



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

May 4-8



P.E.



Music



Art



Enjoy Nature!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Push-ups. Try to do 15 push-ups!! Remember to bend your elbows, using your knees as fine as well. Just try!
4. Run in place for 3 minutes while listening to music
5. Go on a 10-20 minute walk outside with a family member. Remember to look and enjoy your beautiful surroundings!! Look at the tree, flowers or anything else you can find.

Star Wars Move It

1. Get your pretend or real lightsaber.
2. Move artfully and try to follow Darth Strong's movement exactly.
3. [Click here for video.](#)
4. **May the Force be with you!**

you do not need to turn anything in

I'm Not Just a Scribble

1. Click [here](#) to listen to the story.
2. Access Seesaw through Classlink. I have assigned I'm Not Just A Scribble.
3. Watch the demonstration video.
4. Click add response, use the drawing tools to create your scribble. Use the microphone to record what your scribble is doing and how its feeling.
5. Click check and save!

Your favorite Sport Challenge

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Run up and down a set of stairs 5 times. If you can't find stairs, do high knees while running in place for 2 minutes.
4. Run in place for 3 minutes.
5. Post to flip grid. I love your videos on flipgrid! Please post YOUR favorite sport. If baseball is your favorite sport, show me your swing. If basketball is your favorite sport, show us your dribbling. If you don't have any materials, tell us what your favorite sport is and why!<https://flipgrid.com/mccarthy1138>

Star Wars Vocal Exploration

1. Access Seesaw through Classlink
2. Click on "Star Wars Pitch Exploration"
3. Complete activity and submit.

Forced Perspective Photography

1. Access Seesaw through Classlink. I have assigned Forced Perspective Photography
2. Watch the video and look at the examples. This is assigned to all grades so siblings can collaborate and turn in 1 project or ask a parent to help.
3. Post a photo on Seesaw or email Mrs. Hopen.

Field Day Prep!!

1. Complete your daily stretches.
2. Complete 1 minute of planks. Take breaks if you need to.
3. Complete 15 lunges, 15 squats and 15 side lunges.
4. Run in place for 3 minutes.
5. Sack Race Challenge- Stand inside a pillow case, hop 20 jumps forward.
6. Cornhole challenge- Set up any kind of basket. Throw 20 underhand throws into a basket using a ball, bean bag or pair of socks.
7. Egg Challenge- Get a spoon. Walk 50 steps while holding an object on the spoon. This can be a real egg(outside), fake egg or a rolled up piece of paper. Work on balance. Have fun!

Quaver

1. [Log into Quaver](#)
2. Complete the lesson about *Mi Cuerpo*.

3D Paper Flowers

1. Click [here](#) for a demonstration on how to turn paper/plates into 3D flowers. Try one of the techniques. White flowers are fine! If you want to add color, use markers/paint first or a colored paper to start.
2. Post a photo on Seesaw or email Mrs. Hopen.

3rd, 4th, 5th Specials Choice Board

May 4-8



P.E.



Music



Art



Enjoy Nature!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Push-ups and curl-ups. Try to do 15 push-ups and 15 curl-ups each!!
4. Plank for 1 minute. Take breaks if needed.
5. Run in place for 3 minutes while listening to music
6. Go on a 10-20 minute walk outside with a family member. Remember to look and enjoy your beautiful surroundings!! Look at the tree, flowers or anything else you can find.

Star Wars Move It

1. Get your pretend or real lightsaber.
2. Move artfully and try to follow Darth Strong's movement exactly.
3. [Click here for video.](#)
4. May the Force be with you!

you do not need to turn anything in

Forced Perspective Photography

1. Access Seesaw through Classlink. I have assigned Forced Perspective Photography
2. Watch the video and look at the examples. This is assigned to all grades so siblings can collaborate and turn in 1 project or ask a parent to help.
3. Post a photo on Seesaw or email Mrs. Hopen.

Your favorite Sport Challenge

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Run up and down a set of stairs 7 times. If you can't find stairs, do high knees while running in place for 3 minutes.
4. Run in place for 3 minutes.
5. Post to flipgrid. I love your videos on flipgrid! Please post YOUR favorite sport. If baseball is your favorite sport, show me your swing. If basketball is your favorite sport, show us your dribbling. If you don't have any materials, tell us what your favorite sport is and why!
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Padlet

1. Reflect on this past year of music.
2. What was your favorite activity or lesson from this past year?
3. [Click here to access Padlet.](#)
4. Submit your answer underneath your grade's column.

Perspective Pop Up

1. Click [here](#) for a short demonstration on how to create your drawing. Then cut & fold to make it pop up.
2. Post a photo on Seesaw or email Mrs. Hopen.



Field Day Prep!!

1. Complete your daily stretches.
2. Complete 2 minutes of planks. Take breaks if you need to.
3. Complete 20 lunges, 20 squats and 20 side lunges.
4. Run in place for 3 minutes.
5. Sack Race Challenge- Stand inside a pillow case, hop 30 jumps forward.
6. Cornhole challenge- Set up any kind of basket. Throw 30 underhand throws into a basket using a ball, bean bag or pair of socks.
7. Egg Challenge- Get a spoon. Walk 50 steps while holding an object on the spoon. This can be a real egg(outside), fake egg or a rolled up piece of paper. Work on balance. Have fun!

Chrome Music Lab Star Wars

1. [Click this link for to view example.](#)
2. Then, access your MUSIC Google Classroom.
3. Complete the assignment in Google Classroom.
4. May the Force be with you!

Nature Mandala

1. Go outside and gather sticks, rocks, flowers and leaves.
2. Arrange them into a radial symmetry design to create a mandala.
3. Post a photo on Seesaw or email Mrs. Hopen.

