legs straight and try to reach out and touch your toes!!
4. Run in place for 3 minutes.
5. Think of 5 different exercises. Use anything you have in your home. Complete 10 repetitions of each before switching to the next exercise. Do this for 10 minutes!!

## Quaver

1. [Click here to view instructions to log on to Quaver.](#)
2. Complete Quaver lesson.

## Stacked birds

1. Click [here](#) for the steps on how to draw 3 simple birds.
2. Add color with materials you have at home.

# Specials Choice Board

1st Grade  
April 13-17



P.E.



Music



Art



## Flipgrid Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 2 minutes.
6. Complete the Flipgrid challenge!! Let's see how many push-ups or curl-ups you can do! Any form works.

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## Pathway Cards

1. [Watch video of Mrs. Ingraham here!](#)
2. [Click here to complete activity in Seesaw!](#)

## The Most Magnificent Thing

1. Click [here](#) to listen to the story.
2. Access Seesaw through Classlink. I have assigned Curious Moment: What Can You Create?
3. Look around your home to find materials to build with: Legos, Duplos, Play-Doh, blocks, boxes, etc.
4. Design and build with your materials. It can be anything!
5. Click add response, Take a photo or a video of your creation & save.

## Health Day!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for a total of 2 minutes. Take as many turns as needed.
4. Jog in place for 3 minutes.
5. Write down 5 vegetables.
6. Write down 5 fruits.
7. Write a few sentences on why eating healthy is important.

## Quaver

1. [Click here to view instructions to log on to Quaver.](#)
2. Complete Quaver lesson.

## Things that begin with the Letter... (you choose)

1. Pick your favorite letter and draw 3 objects that start with that letter (for ex: inside the letter "A" draw an apple, alligator and astronaut).
2. Add color with materials you have at home.

## Circuit Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Toe challenge! Sit down, keep your legs straight and try to reach out and touch your toes!!
4. Run in place for 3 minutes.
5. Think of 5 different exercises. Use anything you have in your home. Complete 10 repetitions of each before switching to the next exercise. Do this for 10 minutes!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Draw a Dragon or Unicorn!

1. Click [here](#) and scroll down to pages 3-4 for the steps on how to draw a unicorn. Or click [here](#) for the steps on how to draw a dragon.
2. Add color with materials you have at home.

# Specials Choice Board

2nd Grade

April 13-17



P.E.



Music



Art



## Flipgrid Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 2 minutes.
6. Complete the Flipgrid challenge!! Let's see how many push-ups or curl-ups you can do! Any form works.

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## Forte/Piano Hunt

1. [Watch this video.](#)
2. Find 5 objects that make a forte sound, find 5 objects that make a piano sound.

## Avatar Design

1. Access Seesaw through Classlink. I have assigned Avatar Design.
2. Click add response, use the shape and/or drawing tools to create your very own Avatar.
3. Click on "View Instructions" to see a video on how to use the shapes and drawing tools.
4. Click check and save!

## Health Day!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for a total of 2 minutes. Take as many turns as needed.
4. Jog in place for 3 minutes.
5. Write down 5 vegetables.
6. Write down 5 fruits.
7. Write a few sentences on why eating healthy is important.

## Quaver

1. [Click here to view instructions to log on to Quaver.](#)
2. Complete Quaver lesson.

## Create a Robot Collagraph!

1. Click [here](#) for directions.



## Circuit Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Toe challenge! Sit down, keep your legs straight and try to reach out and touch your toes!!
4. Run in place for 3 minutes.
5. Think of 5 different exercises. Use anything you have in your home. Complete 10 repetitions of each before switching to the next exercise. Do this for 10 minutes!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Draw a Minecraft Selfie

1. Click [here](#) for directions and graph paper.
2. Add color with materials you have at home.

# Specials Choice Board

3rd Grade

April 13-17



P.E.



Music



Art



## Flipgrid Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 2 minutes.
6. Complete the Flipgrid challenge!! Let's see how many push-ups or curl-ups you can do! Any form works.

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## Move Like an Animal

1. Choose an animal for each letter of your name. Example:  
K- Kangaroo  
A- Antelope  
T- Turtle  
H- Horse  
L- Lion  
E- Elephant  
E- Eel  
N- Narwhal
2. Move like each animal to spell out your name.

## Avatar Design

1. Access Seesaw through Classlink. I have assigned Avatar Design.
2. Click add response, use the shape and/or drawing tools to create your very own Avatar.
3. Click on "View Instructions" to see a video on how to use the shapes and drawing tools.
4. Click check and save!

## Health Day!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for a total of 4 minutes. Take as many turns as needed.
4. Jog in place for 3 minutes.
5. Write down 10 vegetables.
6. Write down 10 fruits.
7. Write a few sentences on why eating healthy is important.

## Quaver

1. [Click here to view instructions to log on to Quaver.](#)
2. Complete Quaver lesson.

## Create a Robot Collagraph!

1. Click [here](#) for directions.



## Circuit Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Toe challenge! Sit down, keep your legs straight and try to reach out and touch your toes!!
4. Run in place for 3 minutes.
5. Think of 5 different exercises. Use anything you have in your home. Complete 10 repetitions of each before switching to the next exercise. Do this for 10 minutes!!

## Move It!

1. Grab a piece of string!
2. [Click here to view Move It!](#)
3. Copy Mrs. Ingraham and focus on making your movements Artful.
4. Ask someone to do the Move It! with you!
5. Try to do the movements without looking at the screen.

## Draw a Minecraft Selfie

1. Click [here](#) for directions and graph paper.
2. Add color with materials you have at home.

# Specials Choice Board

4th Grade

April 13-17



P.E.



Music



Art



## Flipgrid Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 2 minutes.
6. Complete the Flipgrid challenge!! Let's see how many push-ups or curl-ups you can do! Any form works.

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## Just Dance

1. Choose at least 1 video from [this Youtube playlist](#).
2. Dance and enjoy!

## Google Design

1. Access Seesaw through Classlink. I have assigned Google Logo.
2. Click add response, using the google template and shape and/or drawing tools, turn the G-O-O-G-L-E into your very own Google Design.
3. Click check and save to your Art Seesaw!

## Health Day!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for a total of 4 minutes. Take as many turns as needed.
4. Jog in place for 3 minutes.
5. Write down 10 vegetables.
6. Write down 10 fruits.
7. Write a paragraph on why eating healthy is important.

## Quaver

1. [Click here to view instructions to log on to Quaver.](#)
2. Complete Quaver lesson.

## Create a Teeny Tiny Baby Book!

1. Click [here](#) for directions.
2. Next week (part 2) we will illustrate the Elements of Art on each page.
3. If you want to go ahead but need a refresher watch the Elements of Art [video](#) on Brain Pop Jr.

## Circuit Time!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Toe challenge! Sit down, keep your legs straight and try to reach out and touch your toes!!
4. Run in place for 3 minutes.
5. Think of 5 different exercises. Use anything you have in your home. Complete 10 repetitions of each before switching to the next exercise. Do this for 10 minutes!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Draw a Watering Can with Flowers

1. Click [here](#) for directions.
2. Add color with materials you have at home.

# Specials Choice Board

5th Grade  
April 13-17



P.E.



Music



Art



## Flipgrid Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 2 minutes.
6. Complete the Flipgrid challenge!! Let's see how many push-ups or curl-ups you can do! Any form works.

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## Quaver

1. [Click here to view instructions to log on to Quaver.](#)
2. Complete Quaver lesson.

## Google Design

1. Access Seesaw through Classlink. I have assigned Google Logo.
2. Click add response, using the google template and shape and/or drawing tools, turn the G-O-O-G-L-E into your very own Google Design.
3. Click check and save to your Art Seesaw!

## Health Day!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for a total of 4 minutes. Take as many turns as needed.
4. Jog in place for 3 minutes.
5. Write down 10 vegetables.
6. Write down 10 fruits.
7. Write a paragraph on why eating healthy is important.

## Sevens Game

1. [Click here and watch video.](#)
2. Try to do all of the different patterns, then do them from beginning to end.
3. How fast can you do it the whole thing?
4. Can you teach someone else?

## Create a Teeny Tiny Baby Book (part 1)

1. Click [here](#) for directions.
2. Next week (part 2) we will illustrate the Elements of Art on each page.
3. If you want to go ahead but need a refresher watch the Elements of Art [video](#) on Brain Pop Jr.

## Circuit Time!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Toe challenge! Sit down, keep your legs straight and try to reach out and touch your toes!!
4. Run in place for 3 minutes.
5. Think of 5 different exercises. Use anything you have in your home. Complete 10 repetitions of each before switching to the next exercise. Do this for 10 minutes!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Draw a Watering Can with Flowers

1. Click [here](#) for directions.
2. Add color with materials you have at home.