

# Specials Choice Board

Kindergarten  
March 23-27



P.E.



## Workout from Home!

1. Complete all of your daily Stretches that we do in class.
2. 15 jumping jacks, 15 squats, 15 lunges
3. Run in place for 1 minute
4. Create your own exercise That you can bring back and show the class! Do your exercise 15 times!



Music



## Keep the Beat

1. Click [here](#) for the Youtube playlist
2. Pick 3-5 pieces and keep the beat with your body.
3. Model how to keep the beat for a family member.



Art



## Family Picture

1. Create a picture of your family. Be sure to include details.
2. You can use any art materials you have in your home (markers, crayons, colored pencils, paint, etc.)

## Jump Rope Time!

1. Complete all of your daily stretches that we do in class.
2. If you have a jump rope, use it! If you don't lay a flat object on the ground.
3. Perform a single bounce back and forth 20 times over the object.
4. Perform a double bounce back and forth 20 times. (Remember you hop twice)
5. Perform a freestyle bounce and do this 20 times.
6. Repeat this 3 more times!

## Tastefully Tuneful Drive-Thru

1. [Click here to view menu](#)
2. Sing your order (you can order more than once)
3. Ask someone else to sing their order!
4. Make sure to use your singing voice :)

## Lunch Doodle with Mo Willems!

1. Click [here](#) to stream a past video or watch live at 1pm ET and doodle along
2. Or click [here](#) for steps to draw the pigeon
3. Add a speech bubble (Optional extension)

## Time to Dance!

1. Complete all of your daily stretches that we do in class.
2. Run in place for 2 minutes
3. Drink some water, stay hydrated!
4. Find some music, this could be from any source. TV, radio, video games etc. Dance for 10 minutes without stopping!

## 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.

## Paper Sculpture

Click [here](#) to choose a paper sculpture to complete (with videos and printable pages). Most can be completed with scissors, crayons and a glue stick. (If you don't have access to a printer, you should still be able to make most of the designs on your own).

# Specials Choice Board

1st Grade  
March 23-27



P.E.



Music



Art



## Workout from Home!

1. Complete all of your daily Stretches that we do in class.
2. 20 jumping jacks, 20 squats, 20 lunges
3. Run in place for 2 minute
4. Create your own exercise That you can bring back and show the class! Do your exercise 15 times!

## Keep the Beat

1. Click [here](#) for the Youtube playlist
2. Pick 3-5 pieces and keep the beat with your body.
3. Model how to keep the beat for a family member.

## Butterfly Drawing

1. Create a picture of a butterfly.
2. Fill the wings with lines and shapes, and patterns. Make sure everything is symmetrical.
3. You can use any materials you have in your home (markers, crayons, colored pencils, paint, etc.)

## Jump Rope Time!

1. Complete all of your daily stretches that we do in class.
2. If you have a jump rope, use it! If you don't lay a flat object on the ground.
3. Perform a single bounce back and forth 20 times over the object..
4. Perform a double bounce back and forth 20 times. (Remember you hop twice)
5. Perform a freestyle bounce and do this 20 times.
6. Repeat this 3 more times!

## Tastefully Tuneful Drive-Thru

1. [Click here to view menu](#)
2. Sing your order (you can order more than once)
3. Ask someone else to sing their order!
4. Make sure to use your singing voice :)

## Lunch Doodle with Mo Willems!

1. Click [here](#) to stream a past video or watch live at 1pm ET and doodle along!
2. Or click [here](#) for steps to draw Gerald the Elephant.
3. Add a speech bubble and/or body (Optional extension)

## Time to Dance!

1. Complete all of your daily stretches that we do in class.
2. Run in place for 2 minutes
3. Drink some water, stay hydrated!
4. Find some music, this could be from any source. TV, radio, video games etc. Dance for 10 minutes without stopping!

## 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.

## Paper Sculpture

Click [here](#) to choose a paper sculpture to complete (with videos and printable pages). Most can be completed with scissors, crayons and a glue stick. (If you don't have access to a printer, you should still be able to make most of the designs on your own).

# Specials Choice Board

2nd Grade  
March 23-27



P.E.



Music



Art



## Workout from Home!

1. Complete all of your daily Stretches that we do in class.
2. 25 jumping jacks, 25 squats, 25 lunges
3. Run in place for 2 minutes
4. Create your own exercise That you can bring back and show the class! Do your exercise 15 times!

## 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.

## Imaginary Animal

1. Draw a picture of an imaginary animal. Maybe your animal has many eyes or legs, wings, or even interesting fur or scales.
2. Make sure to put your animal in a setting or interesting place.
3. You can use any art materials you have in your home (markers, crayons, colored pencils, paint, etc.) VA2MC.2b

## Jump Rope Time!

1. Complete all of your daily stretches that we do in class.
2. If you have a jump rope, use it! If you don't lay a flat object on the ground.
3. Perform a single bounce back and forth 20 times over the object..
4. Perform a double bounce back and forth 20 times. (Remember you hop twice)
5. Perform a freestyle bounce and do this 20 times.
6. Repeat this 3 more times!

## Bim-Bum

1. Click here for link to play-along [video](#)
2. Sing along the 1st time
3. Next, try body percussion
4. Have fun and good luck!

## Environmental Art Sculpture

1. Create a Sculpture of items you can find outside!
2. Watch the Brain Pop on Sculpture (Optional) Click [here](#) or sign in to access Classlink (formerly Launchpad) to watch Brain Pop Jr.

## Time to Dance!

1. Complete all of your daily stretches that we do in class.
2. Run in place for 2 minutes
3. Drink some water, stay hydrated!
4. Find some music, this could be from any source. TV, radio, video games etc. Dance for 10 minutes without stopping!

## Brown Bear Melodies

1. [Open Brown Bear slides.](#)
2. Instead of reading the story, sing the story.
3. Ask a family member to sing the questions, then you sing the answers. Then switch roles.

## Draw a Daffodil

1. Spring is here and the daffodils are starting to bloom!
2. Click [here](#) to find step by step drawing instructions.
3. Add color (the most common color is yellow, but they can also be pink, lime green and orange).

# Specials Choice Board

3rd Grade  
March 23-27



P.E.



Music



Art



## Workout from Home!

1. Complete all of your daily Stretches that we do in class.
2. 25 jumping jacks, 25 squats, 25 lunges, 15 curl-ups, 15 push-ups
3. Run in an area for 3 minutes
4. Cool Down Walk for 1 minute
5. Find anything you can with the appropriate amount of weight for you. Do 20 bicep curls each arm!

## 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.

## Landscape Drawing

1. Create a landscape with a foreground, middle ground, and background.
2. Include details in your picture. Your landscape can be real or imaginary.
3. You can use any art materials you have in your home (markers, crayons, colored pencils, paint, etc.)

## Jump Rope Time!

1. Complete all of your daily stretches that we do in class.
2. If you have a jump rope, use it! If you don't lay a flat object on the ground.
3. Perform a single bounce back and forth for 2 minutes
4. Perform a double bounce back and forth for 2 minutes)
5. Perform a freestyle bounce and do this 2 minutes
6. Repeat this 2 more times!

## Percussion Play-Along

1. Click here for link to play-along [video](#)
2. Clap along the 1st time
3. Next, try body percussion  
red= snap  
yellow=clap  
orange=pat  
blue=stomp
4. Have fun and good luck!

## Draw a Succulent!

Click [here](#) and scroll down to find the steps, resources and examples.

## Skills Challenge

1. Complete all of your daily stretches that we do in class.
2. Run in place for 2 minutes
3. Drink some water, stay hydrated!
4. Find a ball and dribble for 2 minutes using your dominant hand.
5. Dribble for 2 minutes with your non-dominant hand.
6. Dribble with both hands using cross-overs for 2 minutes!

## Brahm's Baseball

1. [Click here to view instruction video](#)
2. [Click here to view movements.](#)
3. Copy motions then teach someone else!

## Environmental Art Sculpture

1. Create a Sculpture of items you can find outside!
2. Watch the Brain Pop on Sculpture (Optional) Click [here](#) or sign in to access Classlink (formerly Launchpad) to watch Brain Pop Jr.

# Specials Choice Board

4th Grade  
March 23-27



P.E.



Music



Art



## Workout from Home!

1. Complete all of your daily Stretches that we do in class.
2. 25 jumping jacks, 25 squats, 25 lunges, 20 curl-ups, 20 push-ups
3. Run in an area for 3 minutes
4. Cool Down Walk for 1 minute
5. Find anything you can with the appropriate amount of weight for you. Do 25 bicep curls each arm!
6. Write down a healthy snack or meal you plan on eating today!

## 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.

## Point of View

1. Find your favorite toy or object in your home.
2. Fold your paper into 6 boxes and create different drawings of it. Maybe one drawing is super zoomed in, maybe one is from far away.
3. Use your imagination to draw your toy in different settings or places.
4. You can use any art materials you have in your home (markers, crayons, colored pencils, paint, etc.)

## Jump Rope Time!

1. Complete all of your daily stretches that we do in class.
2. If you have a jump rope, use it! If you don't lay a flat object on the ground.
3. Perform a single bounce back and forth for 2 minutes
4. Perform a double bounce back and forth for 2 minutes)
5. Perform a freestyle bounce and do this 2 minutes
6. Repeat this 2 more times!

## Irish Washerwoman Folk Dance

1. [Click here to view video](#)
2. Watch a couple of times to get the order of the steps.
3. Try to do the dance while watching.
4. Invite a family member to try the dance with you!

## Draw 2020 in One Point Perspective!

1. Click [here](#) for the steps
2. If you need to see an example click [here](#)

## Skills Challenge

1. Complete all of your daily stretches that we do in class.
2. Run in place for 2 minutes
3. Drink some water, stay hydrated!
4. Find a ball and dribble for 2 minutes using your dominant hand.
5. Dribble for 2 minutes with your non-dominant hand.
6. Dribble with both hands using cross-overs for 2 minutes!

## Staff Wars

1. [Click this link.](#)
2. Play for 5-10 mins.

\*This game requires Flash- use a laptop.

## Sculpture



1. Create a sculpture of a person that expresses emotion or movement
2. Click [here](#) for a quick tutorial (all you'll need is foil and scissors)
3. Attach to a piece of paper and add a shadow (optional extension)



# Specials Choice Board

5th Grade  
March 23-27



P.E.



Music



Art



## Workout from Home!

1. Complete all of your daily Stretches that we do in class.
2. 25 jumping jacks, 25 squats, 25 lunges, 20 curl-ups, 20 push-ups
3. Run in an area for 4 minutes
4. Cool Down Walk for 1 minute
5. Find anything you can with the appropriate amount of weight for you. Do 25 bicep curls each arm!
6. Write down a healthy snack or meal you plan on eating today!

## Irish Washerwoman Folk Dance

1. [Click here to view video](#)
2. Watch a couple of times to get the order of the steps.
3. Try to do the dance while watching.
4. Invite a family member to try the dance with you!

## Scene Illustration

1. Think about your favorite book, movie or TV show.
2. Illustrate a scene including characters and setting.
3. You can use any art materials you have in your home (markers, crayons, colored pencils, paint, etc.)

## Jump Rope Time!

1. Complete all of your daily stretches that we do in class.
2. If you have a jump rope, use it! If you don't lay a flat object on the ground.
3. Perform a single bounce back and forth for 2 minutes
4. Perform a double bounce back and forth for 2 minutes)
5. Perform a freestyle bounce and do this 2 minutes
6. Repeat this 3 more times!

## Ukulele Parts

1. [Click this link](#)
2. View presentation

## Write a Love Letter to a Work of Art!

1. Click [here](#) for instructions

## Skills Challenge

1. Complete all of your daily stretches that we do in class.
2. Run in place for 2 minutes
3. Drink some water, stay hydrated!
4. Find a ball and dribble for 2 minutes using your dominant hand.
5. Dribble for 2 minutes with your non-dominant hand.
6. Dribble with both hands using cross-overs for 2 minutes!

## John Kanaka

1. Review tune for *John Kanaka* by clicking [here](#)
2. Take a cup from your kitchen (NOT GLASS!!!) and try to perform tapping pattern while singing..

## Sculpture

1. Create a sculpture of a person that expresses emotion or movement
2. Click [here](#) for a quick tutorial (all you'll need is foil and scissors)
3. Attach to a piece of paper and add a shadow (optional extension)

