



Directions for Choice Board

1. Choose your grade: either K, 1, 2 (yellow) or 3, 4, 5 (blue)
2. Select a square from 1 subject per day. You must do at least 1 P.E., 1 art, and 1 music per week. The other two days can be your choice :)
3. Please don't forget to submit your work.

Kindergarten, 1st, 2nd Specials Choice Board

April 27-May 1



P.E.



Music



Art



Dance Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Balance on one leg for 1 minute each. Test your skills!
4. Run in place for 3 minutes.
5. Play some music and warm up your dance moves.
6. Complete the dance challenge on flipgrid. If you don't want to post, complete it by yourself, but enjoy dancing!!

<https://flipgrid.com/mccarthy9298>

The Syncopated Clock

1. [Click here to view teacher demo.](#)
2. [Then, click here to view just the movements with music.](#)
3. [Finally, try and do it with *just* the music! You'll do great!](#)

Magical Animal!

1. Access Seesaw through Classlink. I have assigned Create a Magic Animal.
2. Click add response, use the drawing tools to create your own magical animal.
3. Use the microphone to record the sound it makes and tell me about your animal .
4. Click check and save!

Disney Cardio Challenge!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Jump up and down for 30 seconds.
4. Stretch again focusing on both legs.
5. Enjoy your run in place for as long as you can throughout Disney!!

<https://youtu.be/KR7RmCTa1Js>

Over In the Meadow

1. Access SeeSaw through classlink.
2. Click on assignment "Over in the Meadow."
3. Complete assignment and submit through Seesaw.

Create an Origami Dog or Cat

1. Click [here](#) for instructions and demonstration of an origami dog or click [here](#) for an origami cat.
2. You will need a square piece of paper and something to draw with.
3. Upload a photo to Seesaw when finished

Ms. Portnoy Jump Rope Challenge!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Run in place for 2 minutes.
4. Find a jump rope or put a flat object on the ground
5. Watch Ms. Portnoy's flipgrid and complete 1 minute of your own special jumps. These are going to be challenging!!

<https://flipgrid.com/mccarthy0827>

Move It!

[Choose one Move It from this playlist! Your goal is to see how Artful you can make your movements.](#)

you do not need to submit anything for this assignment

Draw a Royal Pooch or Funky Cat

1. Click [here](#) and go to pages 2-5 for instructions on drawing a beagle, bulldog or cocker spaniel or click [here](#) and go to page 2 for drawing a Funky Cat.
2. Add color with crayons, markers or paint.
3. Upload a photo to Seesaw

3rd, 4th, 5th Specials Choice Board

April 27- May 1



P.E.



Music



Art



Dance Time!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats. Complete 20 curl-ups and 20 push-ups.
3. Run in place for 3 minutes.
4. Play some music and warm up your dance moves.
5. Complete the dance challenge on flipgrid. If you don't want to post, complete it by yourself, but enjoy dancing!!

<https://flipgrid.com/mccarthy9298>

Quaver

1. [Log into Quaver](#)
2. Complete the lesson about Form.

Draw a Sunglasses Self-Portrait!

1. Click [here](#) for directions.
2. Inside the Sunglasses reflect on this school year or hopes for summer (draw pictures of things you have done over the school year or things you hope to do this summer)
3. Add color with materials you have at home.

Disney Cardio Challenge!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Jump up and down for 30 seconds.
4. Stretch again focusing on both legs.
5. Enjoy your run in place for 10 minutes throughout Disney!!

<https://youtu.be/KR7RmCTa1Js>

Miss Mary Mack

1. [Click here to view demonstration video.](#)
2. Try to do the motions with the teacher.
3. Then, teach someone in your house to play the game.
4. Have fun! You don't need to turn anything in ;)

Newspaper Cartoons

1. Click [here](#) to access a video demonstration.
2. Look for colorful pictures in newspaper and magazines, cut them out, arrange & glue. Bring them to life by adding a face, arms, legs, speech bubbles and a background.
3. Post a photo on Seesaw or email Mrs. Hopen.

Ms. Portnoy Jump Rope Challenge!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Run in place for 3 minutes.
4. Find a jump rope or put a flat object on the ground
5. Watch Ms. Portnoy's flipgrid and complete 2 minutes of your own special jumps. These are going to be challenging!!

<https://flipgrid.com/mccarthy0827>

The Syncopated Clock

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2. [Then, click here to view just the movements with music.](#)
3. [Finally, try and do it with *just* the music! You'll do great!](#)

Op Art 3D Hand

1. Access Seesaw through Classlink. I have assigned 3D Hand- Drawing.
2. Look at the step by step examples on pages 1-5.
3. Post a photo on Seesaw or email Mrs. Hopen.