

Brandon Valley School District
District Learning Plans
April 13-17, 2020

Grades 3-4

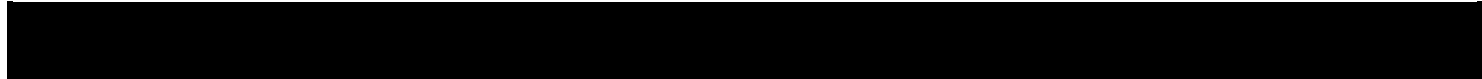
Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 3 - 4

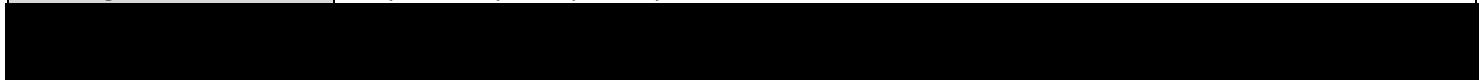
DATES: April 13-17, 2020



<p>What do students need to do?</p> <p><u>Link to an important PE video message</u> <u>Link to PE instructional video</u></p> <p><u>Link to an important Music video message</u> <u>Link to Music instructional video</u></p> <p><u>Link to an important Counselor video message</u> <u>Link to Counselor instructional video</u></p> <p><u>Link to an important Art video message</u> <u>Link to Art instructional video</u></p>	<p>Monday (4/13): NO SCHOOL</p> <p>Tuesday (4/14): Music</p> <ul style="list-style-type: none"> ● Listening BINGO activity (15 min) <p>Wednesday (4/15): Counselor</p> <ul style="list-style-type: none"> ● Growth Mindset: Mindfulness - Deep Breathing & Positive Affirmations (5 min) <p>Thursday (4/16): Art</p> <ul style="list-style-type: none"> ● Folded Surprise <p>Friday (4/17): PE Fitness Friday</p> <ul style="list-style-type: none"> ● Warm Up (4-6 min): Jump Rope Skills ● Activity (8-10 min): Cardiovascular Challenge <ul style="list-style-type: none"> ■ 10 minute jog ● Cool Down (2-3 min): Walk and Stretch
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<p>What do students need to bring back to school?</p>	<p>Students are not required to submit evidence of completion; however, (if they wish) they may submit participation photos to their Encore teachers.</p>
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<p>What standards do the lessons cover?</p>	<p>PE: 1: Motor Skills and movement patterns, 4: Personal and social behavior that respects self, others and environment, 5: Individual recognizes physical activity for health, enjoyment, challenge, self expression and social interaction</p> <p>Music: K-12.Pr.4 Analyze, interpret, and select artistic works for presentation, K-12.Cn.11 Relate artistic ideas and works</p> <p>Art: 3.VA.Cr.1.1 Elaborate independently on an imaginative idea. 4.VA.Cr.2.1 Explore and invent art- making techniques and approaches</p> <p>Counselor: ASCA Standards Alignment: Behavior: Self-Management Skills: Demonstrate effective coping skills when faced with a problem</p>
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<p>What materials do students need? What extra resources can students use?</p>	<p>Necessary Materials:</p> <ul style="list-style-type: none"> ● PE: Jump rope, timer and an “I can” attitude! ● Music: Writing utensil, BINGO card (attached PDF) ● Art: paper, pencil, and something to color with ● Counselor: Growth Mindset and imagination <p>Extra Resources:</p> <ul style="list-style-type: none"> ● PE: At Home Activities - https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf ● Music: Guess the Sound GAME https://www.youtube.com/watch?v=n1m4h79JZso ● Art: https://www.youtube.com/playlist?list=PLnoO3k54vcBSa78-fuytax0hGgVRZOBsp ● Counselor: https://www.youtube.com/watch?v=IOaFwwLyTRo
<p>What can students do if they finish early?</p>	<p>PE:</p> <ul style="list-style-type: none"> ● Cosmic Kids Yoga - https://www.cosmickids.com/ ● Home Activities - https://wideopenschool.org/ ● Move to Learn - https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ <p>Music:</p> <ul style="list-style-type: none"> ● BV ECH-4 COVID-19 Music Extras Site: https://sites.google.com/k12.sd.us/bvmusick4/home <p>Art: https://www.youtube.com/playlist?list=PLnoO3k54vcBSa78-fuytax0hGgVRZOBsp</p> <p>Counselor: https://www.youtube.com/watch?v=IKXSDwh8w1k</p>
<p>Who can we contact if we have questions?</p>	<p>Brandon Elementary Building Principal: Mr. Horst- Merle.Horst@k12.sd.us PE: Mr. Duncanson- Jeff.Duncanson@k12.sd.us Music: Ms. Fode- Rachael.Fode@k12.sd.us Art: Ms. Rieff- Erin.Rieff@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Counselor: Ms. Kolb- Vickie.Kolb@k12.sd.us</p> <p>Robert Bennis Elementary Building Principal: Ms. Hofkamp- Kristin.Hofkamp@k12.sd.us PE: Mr. Scholten- Kory.Scholten@k12.sd.us Music: Mr. Fode- Jeff.Fode@k12.sd.us Art: Ms. McNamara- Heidi.McNamara@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Counselor: Ms. Osheim- Tammy.Osheim@k12.sd.us</p> <p>Fred Assam Elementary Building Principal: Ms. Foster- Susan.Foster@k12.sd.us PE: Ms. Brummels- Julie.Brummels@k12.sd.us Music: Ms. Verberg- April.Verburg@k12.sd.us Art: Ms. Heeren- Jordan.Heeren@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Counselor: Ms. Nelson- Angie.Nelson@k12.sd.us</p> <p>Valley Springs Elementary Building Principal: Ms. Palmer- Tanya.Palmer@k12.sd.us PE: Ms. Fitzgerald- Bailey.Fitzgerald@k12.sd.us Music: Ms. Ackerman- Jodi.Ackerman@k12.sd.us Art: Ms. Kasten- Amy.Kasten@k12.sd.us</p>

Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us

Counselor: Ms. Palmer- Tanya.Palmer@k12.sd.us

Notes:

Instructional materials are posted below (if applicable)

Brandon Valley School District

Grades 3-4 Listening Bingo

Instructions:

1. **Think** about the sounds all around you. **Listen.** How many different sounds do you hear right now? How do different sounds make you feel? (Example: a doorbell may make you jump. Keys rattling may make you feel excited. A fan may make you feel relaxed.)
2. **Go on a listening hunt!** Use this bingo card, and your EARS to find these sounds. When you find one, mark it with an X.
3. **Get 5 in a row.** Time yourself to find out how long it took you.
4. **Go for a blackout** (every single space). If you can't find a sound, think of something else to take its place & draw a picture of it next to the unfound item.
5. **Optional:** Take a picture of yourself with your completed BINGO card & email it to your music teacher.
6. **BONUS CHALLENGE:** Using a blank sheet of paper, create your own SOUND BINGO card for a family member to play. See if they can beat your record time.

 <p style="text-align: center;">Dog Barking</p>	 <p style="text-align: center;">Light Switching On/Off</p>	 <p style="text-align: center;">Coffee Maker</p>	 <p style="text-align: center;">Keys rattling</p>	 <p style="text-align: center;">Fridge Running</p>
 <p style="text-align: center;">Alarm or Timer Going Off</p>	 <p style="text-align: center;">Computer sound</p>	 <p style="text-align: center;">Birds chirping</p>	 <p style="text-align: center;">Water Running</p>	 <p style="text-align: center;">Wind Chimes</p>
 <p style="text-align: center;">Someone talking on a phone</p>	 <p style="text-align: center;">Walking Sound</p>	<h1>FREE</h1>	 <p style="text-align: center;">Fan Running</p>	 <p style="text-align: center;">Drawer or cupboard opening/closing</p>
 <p style="text-align: center;">Doorbell ringing</p>	 <p style="text-align: center;">Car or truck running</p>	 <p style="text-align: center;">Toilet flushing</p>	 <p style="text-align: center;">Someone singing (it can be you!)</p>	 <p style="text-align: center;">Pencil scratching</p>
 <p style="text-align: center;">Wind blowing through trees</p>	 <p style="text-align: center;">Door creaking</p>	 <p style="text-align: center;">Pan sizzling</p>	 <p style="text-align: center;">Scissors squeaking</p>	 <p style="text-align: center;">An appliance running</p>

Week 5: April 13 – April 17

Instructions: Use your coping skill of deep breathing when you are feeling worried, sad, or angry. Follow the steps below. Use your imagination and pretend to have a pinwheel!

Deep Breathing:

To practice deep breathing, take a deep breath in counting to 5. Then, breathe out slowly counting to 7. As you blow out, blow on your pinwheel and watch it spin. Do this 10 times.

1

A hand-drawn poster with a decorative border. The title 'Deep Breathing:' is at the top. Below it is a paragraph of instructions. At the bottom left is a red and white life preserver with the number '1' in the center. At the bottom right is a yellow pinwheel on a stick.

Instructions: Read these statements out loud to yourself. Be kind to yourself!

Saying Positive Affirmations:

Read these statements out loud to yourself:

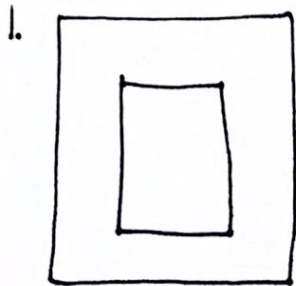
- I am important!
- I am a valuable person!
- I am amazing!
- I have many talents!
- I have many good qualities, and they are...
- I am one of a kind!
- I am loved!
- Create your own
- Create your own
- Create your own
- Create your own

5

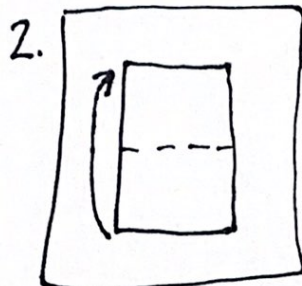
Positive Affirmations

A hand-drawn poster with a decorative border. The title 'Saying Positive Affirmations:' is at the top. Below it is a paragraph of instructions. Then is a list of affirmations. At the bottom left is a red and white life preserver with the number '5' in the center. At the bottom right is a thought bubble containing the text 'Positive Affirmations'.

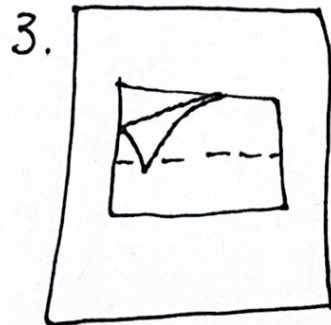
Folded Surprise Guide



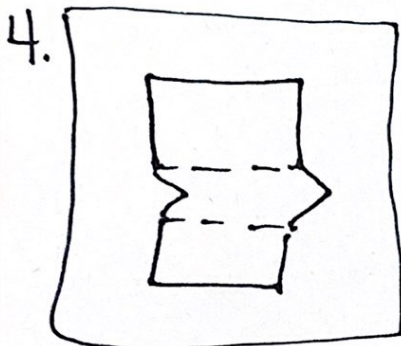
- have your paper vertical (the tall way)



- Bring the bottom of your paper up and fold in half



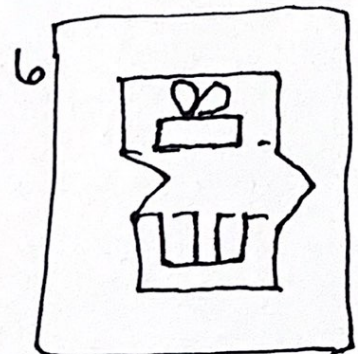
- Bring the top flap of your paper down to the folded edge



- your paper should be closed when you start to draw.



- start drawing you should draw on sides of the fold.



- open up your paper and start drawing your surprise



- draw your surprise inside.



- color


PE 3rd and 4th

Monday (4/13): PE No School

Fitness Friday (4/17)

***You Will Need:** Jump Rope, Timer and a Great Attitude!

***As always, HAVE FUN and DO YOUR BEST!**

- **Warm Up** (4-6 min):
 - **Jump Rope Skills**
 - Frontward, Backward, Hop, Skier (side to side), Bell (front to back), Criss Cross, Jogger
 - If you don't have a jump rope, use your imaginary rope to practice turning first then jumping over an item in your house that is low to the floor and thin.
 - Example: Phone cord, sock, piece of masking tape, etc.
- **Activity** (8-10 min):
 - **Cardiovascular  Challenge**
 - **10 minute jog** (PACE yourself - Can you jog the whole 10 minutes without walking? Is it okay to walk? Yes, it's okay to walk. Just remember to keep moving forward and start your jog again. You've got this!!!!)
 - Around your house, around your block with an adult, in and around your house (if okayed by your guardians) or in place while watching your favorite cartoon.
- **Cool Down** (2-3 min):
 - Walk 2 minutes, then stretch out your legs
 - Toe Touches (can either sit or stand)
 - Flamingo Stretch (each leg)
 - Side Leg Lunge (each side)
 - Sitting Down Butterfly Stretch
 - Hold each stretch for 10 seconds
 - Repeat the four stretches above 2x

YOU DID IT!!! We are so proud of you! 