

Brandon Valley School District
District Learning Plans
April 20-24, 2020

Grades 3-4

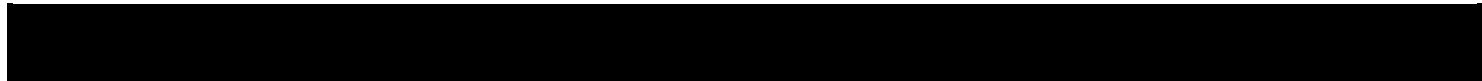
Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 3 - 4

DATES: April 20-24, 2020



<p>What do students need to do?</p> <p>Link to PE instructional video</p> <p>Link to Music instructional video</p> <p>Link to Counselor instructional video</p> <p>Link to Art instructional video</p>	<p>Monday (4/20): PE</p> <ul style="list-style-type: none"> ● Warm Up (4-6min): <ul style="list-style-type: none"> ○ Choose 4-5 exercises and perform that movement for 45 seconds each ● Skill/Activity (15 min) <ul style="list-style-type: none"> ○ Toss and Overhand Throw Fitness <p>Tuesday (4/21): Music</p> <ul style="list-style-type: none"> ● Music Interview: Interview a family member about a special song from their past. How does music affect us? <p>Wednesday (4/22): Counselor- Mindfulness 5-4-3-2-1</p> <ul style="list-style-type: none"> ● Directions: Focusing on what you observe with your senses can help you become more aware of your surroundings. It really helps you to be in the present and not get absorbed in your own thoughts. This will help ground you and bring some calmness into your mind. This simple grounding exercise helps with anxiety, anger, and focus by identifying: <ol style="list-style-type: none"> 1. 5 things you can see 2. 4 things you can touch 3. 3 things you can hear 4. 2 things you can smell 5. 1 thing you can taste <p>Thursday (4/23): Art</p> <ul style="list-style-type: none"> ● Continuous line drawing challenge. Make a drawing. It can be anything you like, the only rule is you can't lift up your pencil. <p>Friday (4/24): PE</p> <ul style="list-style-type: none"> ● Warm Up (4-6 min): <ul style="list-style-type: none"> ○ Choose 4-5 exercises and perform for 45 seconds each ○ Skill/Activity (15 min:) Alphabet Name Challenge
--	--



<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>
---	--



<p>What standards do the lessons cover?</p>	<p>PE:Standard 1: motor skills and movement patterns S1.E1-E2, E13, E14, Standard 2: applies knowledge to enhance movement and performance, Standard 5: recognizes the value of physical activity for health, enjoyment, challenge and self enjoyment</p>
---	---

	<p>Music: Anchor Standard 4: K-12.Pr.4 Analyze, interpret, and select artistic works for presentation, Anchor Standard 10: K-12.Cn.10 Synthesize and relate knowledge and personal experiences to make artistic works, Anchor Standard 11: K-12.Cn.11 Relate artistic ideas and works with societal, historical, cultural, and personal context to deepen understanding</p> <p>Art: 3.VA.Cr.1.1 Elaborate independently on an imaginative idea. 4.VA.Cr.1.1 Brainstorm multiple approaches to a creative art or design problem.</p> <p>Counselor: American School Counseling Association (ASCA) Standards Alignment:</p> <ul style="list-style-type: none"> ● Mindsets: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being ● Behavior: Learning Strategies: Actively engage in coursework ● Behavior: Self-Management Skills: Demonstrate effective coping skills ● Behavior: Social Skills: Demonstrate advocacy skills (by recognizing, processing, and discussing emotions)
<p>What materials do students need? What extra resources can students use?</p>	<p>Necessary Materials:</p> <ul style="list-style-type: none"> ● PE: Timer, socks, garbage can (any type of basket), 2 cones (or any objects), 5 objects to lie on floor, ABC Fitness Handout ● Music: Interview Questions ● Art: paper, pencil and something to color with (crayons, markers, colored pencils) ● Counselor: paper, pencil <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. How music affects us: https://www.youtube.com/watch?v=s19Fr-WaXo ● Art: https://www.youtube.com/watch?v=eNcFAkkpuPY ● Counselor: https://youtu.be/-YgZp17WNsw
<p>What can students do if they finish early?</p>	<ul style="list-style-type: none"> ● PE: Cosmic Kids Yoga - https://www.cosmickids.com/J ● Juggling Challenge - https://www.youtube.com/watch?v=dCYDZDlC06g <ul style="list-style-type: none"> ○ https://www.youtube.com/watch?v=otvTUuu49zA ● Move to Learn - https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ <p>Music:</p> <ul style="list-style-type: none"> ● BV K-4 Covid Site: https://sites.google.com/k12.sd.us/bvmusick4/home <p>Art:</p> <ul style="list-style-type: none"> ● Art for Kids Hub: https://www.youtube.com/user/ArtforKidsHub <p>Counselor: https://youtu.be/wiX9MEYmSLM</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</p>

	<p>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 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 Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Counselor: Ms. Palmer- Tanya.Palmer@k12.sd.us</p>
--	--

Notes:

Instructional materials are posted below (if applicable)

Brandon Valley School District

PE 3rd and 4th

Monday (4/20):

***You Will Need:** Timer, socks, garbage can (any type of basket), 2 cones (or any objects), 5 objects to lie on floor

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

- **Warm Up** (4-6min):
 - Choose 4-5 exercises and perform that movement for 45 seconds each
 - Jumping Jacks, Squat Jumps, High Knees, Seat Kickers, Line Jumps (Side to Side and Front to Back), Inch Worms, Sit-ups, Push-ups, Shoulder Taps, Pushup to Plank
- **Skill** (5 min)
 - **Overhand Throwing and Tossing with a Sock**
 - Take two tube socks, stuff them inside each other to make a ball. Any socks will work.



- **Turn** side to target, **point** to your target with non throwing hand, throwing arm in “L” position behind you, **Step** with opposite foot, **throw** and release “ball” (sock) to target



- Practice by yourself throwing into a couch with a rolled up sock. (20x)
- **Activity** (10 min):
 - **Toss and Overhand Throw Fitness**
 - ****STEP WITH THE OPPOSITE FOOT THAT TOSSING or THROWING WITH****
 - ****THIS IS A RACE**** How fast can you be?
 - Start nearest to farthest
 - **Toss** a ball or sock into your basket from start (in between the two “cones”)



- If you **do** make a basket, retrieve your ball, go back to start and perform 3 Jumping Jack before you can toss the ball into the next basket (you need to move your basket to the next object that are about 5-6' apart)
 - Keep going to the 3rd, 4th and 5th basket
 - Once completed, SPRINT around your house and yell, "I LOVE PE!" 3x :)
- If you **don't** make it (NO PROBLEM), retrieve ball, come back to start and perform 6 Air Squats and try again
 - Do this until you make it and then move your basket to the next object
 - Remember if you make it, perform 1 Jumping Jack, then toss again into the basket where the next object is.

○ **Overhand Throw**



- Perform the same activity as above, except you're going to overhand throw into the basket
 - This time when you have thrown the ball into all 5 baskets, SPRINT around your house and yell, "I LOVE BRANDON VALLEY!" 3x :)
- **Closing:**
 - How long did it take you to toss the ball into all 5 baskets successfully? Overhand Throwing?
 - Which was harder to make in the basket, tossing or overhand throwing? Why?

GREAT WORK TODAY! GO LYNX!

3rd-4th Musical Memory Interview



Directions: Pretend you are a news reporter. Today's story is all about the power of musical memory. Musical memory is one of our strongest memories. Many times, we can remember lyrics & tunes from our past even if it's been a very long time since we have heard them.

Steps:

1. **Find a good spot in your house to conduct an interview.** It should have a spot for you to sit or stand, and a spot for the person you will be interviewing. If you are interviewing by phone call, the spot should be somewhere where you can read this page while you talk.
2. **Find someone to interview** - this could be a parent/guardian, sibling, or friend! It can be in person or on the phone.
3. **Prepare** by reading through the interview questions - make sure you are ready! (**Optional: Make a microphone & dress up like a news reporter, and set up a phone/device to record your interview)
4. **Start the interview.**

INTRODUCTION: Good morning (or afternoon). I'm __(your name)___, reporting live from home on today's topic, "The Power of Musical Memory." I'm here today with __(interview person)___.

QUESTION 1: What is a favorite song of yours from your past, either your school-age days, or early adult years?

QUESTION 2: Does this song hold special meaning for you, or do you have a special memory associated with this song?

QUESTION 3: Can you play/sing this song for me, or can you tell me a few of the lyrics from this song?

QUESTION 4: Do you think music can change our emotions - the way we feel?

WRAP UP: Well, that's all for now folks. There you have it. Music has power to change us. Thanks for listening, and good night.

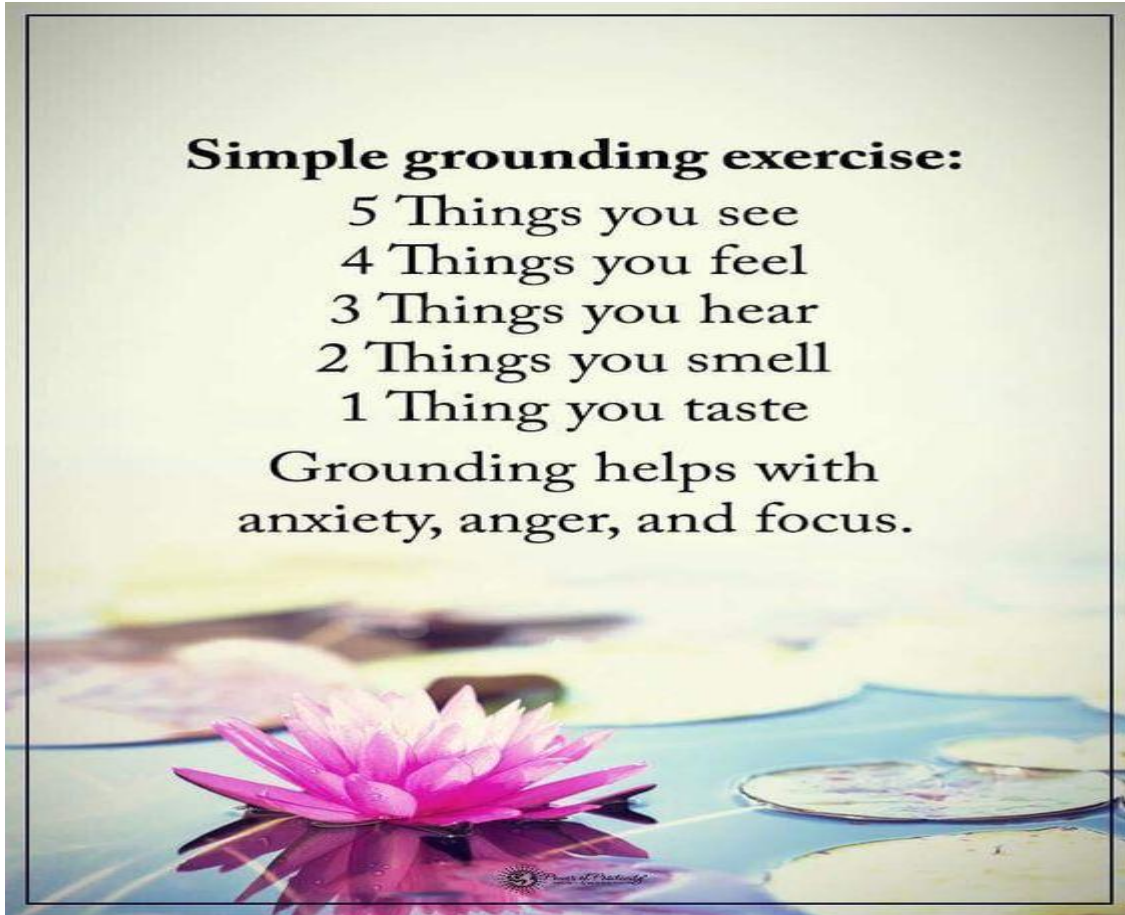
(***OPTIONAL: Stop your recording, and watch it to see how you did! Send it to your music teacher, or email just a picture to show it off!)

Want more music activities? If you have internet access, visit <https://sites.google.com/k12.sd.us/bvmusick4/home>

Counselor – Wonderful Wednesday for 3rd and 4th Grades

Week 6: April 20, 2020 – April 24, 2020

Wednesday (4/22): Mindfulness 5-4-3-2-1



Counselor - Mindfulness 5-4-3-2-1

- Directions: Focusing on what you observe with your senses can help you become more aware of your surroundings. It really helps you to be in the present and not get absorbed in your own thoughts. This will help ground you and bring some calmness into your mind. This simple grounding exercise helps with anxiety, anger, and focus by identifying:
 1. 5 things you can see
 2. 4 things you can touch
 3. 3 things you can hear
 4. 2 things you can smell
 5. 1 thing you can taste

PE 3rd and 4th

Fitness Friday (4/24)


***You Will Need:** Timer, ABC Handout and a Great Attitude!









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

- **Warm Up** (4-6 min):
 - Choose 4-5 exercises and perform for 45 seconds each
 - Skip in a Circle, Tuck Jumps, Heel Walks, Tippy Toe Walk, Fly Like A Bird, Bear Crawl, Hop on One Foot (alternate), Jump Across Room, Carioka, Shuffle, Inch Worms
- **Activity** (8-10 min:) **Alphabet Name Challenge**
 - ****See Handout**
 - Spell your first name and perform those movements; 20 seconds each
 - Spell your middle name and perform those movements; 20 seconds each
 - Spell your last name and perform those movements; 20 seconds each
 - Can you spell a family members name and perform those movements; 20 sec each
 - Who is your favorite team or athlete? Spell their first or last name and perform those movements; 20 seconds each each
- **Cool Down** (2-3 min):
 - Walk 2 laps around your house to lower your heart rate.

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

ABC FITNESS

A	Arm Circles	
B	Butterfly's	
C	Curl Ups	
D	Donkey Kicks	
E	Elbow Planks	
F	Frankenstein's	
G	Grapevine	

H	High Knees	
I	Inch worms	
J	Jumping Jacks	
K	Knee Hugs	
L	Lunges	
M	Mountain Climbers	
N	Neck Rolls	
O	Oblique Twists	

P	Push Ups	
Q	Quad Pulls	
R	Run 1 Lap	
S	SuperPerson	
T	Touch Toes	
U	Up-Downs Burpees	
V	V Seated Stretch	
W	Wall Sit	
X	X Star Jumps	

Y	Your Choice	
Z	Zig Zag Run	