



## 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 20-24



P.E.



Music



Art



## Exercise Challenge

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Skip in a circle for 1 minute.
4. Run in place for 3 minutes.
5. Play some music and dance for 1 minute!!
6. Complete the Exercise challenge on flipgrid. Choose any type of exercise you want and record yourself for 1 minute!!

<https://flipgrid.com/mccarthy2474>

## Songtale Playlist

1. [Click here for playlist](#)
2. Listen to 2-3 songtales from this playlist.
3. Enjoy!

## Robot Shapes!

1. Access Seesaw through Classlink. I have assigned Robot | Seesaw Shape Academy.
2. Click add response, use the shape tools to create your very own Robot.
3. Watch the video to see how to use the shapes & drawing tools.
4. Click check and save!

## Weight Lifting time!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Lay on your back and lift your legs straight in the air. No knee bending!! Touch your toes 15 times!
4. Jog in place for 3 minutes.
5. Find something in your home that you could use as a weight.
6. Complete a flipgrid doing bicep curls. Use whatever kind of weight you have. Remember, 10 repetitions for each arm!!

<https://flipgrid.com/mccarthy9023>

## Picture This!

[Draw a picture about how one of these pieces of music makes you feel.](#)

[Upload to Seesaw by clicking here](#)

## Thinking Cap Sculpture

1. Click [here](#) for the video (play from 7:00-23:00 min. for just the demo)
2. Upload a photo to your Art Seesaw



## Basketball!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Run in place for 2 minutes.
4. Find any type of ball you can. If you don't have one, skip this step! Dribble for 1 minute.
5. Get a laundry basket or any other basket will work. Spread your socks out on the floor. Time yourself. Run around & shoot every sock you have into the basket!!

## Quaver

(If you haven't signed up yet)

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

## Draw a Celebration Cake!

1. Click [here](#) and scroll down to page 2 for draw along instructions.
2. Add color with crayons, markers or paint.
3. Upload a photo to Seesaw

# 3rd, 4th, 5th Specials Choice Board April 20-24



P.E.



Music



Art



## Exercise Challenge

<https://flipgrid.com/mccarthy2474>

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Complete curl-ups and push-ups for 1 minute.
4. Run in place for 3 minutes.
5. Play some music and dance for 1 minute!!
6. Complete the Exercise challenge on flipgrid. Choose any type of exercise you want and record yourself for 1 minute!!

## Quaver

(If you haven't signed up yet)

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

## Kumihimo Braid

1. Access Seesaw through Classlink. I have assigned Kumihimo Braid. View resources and gather materials.
2. Click [here](#) to access the Safari Montage demonstration video-pause as needed.
3. Post a photo on Seesaw or email Mrs. Hopen. (this counts as 2 assignments since it takes time)

## Weight Lifting time!

<https://flipgrid.com/mccarthy9023>

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Lay on your back and lift your legs straight in the air. No knee bending!! Touch your toes 25 times!
4. Jog in place for 3 minutes.
5. Find something in your home that you could use as a weight.
6. Complete a flipgrid doing bicep curls. Use whatever kind of weight you have. Remember, 10 repetitions for each arm!!

## You Pick Playlist

1. [Click here to access playlist.](#)
2. Choose any 3 videos to watch.
3. Extra: look for Mrs. Ingraham's name at the end of the 1st video. Hint: look for the last name "Brown."

## Create a Teeny Tiny Baby Book (part 2)!

1. Watch the Elements of Art [video](#) on Brain Pop Jr.
2. We will illustrate the Elements of Art (line, shape, color, form, texture & space) on each page plus a cover.
3. If you missed part 1, click [here](#) (this counts as 2 assignments)
4. Upload a photo to Seesaw or email Mrs. Hopen

## Basketball!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, lunges, and squats. Run in place 3 min.
3. Find any type of ball you can. If you don't have one, skip this step! Dribble for 2 minutes.
4. Get a laundry basket or any other type of basket will work. Spread your socks out on the floor. Time yourself. Run around and shoot every sock you have into the basket!! Complete this two more times and try to beat your record!

## Move It!

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

## Draw a Poppy Parrot!

1. Click [here](#) and scroll down to page 2 for draw along instructions.
2. Add color with crayons, markers or paint.
3. Upload a photo to Seesaw or email Mrs. Hopen