

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

EC - 2nd Grade  
Encore



# Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / EC - Grade 2

DATES: April 20-24, 2020

What do students need to do?

[Link to PE instructional video](#)

[Link to Music instructional video](#)

[Link to Counselor instructional video](#)

[Link to Art instructional video](#)

## Monday (4/20): PE

- Warm Up (2-3min):
  - Choose movement and perform for 45 seconds each
- Skill/Activity (6-8min):
  - Toss and Overhand Throw Fitness

## Tuesday (4/21): Music:

- Write Your Own Song. Using the tune from “Farmer in the Dell”, create your own lyrics using words about spring.

## Wednesday (4/22): Counselor

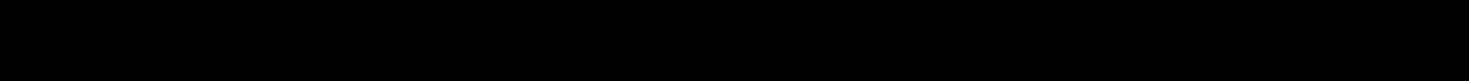
- Directions:
  - Draw a large circle in the middle of the paper
  - Draw four lines from one side of the paper to the other. The circle will now look like a pizza with eight, blank sections.
  - Label one feeling per section. The feelings are Sad, Mad, Happy, Proud, Scared, Worried, Excited, and Confused.
- Tips:
  - Encourage your child (children) to talk about their feelings as he/she colors the wheel.
  - If he/she is reluctant to talk about himself/herself, ask him/her how someone else may feel/look/act when he/she feels a particular feeling. You could also give an example of how you felt while you share a memory.
  - Post the completed wheel(s) in a place where your child(children) can “check-in” prior to working on distance learning work. The fridge might be a possible choice.
    - Hint: I sometimes ask students to point to the picture of how they are feeling at the beginning of an individual counseling time, and then I ask them to point to how they are feeling before they go back to class. Another way we check-in with a feelings poster is by sometimes taking turns during Lunch Bunches to point and share feelings. The expectation is that nobody judges or laughs at somebody else’s answer. Their feelings are valid. Students may pass on their turn, if they do not feel comfortable sharing with the group.
    - Friendly Reminder: Each person is responsible for how he/she lets feelings out. That means we do not blame somebody else for how we act because of our feelings.

## Thursday (4/23): Art

	<ul style="list-style-type: none"> <li>● Line Drawing: Draw a picture using as many different types of lines as you can.</li> </ul> <p><b>Friday (4/24): PE</b></p> <ul style="list-style-type: none"> <li>● Fitness Friday <ul style="list-style-type: none"> <li>○ Warm-Up (2-3min) <ul style="list-style-type: none"> <li>■ Skip around your house 1 x</li> <li>■ Jog Around your house 1x</li> <li>■ Sprint Around your house 1x</li> </ul> </li> <li>○ Activity (8-10 min): <ul style="list-style-type: none"> <li>■ Alphabet Name Challenge</li> </ul> </li> </ul> </li> </ul>
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What do students need to bring back to school?	Students are not required to submit evidence of completion; however, (if they wish) they may submit participation photos to their <b>Encore</b> teachers.
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What standards do the lessons cover?	<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 1: K-12.Cr.1 Generate and conceptualize artistic ideas and works, Anchor Standard 2: K-12.Cr.2 Organize and develop artistic ideas and works, Anchor Standard 3: K-12.Cr.3 Refine and complete artistic works</p> <p>Art: PK.VA:Cr.1.1 Engage in self- directed creative making that tells a story about a familiar place or object. K.VA.Re.8.1.a. Describe what an image represents. 1.VA.Cn.10.1.a Create art that tells a story or expresses a mood about a life experience 2.VA.Cn.10.1.a Create art that tells a story or expresses a mood about events in home, school or community life.</p> <p>Counselor: American School Counseling Association (ASCA) Standards Alignment:</p> <ul style="list-style-type: none"> <li>● Mindsets: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being</li> <li>● Behavior: Learning Strategies: Actively engage in coursework</li> <li>● Behavior: Self-Management Skills: Demonstrate effective coping skills</li> <li>● Behavior: Social Skills: Demonstrate advocacy skills (by recognizing, processing, and discussing emotions)</li> </ul>
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What materials do students need? What extra resources can students use?	<p>Necessary Materials:</p> <ul style="list-style-type: none"> <li>● PE: timer, 2 cones (any object will do), basket (laundry, waste, etc.), rolled up socks (or ball), 5 different objects around your house, ABC Fitness handout</li> <li>● Music: Instructions</li> <li>● Art: paper, pencil and something to color with (crayons, markers, colored pencils)</li> <li>● Counselor: paper, crayons, colored pencils, markers, or a pencil</li> </ul> <p>Extra Resources:</p> <ul style="list-style-type: none"> <li>● PE: At Home Activities - <a href="https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf">https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf</a></li> <li>● Music: <a href="https://www.youtube.com/watch?v=E-krsNziXEw">https://www.youtube.com/watch?v=E-krsNziXEw</a></li> <li>● Art: <a href="https://www.youtube.com/watch?v=DQEVllmeWH4">https://www.youtube.com/watch?v=DQEVllmeWH4</a></li> <li>● Counselor: <a href="https://youtu.be/-YgZp17WNsw">https://youtu.be/-YgZp17WNsw</a></li> </ul>
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<p>What can students do if they finish early?</p>	<p>PE: Cosmic Kids Yoga - <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a></p> <ul style="list-style-type: none"> <li>● Juggling Challenge - <a href="https://www.youtube.com/watch?v=dCYDZDlcO6g">https://www.youtube.com/watch?v=dCYDZDlcO6g</a> <ul style="list-style-type: none"> <li>○ <a href="https://www.youtube.com/watch?v=otvTUuu49zA">https://www.youtube.com/watch?v=otvTUuu49zA</a></li> </ul> </li> <li>● Move to Learn - <a href="https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ">https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ</a></li> </ul> <p>Music:</p> <ul style="list-style-type: none"> <li>● K-4 BV Covid-19 Site: <a href="https://sites.google.com/k12.sd.us/bvmusick4/home">https://sites.google.com/k12.sd.us/bvmusick4/home</a></li> </ul> <p>Art: Art for Kids Hub: <a href="https://www.youtube.com/user/ArtforKidsHub">https://www.youtube.com/user/ArtforKidsHub</a></p> <p>Counselor: <a href="https://youtu.be/ploMB2kJerw">https://youtu.be/ploMB2kJerw</a></p>
<p>Who can we contact if we have questions?</p>	<p><b>Brandon Elementary</b></p> <p><b>Building Principal:</b> Mr. Horst- <a href="mailto:Merle.Horst@k12.sd.us">Merle.Horst@k12.sd.us</a></p> <p><b>PE:</b> Mr. Duncanson- <a href="mailto:Jeff.Duncanson@k12.sd.us">Jeff.Duncanson@k12.sd.us</a></p> <p><b>Music:</b> Ms. Fode- <a href="mailto:Rachael.Fode@k12.sd.us">Rachael.Fode@k12.sd.us</a></p> <p><b>Art:</b> Ms. Rieff- <a href="mailto:Erin.Rieff@k12.sd.us">Erin.Rieff@k12.sd.us</a></p> <p><b>Adaptive PE:</b> Ms. Boehrns- <a href="mailto:Dacia.Boehrns@k12.sd.us">Dacia.Boehrns@k12.sd.us</a></p> <p><b>Counselor:</b> Ms. Kolb- <a href="mailto:Vickie.Kolb@k12.sd.us">Vickie.Kolb@k12.sd.us</a></p> <p><b>Robert Bennis Elementary</b></p> <p><b>Building Principal:</b> Ms. Hofkamp- <a href="mailto:Kristin.Hofkamp@k12.sd.us">Kristin.Hofkamp@k12.sd.us</a></p> <p><b>PE:</b> Mr. Scholten- <a href="mailto:Kory.Scholten@k12.sd.us">Kory.Scholten@k12.sd.us</a></p> <p><b>Music:</b> Mr. Fode- <a href="mailto:Jeff.Fode@k12.sd.us">Jeff.Fode@k12.sd.us</a></p> <p><b>Art:</b> Ms. McNamara- <a href="mailto:Heidi.McNamara@k12.sd.us">Heidi.McNamara@k12.sd.us</a></p> <p><b>Adaptive PE:</b> Ms. Boehrns- <a href="mailto:Dacia.Boehrns@k12.sd.us">Dacia.Boehrns@k12.sd.us</a></p> <p><b>Counselor:</b> Ms. Osheim- <a href="mailto:Tammy.Osheim@k12.sd.us">Tammy.Osheim@k12.sd.us</a></p> <p><b>Fred Assam Elementary</b></p> <p><b>Building Principal:</b> Ms. Foster- <a href="mailto:Susan.Foster@k12.sd.us">Susan.Foster@k12.sd.us</a></p> <p><b>PE:</b> Ms. Brummels- <a href="mailto:Julie.Brummels@k12.sd.us">Julie.Brummels@k12.sd.us</a></p> <p><b>Music:</b> Ms. Verberg- <a href="mailto:April.Verburg@k12.sd.us">April.Verburg@k12.sd.us</a></p> <p><b>Art:</b> Ms. Heeren- <a href="mailto:Jordan.Heeren@k12.sd.us">Jordan.Heeren@k12.sd.us</a></p> <p><b>Adaptive PE:</b> Ms. Boehrns- <a href="mailto:Dacia.Boehrns@k12.sd.us">Dacia.Boehrns@k12.sd.us</a></p> <p><b>Counselor:</b> Ms. Nelson- <a href="mailto:Angie.Nelson@k12.sd.us">Angie.Nelson@k12.sd.us</a></p> <p><b>Valley Springs Elementary</b></p> <p><b>Building Principal:</b> Ms. Palmer- <a href="mailto:Tanya.Palmer@k12.sd.us">Tanya.Palmer@k12.sd.us</a></p> <p><b>PE:</b> Ms. Fitzgerald- <a href="mailto:Bailey.Fitzgerald@k12.sd.us">Bailey.Fitzgerald@k12.sd.us</a></p> <p><b>Music:</b> Ms. Ackerman- <a href="mailto:Jodi.Ackerman@k12.sd.us">Jodi.Ackerman@k12.sd.us</a></p> <p><b>Art:</b> Ms. Kasten- <a href="mailto:Amy.Kasten@k12.sd.us">Amy.Kasten@k12.sd.us</a></p> <p><b>Adaptive PE:</b> Ms. Boehrns- <a href="mailto:Dacia.Boehrns@k12.sd.us">Dacia.Boehrns@k12.sd.us</a></p> <p><b>Counselor:</b> Ms. Palmer- <a href="mailto:Tanya.Palmer@k12.sd.us">Tanya.Palmer@k12.sd.us</a></p>
<p><b>Notes:</b></p>	

***Instructional materials are posted below (if applicable)***

*Brandon Valley School District*

# PE EC-2nd

## Monday (4/20):

**\*You Will Need:** A clock to time yourself with a second hand or a timer on your electrical device, 2 cones (any object will do), basket (laundry, waste, etc.), rolled up sock (or ball), 5 different objects around your house

**\*Have FUN** and do your **BEST!**

- **Warm Up** (2-3min):
  - Choose 3-4 movements 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
- **Skill/Activity** (6-8min): **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 1 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 3-4' 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 3 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?

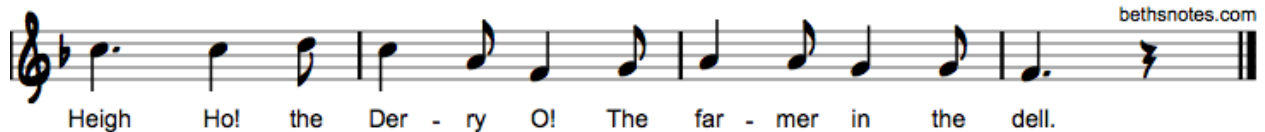
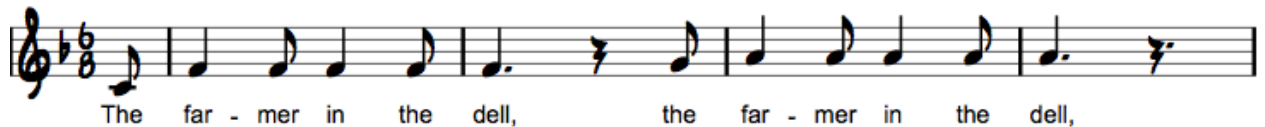
**GREAT WORK TODAY! GO LYNX!**

# Write your own song!

- Step 1: Sing/review the song “The Farmer in the Dell”. If you have access, visit <https://www.youtube.com/watch?v=E-krsNziXEw> to sing along.
- Step 2: Create 3 new verses, using spring words. Think about spring things: robins, grass, trees, rain, sunshine, etc. Be creative!
- Step 3: Practice your lyrics either in your head or out loud. Write them down, or just memorize them as you go. Example: *The robin likes to sing, the robin likes to sing, high ho the dairy-o, the robin likes to sing.*
- Step 4: Perform your song for a friend, sibling or parent/guardian!

## Farmer in the Dell

Folk song



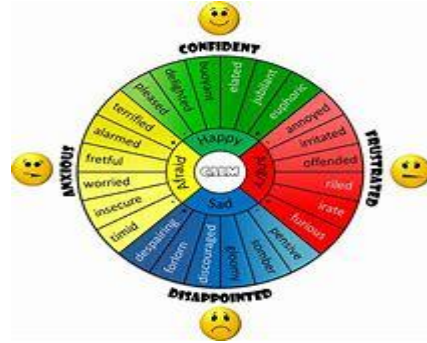
- EXTRA BONUS: Create your own, unique song about springtime. Make up your own tune. For lyrics, think about your favorite things to do, things you see, hear, or smell. Write down your ideas, or just memorize them as you go. Then, perform your song for a friend, sibling, or parent/guardian!

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

# Counselor - Wonderful Wednesday for Early Childhood (EC) - 2nd Grade

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

Wednesday (4/22): Emotional Intelligence: Feelings Wheel Craft Activity



- **Directions:**
  - Draw a large circle in the middle of the paper
  - Draw four lines from one side of the paper to the other. The circle will now look like a pizza with eight, blank sections.
  - Label one feeling per section. The feelings are Sad, Mad, Happy, Proud, Scared, Worried, Excited, and Confused.
- **Tips:**
  - Encourage your child (children) to talk about their feelings as he/she colors the wheel.
  - If he/she is reluctant to talk about himself/herself, ask him/her how someone else may feel/look/act when he/she feels a particular feeling. You could also give an example of how you felt while you share a memory.
  - Post the completed wheel(s) in a place where your child(ren) can “check-in” prior to working on distance learning work. The fridge might be a possible choice.
    - Hint: I sometimes ask students to point to the picture of how they are feeling at the beginning of an individual counseling time, and then I ask them to point to how they are feeling before they go back to class. Another way we check-in with a feelings poster is by sometimes taking turns during Lunch Bunches to point and share feelings. The expectation is that nobody judges or laughs at somebody else’s answer. Their feelings are valid. Students may pass on their turn, if they do not feel comfortable sharing with the group.
    - Friendly Reminder: Each person is responsible for how he/she lets feelings out. That means we do not blame somebody else for how we act because of our feelings.

Necessary Materials:

- Counselor: paper, crayons, colored pencils, markers, or a pencil



# LINE



A path created by a moving point, mark or object.

There are many types of lines: thick, thin, horizontal, vertical, zigzag, diagonal, curly, curved, spiral, etc. and are often very expressive. Lines are basic tools for artists.

STRAIGHT



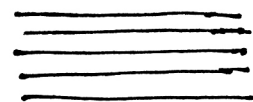
VERTICAL



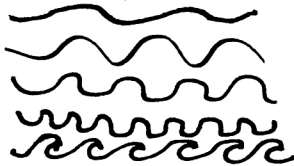
DIAGONAL



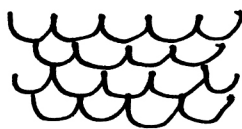
HORIZONTAL



WAVY



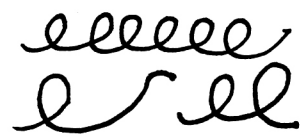
SCALLOP



ZIG ZAG



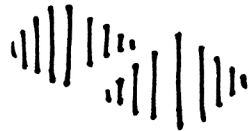
CURLY



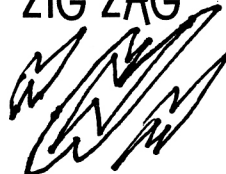
DABBED



GRADUATED



ZIG ZAG



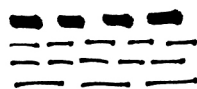
CURVED



DOTTED



DASH



CHEVRON



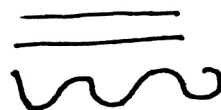
SPIRAL



BROKEN



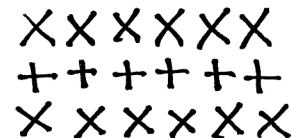
THIN



THICK



CRISS CROSS



A line's width is sometimes called its "thickness". Lines are sometimes called "strokes", especially when referring to lines in digital artwork.

## Friday (4/24): PE EC-2nd


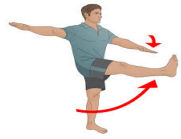
\*You Will Need: ABC Handout, timer









\*Have FUN and do your BEST!

- **Fitness Friday**
  - **Warm-Up** (2-3min)
    - Skip around your house 1 x
    - Jog Around your house 1x
    - Sprint Around your house 1x
  - **Activity** (8-10 min):
    - **Alphabet Name Challenge**
      - **\*\*See Handout**
        - Spell your first name and perform those movements; 20 seconds
        - Spell your middle name and perform those movements; 20 seconds
        - Spell your last name and perform those movements; 20 seconds
        - Can you spell a family members name and perform those movements; 20 sec
  - **Cool Down** (2-3 min):
    - Go for a walk around your house 2x
    - Remember to drink your water!!! You rock!!! Way to go BV students!

**GREAT WORK TODAY! GO LYNX!**

# 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	