

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

Grades 5-6

Encore



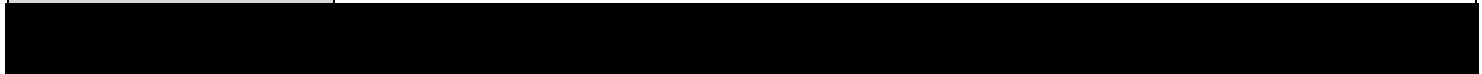
Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 5 - 6

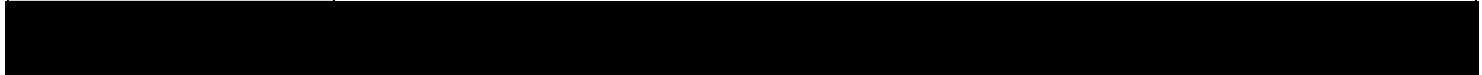
DATES: April 20-24, 2020



<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 - Deal or No Deal Fitness</p> <p>Tuesday (4/21): Music - Learning to read rhythms with Kitchen Karate. You may clap, pat, stomp, or even jump the rhythms.</p> <p>Wednesday (4/22): Counselor - *Let it Go *Family Connection: Crank It Up</p> <p>Thursday (4/23): Art - Making Art with Random Objects</p> <p>Friday (4/24): PE - Deal or No Deal Fitness</p>
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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. We encourage students to attempt all Encore learning activities even if they were not currently enrolled in all three courses.</p>
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<p>What standards do the lessons cover?</p>	<p>PE: NASPE Standard 3- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. NASPE Standard 4-The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Music: Cr 1.15b Generate musical ideas (such as rhythms, melodies, and accompaniment patterns) within specific related tonalities, meters, and simple chord changes.</p> <p>Art: 6-8.VA.Cr.1.1 Apply methods/strategies visually or verbally to overcome creative blocks with a variety of media (such as preliminary sketching, painting techniques or brainstorming). 6-8.VA.Cr.2.1 Demonstrate willingness to experiment, innovate, and take risks to pursue ideas, forms, and meanings that emerge in the process of art-making or designing 6-8.VA.Cr.2.3 Apply visual organization strategies (such as the principles of design) to produce a work of art or media that clearly communicates information or ideas.</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 7. Demonstrate effective coping skills when faced with a problem; B-SMS 2. Demonstrate self-discipline and self-control</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: Deck of cards or paper and pencil to make their own, active attire. ● Music: Read rhythms using clapping, or any other body percussion. Students may choose to use “Kitchen” materials for “Kitchen Drumming Karate” ● Art: Random objects (raid the junk drawer), pencil and eraser, blank paper, colored pencils/crayons, marker. OPTIONAL You may also want a phone, iPad/tablet to take a picture. I’d love to see your art projects! ● Counselor: Piece of paper, pencil, something that plays music. <p>Extra Resources:</p> <ul style="list-style-type: none"> ● PE: https://www.pecentral.org/websites/kidsites.html ● Music: Music: Youtube review of Note Values https://www.youtube.com/watch?v=KUtEg8Qxuxk Introduction to Rhythm Reading - https://www.youtube.com/watch?v=4vZ5mlfZlgk&t=12s ● Art: https://www.youtube.com/watch?v=t4X64Yu39D8 ● Counselor:
<p>What can students do if they finish early?</p>	<p>PE: Go to the link listed in the extra resources and click on a link that interests you. The topics cover various interests.</p> <p>Music:</p> <ul style="list-style-type: none"> ● Youtube review of Note Values https://www.youtube.com/watch?v=KUtEg8Qxuxk ● Introduction to Rhythm Reading - https://www.youtube.com/watch?v=4vZ5mlfZlgk&t=12s ● Youtube Interactive Piano Keyboard https://www.youtube.com/watch?v=3gZC5763wYk ● Interactive Boomwhackers https://www.musick8.com/boomwhackers/playboomwhackers.php?bwswitch=TRUC Can Can 1 - Percussion play along - click on settings to slow speed of play. https://www.youtube.com/watch?v=x-YtK_EvmiY <p>Art: How to make 3-D letters with 2 pencils-https://www.youtube.com/watch?v=i20plntpb8</p> <p>Counselor: n/a</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 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

Deal or No Deal Fitness

Intro: Deal or no deal fitness is a modification of our deal or no deal fitness activity that we do in class. This will be a combination of strength, endurance, and cardio activities. Don't be afraid to modify the activities to challenge yourself!

Set up:

This activity can be done inside or outside, so think about the set up you have and decide where you can have the most enjoyable experience. You will need a deck of cards or you can create your own pieces of paper to draw out of a pile or bowl to determine your exercise type and how many you will be doing.

If you are creating your own pieces of paper to draw from, you can create 4 pieces to determine your exercise type and then a separate pile to determine the number of repetitions you will do of that exercise. Your repetition pile should include five 10s and then one of each other number 1-9. This will leave you with 14 total pieces of paper. Try to keep the pieces the same size,

The Activity:

Students will alternate the exercises listed below with a 1 minute cardio activity. Students draw a card from the deck and can either determine if they want to make a "deal" and do that exercise and the number identified by the card or if they want to risk it and do "no deal" and try for a different exercise or number. If students choose "no deal" they have to do the exercise and the number identified on the next card regardless if they prefer their first card better. After they do their exercise they do their 1 minute of cardio. The exercise and the 1 minute of cardio equals 1 round. **You'll do 10 rounds.**

Exercises and number of repetitions

♠Spades- Push ups

♣Clubs- Sit ups

♥Hearts- Squats

♦Diamonds- Burpees

King, Queen, Jack, Joker, 10 = 10

Ace=1

Every other card is face value (example 8=8)

Cardio options: Running, Running in place, Line jumps, Jumping jacks, jump ropes (with or without a rope).

Remember: Our number one goal is to get you active. If you come up with a different idea for PE or would rather do a different exercise that is completely acceptable. We are looking to get your heart rate up for about 15-20 minutes with these activities. If you have a different idea for getting your heart rate up, go for it! Challenge yourself, but try to find a way to make your activity time enjoyable.

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!

KITCHEN DRUMMING KARATE

♪ = TA

♪ = QUARTER NOTE = 1 BEAT

♪♪ = TI-TI

(PRONOUNCED TEE-TEE)

♪♪ = TWO EIGHTH NOTES = 1 BEAT
OR 1/2 BEAT EACH)

R = RIGHT

L = LEFT

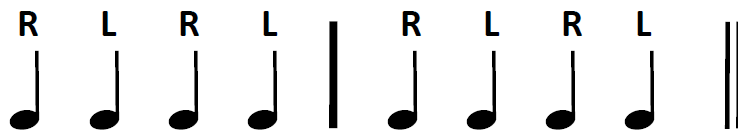
(WHICH HAND TO USE)

**Note: For simplicity for the young musician and for their family who may be assisting them as they practice, I have chosen a simple right leading hand throughout this work.*

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KITCHEN DRUMMING KARATE



Level 1 – White Belt





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KITCHEN DRUMMING KARATE

Level 3 – Orange Belt

4   | 

ti-ti ti-ti ta ta ti-ti ti-ti ta ta



 |  ||

ti-ti ti-ti ta ta ti-ti ti-ti ta ta

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KITCHEN DRUMMING KARATE

Level 2 – Yellow Belt

4  |  |


ta ta ti-ti ta ta ta ti-ti ta

 |  ||

ta ta ti-ti ta ta ta ti-ti ta

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KITCHEN DRUMMING KARATE

 = *QUARTER NOTE REST*
(SHH FOR 1 BEAT!)

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KITCHEN DRUMMING KARATE

Level 4 – Green Belt

4 
ti-ti ta ta ta | ti-ti ta ta (shh!)


ti-ti ti-ti ta ta | ti-ti ti-ti ta (shh!)

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KITCHEN DRUMMING KARATE

Level 5 – Blue Belt

4/4 R L R L R | R L R L R |
ta ta ti-ti (shh!) ti-ti ta ta (shh!)

R L R L | R L R L R |
ta ta ti-ti (shh!) ti-ti ta ti-ti (shh!)

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KITCHEN DRUMMING KARATE

Level 6 - Purple Belt

4/4 R L R L R | R L R L R L R |
ta ta ti-ti ta ti-ti ti-ti ti-ti ta


R | R L R | R L R L |
ta (shh!) ti-ti ta ti-ti ti-ti ta ta

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KITCHEN DRUMMING KARATE

 = *SIXTEENTH NOTES*

TIKA-TIKA (“*TICK-AH TICK-AH*”)

 = *1 BEAT*

OR 1/4 BEAT EACH

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KITCHEN DRUMMING KARATE

Level 7 – Black Belt

4/4

R L RLRL R | R L R L RLRL R |

 |  |

ta ta tika tika ta | ti-ti ti-ti tika tika ta |

R  R L R | R L R L RLRL R ||

ta (shh!) ti-ti ta | ti-ti ti-ti tika tika ta ||

****NOTE: This starts SLOOOOOOW! Then speeds up!**

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Let It Go

Sometimes we get upset about things that we have no control over. Examples: Distance Learning, friend's choices, or slow WiFi. It can be helpful if we tell ourselves to let those things go. Visualizing those things floating away in balloons can help to calm our mind and make those emotions feel less intense.

- 1) Draw 3 balloons on a piece of paper.
- 2) Draw or write 3 things that you can not control or change that often upset you.
- 3) Hang the drawing somewhere to remind yourself to "let it go" when those situations arise.
- 4) You can add balloons to your drawing when new situations come up.

Family Connections:

Crank It Up!

For this activity, fire up a song that everyone loves, or can tolerate, and dance away the bad mojo. Using our bodies and laughing releases endorphins into our bodies and our brains read as "happy". When the song is finished, have whomever chose the song tell what it is that they like about it. The next night, have a different person choose the song and tell what they like about it. Do this until each person has gotten to choose the music for the "dance party"!

Week 6 (April 20-24) Distance Learning Plan for 5/6th grade Art:

Making Art from Random Objects

There is a name for when we see images in random objects or things, like when you see a turtle in the clouds. This is called- Pareidolia (the way we find meaning in everyday objects).

Can you see the turtle eye

or

the tiny smiling face?



Steps to complete the assignment:

Materials needed: Random objects (raid the junk drawer), pencil and eraser, blank paper, colored pencils/crayons, marker. You may also want a phone, iPad/tablet to take a picture.

- 1) Find random objects that are interesting: paperclip, toothbrush, spring, tweezers, etc..



- 2) Place the object on the paper and imagine what other things that it can be other than its original use. For example:

*A tweezers as horns on an animal OR *a brush for a nose?





The pictures can be somewhat realistic



OR these can be cartoon like.

3) Then complete the drawing with color and a background like the two images below. Notice both images are using the same 'found' object.

Check out the art of **Victor Nunes** below:

Victor makes simple illustrations of faces, animals, and scenes.



*** Make sure to email me your creations -AND- have FUN!