

Brandon Valley School District
District Learning Plans
April 27-May 1, 2020

Grades 5-6

Encore



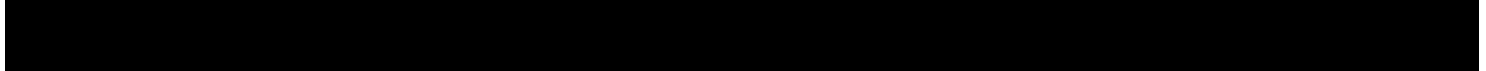
Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 5 - 6

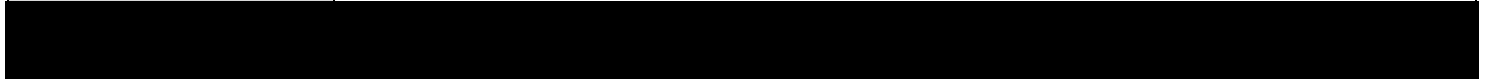
DATES: April 27-May 1, 2020



<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 (4/27): PE - Dice Fitness Activity</p> <p>Tuesday (4/28): Music - Interview A Family Member about Music</p> <p>Wednesday (4/29): Counselor</p> <ul style="list-style-type: none"> ● I Am Awesome ● Family Connections: Have A Picnic <p>Thursday (4/30): Art - Laundry Masterpiece</p> <p>Friday (5/1): PE - Dice Fitness Activity</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 1- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. 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.</p> <p>Music: 5.MU.Re.7.1.a Demonstrate and explain, citing evidence, how selected music connects to and is influenced by specific interests, experiences, purposes, or contexts. 5.MU.Cn.11.1.a Demonstrate understanding of relationships between music and the other arts, other disciplines, varied contexts, and daily life.</p> <p>Art: 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 2. Self-confidence in ability to succeed ; B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary</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: Active attire, dice (other options provided on handout if not available) ● Music: Worksheet, pen or pencil. Students may choose to complete EITHER interview. Students are welcome to add more questions. ● Art: Variety of clothes (color depends on what you decide to do), space on the floor or table, a phone or tablet/iPad if you want to take a picture ● Counselor: paper and pencil <p>Extra Resources:</p> <ul style="list-style-type: none"> ● PE: https://www.shapeamerica.org/uploads/pdfs/2020/calendar/April-2020-Secondary-Calendar-English.pdf ● Music: ● FaceTime with JS Bach https://www.youtube.com/watch?v=Tzwp_rJGZXc&t=327s Interview with Composer John Williams https://www.youtube.com/watch?v=skh9N2UH1Fo ● Art: Other examples of laundry masterpieces https://www.youtube.com/watch?v=K3kqCAzFENE&feature=youtu.be&fbclid=IwAR2gtIrcDPMsu9pmsmVbZghso8W0wJNk1dMypmPPjQBgvRYfQNN8ARPKC50 ● Counselor: n/a
<p>What can students do if they finish early?</p>	<p>PE: There is an activity calendar listed in the extra resources portion, that provides an activity for each day in April</p> <p>Music: Create a time capsule of how they would answer the questions in the interview.</p> <p>Art: Use salt and paint to make art https://www.youtube.com/watch?v=HAdQYOoe3Tk</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</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)

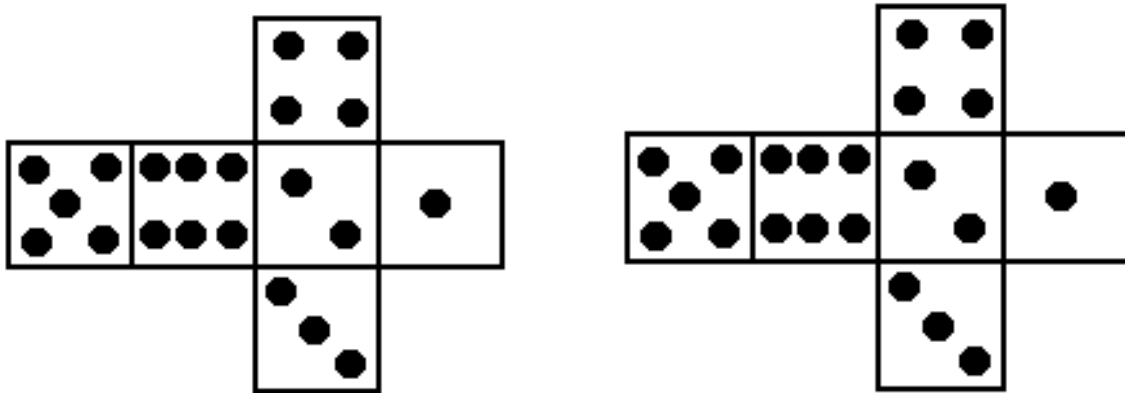
Brandon Valley School District

Dice Fitness

Intro: Dice fitness is another workout that puts together a series of exercises based on a random selection. How you roll the dice will determine which exercises you will do and how many of each you will do. This will be a combination of strength, endurance, and a few cardio activities. As always, feel free to modify the activities to challenge yourself or fit your needs!

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 at least one dice, preferably two. It may be helpful to have a piece of paper to do some adding. If you do not have dice, you can cut out the dice below, fold, and tape them together. If you do not have tape, just cut out all the squares and place them in a bag or bowl to draw from.



The Activity:

Students will start by rolling two dice. Depending on how many dice you have, you may have to roll dice more than once. Add the number of the two dice together and use the left side of the chart to determine which exercise you will be doing, which is listed in the middle. After you have determined the exercise, you will roll the amount of dice listed on the right and add them together to determine how many repetitions you will be doing of the exercise. **You'll do 10 rounds.**


Roll 2 dice → Determine the Exercise → Determine the # of Reps

If You Rolled this #	Then You'll Do This Exercise	Roll This Many Dice For the # of Reps
2	Jumping Jacks	4
3	Push-ups	2
4	Sit-ups	3
5	Squats	3
6	Lunges	2
7	Tricep Dips	3
8	Suitcases	3
9	Knee Tuck Jumps	3
10	Mountain Climbers	4
11	Russian Twists	4
12	Burpees	2

Remember: Our number one goal is to get you active. If you want to create your own activity time or to repeat a past activity from distance learning or in class, that is perfectly fine. Aim for at least 15-20 minutes of activity, and think of ways to make it fun!

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!

For this assignment, you may choose to do EITHER interview with a family member or friend. Be sure to record who you interview. If you think of more questions to add, please feel free to add them!



Interview a family member in your house or call someone you don't talk to often about their favorite music. Write about your conversation, then find some of their favorite music and listen to it!

Some questions to ask:

- Who is your favorite musician? What is your favorite kind of music?
- Where did you first hear it?
- Have you ever seen your favorite musician in a concert of it or have seen your favorite kind of music in person?

I Am Awesome

Nobody is perfect, but all of us have many great qualities! Sometimes we need to remind ourselves how AWESOME we truly are. Try taking a little time to do the following activity.

- 1) Draw 10-15 circles on a piece of paper. They can be different sizes and randomly placed on the paper or they can be all the same size and in rows, your choice.
- 2) Write something positive about yourself in each circle.
- 3) Highlight your 3 favorite positive qualities.

Family Connections:

Have a Picnic

Having a picnic can happen anywhere, even indoors. If the weather is nice you can pack up a meal and take it outdoors to enjoy but if the weather isn't being cooperative, put a blanket on the floor and enjoy your meal there. Just changing up the routine from eating at the table or kitchen island can make the meal a little more fun and interesting. You could use this opportunity to pull out the Make a Circle activity where everyone answers a question. Have fun!

Examples:

- 1) If you could invite one famous person to this picnic, who would it be and why?
- 2) What is something that made you happy this week?
- 3) If you got to pack the picnic and could bring anything you wanted, what would it be?

Art Lesson Distance Learning week 7 (April 27-May 1): Laundry Masterpiece

Supplies needed: Assortment of clothes (color based on what you choose to create), phone/table/iPad to take a picture.

The Goal: Your goal is to create an image out of LAUNDRY- that is it. Grab your t-shirts, belts, shorts, etc. and create an image 🐾

For this assignment you have three options (choose Just ONE):

*1) create art based on one of the following 'masterpieces' ("The Scream", "The Mona Lisa", "Sunflowers", or "The Old Guitarist")

*2) Create a self-portrait

*3) Create art of an animal or random object (spider, duck, boat, house)

Edvard Munch, "The Scream"



Leonardo DiVinci, "The Mona Lisa"



Vincent VanGogh, "Sunflowers"



Pablo Picasso- "The Old Guitarist"



Here is Mrs. TerWee's example of "The Scream" by Edvard Munch



**** Make sure you fold and put the clothes away when you are done 🐾**