

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

Grades 5-6

Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 5 - 6

DATES: April 13-17, 2020



<p>What do students need to do? Link to an important PE video message Link to PE instructional video</p> <p>Link to an important Music video message Link to Music instructional video</p> <p>Link to an important Counselor video message Link to Counselor instructional video</p> <p>Link to an important Art video message Link to Art instructional video</p>	<p>Monday (4/13): NO SCHOOL</p> <p>Tuesday (4/14): Music</p> <ul style="list-style-type: none"> ● Make your own instrument and see if you can pull together a family band performance! <p>Wednesday (4/15): Counselor</p> <ul style="list-style-type: none"> ● Deep Centered Breathing ● Family Connection Activity: Make a Circle <p>Thursday (4/16): Art: Op Art Hand</p> <p>Friday (4/17): PE - Couch Potato Workout</p>
<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. We encourage students to attempt all Encore learning activities even if they were not currently enrolled in all three courses.</p>
<p>What standards do the lessons cover?</p>	<p>PE: <i>NASPE Standard 3-</i> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <i>NASPE Standard 4-</i>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Music:..Cr.1: Generate and conceptualize artistic ideas and work.. Cr.3: Refine and complete artistic work.</p> <p>Art: Anchor Standard 1: K-12.Cr.1-Generate and conceptualize artistic ideas and work, 2: K-12.Cr.2-organize and develop artistic ideas and work, 9: K-12.Re. 9.- Evaluate artistic work based on critical and sensitive response to various visual art experiences.</p> <p>Counselor:M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being ; B-SMS 2. Demonstrate self-discipline and self-control</p>

<p>What materials do students need? What extra resources can students use?</p>	<p>Necessary Materials:</p> <ul style="list-style-type: none"> ● PE: Comfortable workout clothes ● Music: Materials needed will depend on which instrument each student chooses to create. It could be just about anything you find around your home. ● Art: Pencil, ruler/straight edge, eraser, 3 or more markers, plain paper (if you need markers, there will be some available at BVIS in the lobby) ● Counselor: no materials needed <p>Extra Resources:</p> <ul style="list-style-type: none"> ● PE: https://openphysed.org/activeschools/activehome ● Music: n/a ● Art: n/a ● Counselor: n/a
<p>What can students do if they finish early?</p>	<p>PE: 60 second sit-up challenge. How many sit-ups can you do in 60 seconds? Remember to focus on good form when you do your sit ups!</p> <p>Music: Links to more ideas for creating your own instrument https://www.youtube.com/watch?v=7sUNXA4NYKI https://www.youtube.com/watch?v=pFfBrCyHfWs</p> <p>Art: More ideas for op art lessons- https://www.youtube.com/watch?v=INCBSa6FYc https://www.youtube.com/watch?v=y4zigVsrs4</p> <ul style="list-style-type: none"> ● https://www.youtube.com/watch?v=naMb5b4_QaY <p>Counselor:</p>
<p>Who can we contact if we have questions?</p>	<p>Brandon Valley Intermediate School Building Principal: Mr. Skibsted- Nick.Skibsted@k12.sd.us Assistant Principal: Mr. Pearson- Rick.Pearson@k12.sd.us</p> <p>Teachers PE: Mr. O’Connell- Jeffrey.OConnell@k12.sd.us Ms. McGuire- Coty.McGuire@k12.sd.us Music: Ms. Ackerman- Jodi.Ackerman@k12.sd.us Art: Ms. Terwee- Jennifer.Terwee@k12.sd.us Counselor: Ms. Hart- Jennifer.Hart@k12.sd.us</p>
<p>Notes:</p>	

Instructional materials are posted below (if applicable)

Brandon Valley School District

How to Make Instruments at Home

◆ Drums



Real drum



Homemade drum

Materials Needed:

Tin Can
Balloon
Marker
Construction Paper
OR Paint

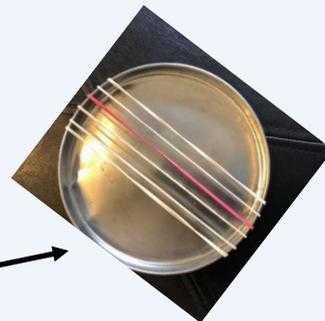
Steps:

1. Ask an adult to empty, rinse, and dry a tin can for you (leave the lid off)
2. Cut the bottom portion off the balloon and stretch the top part around the top of the can
3. Decorate the sides of the can with construction paper or paint
4. Play your drum! You can use a marker as a drum stick, or just use your hand!

◆ Guitar



Real guitar



Homemade guitar

Materials Needed:

Tin Lid, Box, or Baking Tin
Rubber Bands

Steps:

1. Empty the tin object you are choosing to use
2. Carefully stretch rubber bands around the whole container. Use 6 to make as many strings as a guitar!
3. Play your guitar by strumming or plucking the "strings"

◆ Rainstick



Real rainstick



Homemade rainsticks

Materials Needed:

Empty Paper Towel
or Toilet Paper Roll

Rice, Lentils, OR Dried
Beans

Construction Paper

Scissors

Rubber Bands

Tape

Markers

Steps:

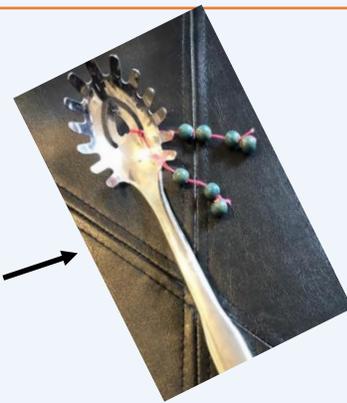
1. Cut 2 squares out of construction paper (roughly 3" x 3" each)
2. Place a square on one end of the roll's opening and fold down around the sides, securing the rubber band around the paper
3. Through the open end of the roll, pour a little bit of rice, lentils, or dried beans. Use about a fourth a cup for a paper towel roll, less for the toilet paper roll
4. Cover the open end with the second square and fold down around the sides, securing the rubber band around the paper
5. Wrap the tube in construction paper, securing the paper with tape. Decorate the paper using your markers!
6. Play your rainstick by gently turning it upside down repeatedly!

◆ Spin Drum



← Real Spin Drum

Homemade Spin Drum →



Materials Needed:

Kitchen Utensil with Hole in the Center OR a Wooden Spoon

String

Beads

Steps:

1. If you are using a kitchen utensil like mine that already has a hole in the center, tie a piece of string around the center hole so that the string stays in place.
OR
Ask a grown up to hot glue a piece of string in the center of both sides of the wooden spoon.
2. Add beads to the ends of the string on both sides of the utensil
3. Play your spin drum by twisting it back and forth

The following instruments I was unable to test myself as I did not have the materials needed at home; however, others have found success with them online!

◆ Cymbals



← Real Cymbals

Homemade Cymbals →



Materials Needed:

2 Old CDs or DVDs

String or Yarn

Steps:

1. Loop your string or yard through the center hole of the DVD or CD and tie the ends of the string together
2. Play your cymbals by slapping them together!

◆ Tambourine



← Real Tambourine



Homemade Tambourine →

Materials Needed:

2 Paper Plates

String or Yarn

Jingle Bells

Markers

Scissors or Hole
Punch

Steps:

1. Place the two paper plates on top of each other with the “eating” side facing towards the middle
2. Ask a grown up to use a hole punch or scissors to make little holes every 2 inches around the outside of the plates
3. Lace the string or yarn through the holes on the plates, connecting them together
4. Tie the string or yarn off by attaching a jingle bell
5. Decorate the plates with your markers
6. Play your tambourine by shaking it or tapping it gently in the center with your hand!

◆ Egg Shakers and Maraca



← Real Egg Shakers
and Maraca

Homemade Egg
Shakers and Maraca →



Materials Needed:

Plastic Egg or
Container that Opens

Rice, Lentils, or Dried
Beans

Tape

Two Spoons (Maraca)

Steps:

1. Place a small amount of rice, lentils, or dried beans in your plastic container
2. Close the plastic container and secure with tape around the opening
3. To turn your instrument into a maraca, place two spoons around the egg and secure the spoons together by taping the stems together
4. Play your instrument by gently shaking!

Deep Centered Breathing

There is so much scientific evidence supporting the positive effects of deep breathing. The act of deep breathing relaxes the body and gets our heart rate in sync with our breathing. When this happens, our body releases endorphins which have a natural calming effect on the body.

Steps to Deep Centered Breathing

- 1) Close your eyes and place your hand gently on your stomach
- 2) Breathe in slowly through your nose for 3 seconds. You should feel your stomach go out and keep your shoulders down and relaxed.
- 3) Hold the breath for 3 seconds.
- 4) Exhale slowly through your mouth for 3 seconds.
- 5) Repeat for 5 breaths.

You can use deep centered breathing multiple times throughout your day for multiple reasons. Use it right before you sit down to start your distance learning. If you have been working for a while or are getting ready to start a particularly difficult subject quickly do some breathing exercises. You can use it to end your learning day and prepare your body to relax. Deep centered breathing is even a great way to wind down and get your body prepared to fall asleep at night.

Family Connection Activity:

Make a Circle

(activity was found at <https://happyyouhappyfamily.com/family-bonding-games/>)

For this one, you can all sit in a circle facing each other or you could even do this at the dinner table. One person asks a question like, "What's one thing you're grateful for?" or "What would be the worst thing to eat in the whole world?". Each person goes around the circle, taking turns answering the question. After everyone answers the first question, it goes to the next person until each person has presented a question and everyone has answered,

Example Questions:

- 1) If you could travel anywhere in the world for a vacation, where would it be?
- 2) Choose any superhero power you would like to have and explain why.
- 3) If you had to eat the same thing for 5 days in a row, what would it be?
- 4) What is the best television show of all time and why?
- 5) If you had to perform for a school talent show, what would you want to do?

Op Art Drawing: Using LINE

Step 1: trace your hand onto the paper.



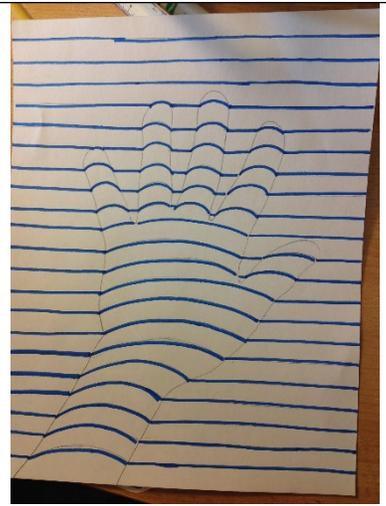
Step 2: Make lines that are ½ inch to one inch apart on the paper and draw these **BEHIND** the hand (use a straight edge).



Step 3: On the hand you will curve the lines but make sure these connect with the straight lines in the background.



Step 4: Trace over the lines with your **darkest** colored marker.



Step 5: Use your other colors to make additional lines that repeat what the darker line did. You should try to keep a pattern with the colors (black, pink, orange, yellow, **repeat** black, pink, orange, yellow). That is it, you are done!!!



Couch Potato Workout

Intro: The Couch Potato Workout is a workout using equipment that can be found around your living room. We're trying to use those muscles and make sure none of you become couch potatoes while you're away from school! The overall goal of this activity is to show you that you can get a good workout with limited equipment and a little creativity. Feel free to make changes so the activity fits your interest or needs!

Set up:

Head over to the living room and make the area around the couch a safe space for you to exercise. You may need to move the coffee table, a rug, or some other objects out of the way.

The Activity:

We will be performing activities that include the couch and our body weight. If you don't have a couch available for use, you can use a stable chair or something else of similar height. We will do the following exercises and will **repeat this 3 times**. A description of each exercise is listed below.

The Workout

- 20 couch bicycles
- 10 couch dips
- 20 toe touches
- 10 couch push-ups
- 20 second side planks each side
- 10 couch lunges each leg

The Couch Bicycle

Sit on the edge of your couch, with enough room to lean backwards and lift your legs. You will need to use your core to hold your legs up. Now perform the spinning motion of a bicycle as if you were pushing imaginary pedals.

Couch Dips

Sit down on the floor/carpet with your back to the couch. Place your hands with the thumbs pointing inwards and get the elbows in line with your shoulders. Lift your body up and sit back down slowly. This is very similar to tricep dips we do in class.

Toe Touches

Sit on your couch and stretch your legs in front of you off the ground. Alternating between them, try to grab your toes without bending your legs.

Couch Push-ups

You can do either incline pushups (easier) or decline pushups (harder)

Incline pushups: place your hands on the couch and your feet on the floor, with a straight back perform your pushups as if the edge of the couch is the floor

Decline pushups: place your feet on the couch and your hands on the floor. This will put more weight on your arms and be more challenging.

Side Planks

Lay sideways and lift your core leaning on one arm. Your body should be in a straight line from your head to your feet. Keep that pose while you count to 20 and then switch to the other side and count to 20.

Couch Lunges

Stand in front of the couch. Place one leg on the floor and one on the couch. Bend the knee of the supporting leg in a deep lunge and rise back up. Repeat for the other side.

Remember: Physical activity doesn't require a lot of fancy equipment to get a good workout. Find a way to get creative and challenge yourself. Creating your own workout ensures that they will incorporate your favorite activities. Don't skip exercises just because they are difficult for you, the only way to improve is to keep trying!

If you would like to share a picture of your creative workout, please email it to Mrs. McGuire or Mr. O'Connell so we can see what you have been doing!