

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

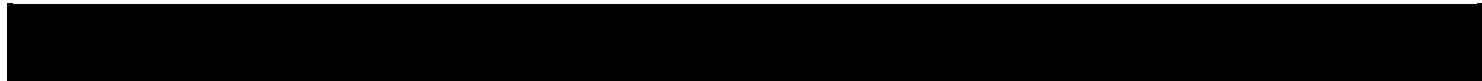
EC - 2nd Grade  
Encore



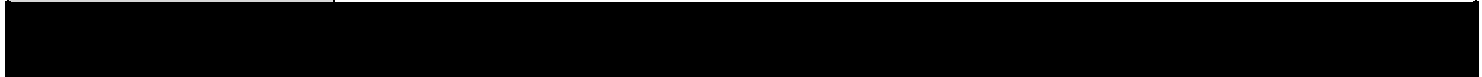
# Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / EC - Grade 2

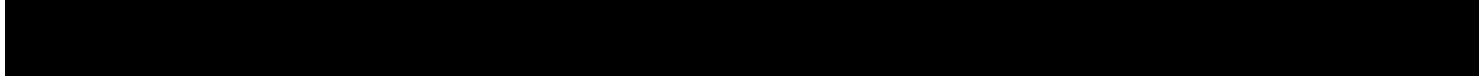
DATES: April 27-May 1, 2020



<p>What do students need to do?</p> <p><a href="#">Link to PE instructional video</a></p> <p><a href="#">Link to Music instructional video</a></p> <p><a href="#">Link to Counselor instructional video</a></p> <p><a href="#">Link to Art instructional video</a></p>	<p><b>Monday (4/27): PE</b></p> <ul style="list-style-type: none"> <li>● Warm Up (2-3min):             <ul style="list-style-type: none"> <li>○ Dance to your favorite song</li> </ul> </li> <li>● Skill: Agility, balance and coordination</li> <li>● Activity (6-8min): Design Your Own Obstacle Course Indoors or Outdoors</li> </ul> <p><b>Tuesday (4/28): Music</b></p> <ul style="list-style-type: none"> <li>● Music Game Day:             <ol style="list-style-type: none"> <li>1. Music Instrument Memory</li> <li>2. Freeze Dance</li> </ol> </li> </ul> <p><b>Wednesday (4/29): Counselor</b></p> <ul style="list-style-type: none"> <li>● Social Emotional Learning: Practice the Golden Rule with the people in our home.</li> </ul> <p><b>Thursday (4/30): Art:</b> Silly Faces: draw silly eyes or mouth and take a picture of them on you, parents, siblings or even pets</p> <p><b>Friday (5/1): PE</b></p> <ul style="list-style-type: none"> <li>○ Warm-Up (2-3min)             <ul style="list-style-type: none"> <li>■ Walk/Run up and down a flight of stairs (8-10x)                 <ul style="list-style-type: none"> <li>● BE SAFE!</li> </ul> </li> </ul> </li> <li>○ Activity (8 min): Around the House Fitness Circuit (Preferably Outside)</li> </ul>
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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 <b>Encore</b> teachers.</p>
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<p>What standards do the lessons cover?</p>	<p>PE: Standard 1: Motor skills and movement patterns, Standard Standard 2: applies knowledge to enhance movement and performance, Standard 4: Exhibits responsible and social behavior of self, others and environment, Standard 5: recognizes the value of physical activity for health, enjoyment, challenge and self enjoyment</p> <p>Music: Anchor Standard 2: K-12.Cr.2 Organize and develop artistic ideas and works, Anchor Standard 6: K-12.Pr.6 Convey meaning through the presentation of artistic works</p> <p>Art:K.VA.Cr.1.1 Engage in exploration and imaginative play with materials that reference nature or environments.1.VA.Cr.1.1 Engage in creative art making using observation and investigation.2.VA.Cr.1.1 Brainstorm and implement multiple approaches, materials, and tools to solve an art or design problem driven by personal interests and curiosity or to repurpose objects to make something new.</p>
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	<p>Counselor: Counselor: ASCA Standards Alignment:</p> <ul style="list-style-type: none"> <li>● Behavior: Self-Management Skills: Demonstrate effective coping skills when faced with a problem</li> <li>● Behavior: Social Skills: Create positive and supportive relationships (with loved ones in our home)</li> <li>● Behavior: Social Skills: Demonstrate empathy</li> <li>● Behavior: Social Skills: Demonstrate ethical decision-making and social responsibility</li> <li>● Behavior: Social Skills: Use effective collaboration and cooperations skills</li> <li>● Behavior: Social Skills: Demonstrate advocacy skills and ability to assert self, when necessary</li> </ul>
<p>What materials do students need? What extra resources can students use?</p>	<p><b>Necessary Materials:</b></p> <ul style="list-style-type: none"> <li>● <b>PE:</b> Timer, Your favorite song, any items in your house or outside - Monday <ul style="list-style-type: none"> <li>○ Timer, a safe place and a Great Attitude! - Friday</li> </ul> </li> <li>● <b>Music:</b> Music memory cards, music</li> <li>● <b>Art:</b> paper, pencil and something to color with (crayons, markers, colored pencils)</li> <li>● <b>Counselor:</b> Golden Rule!</li> </ul> <p><b>Extra Resources:</b></p> <ul style="list-style-type: none"> <li>● <b>PE:</b> 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>● <b>Music:</b> <ul style="list-style-type: none"> <li>○ Optional Online Interactive Music memory: <a href="https://matchthememory.com/musicInstruments12?card_count=10">https://matchthememory.com/musicInstruments12?card_count=10</a></li> <li>○ Freeze Dance Song: <a href="https://www.youtube.com/watch?v=388Q44ReOW">https://www.youtube.com/watch?v=388Q44ReOW</a></li> </ul> </li> <li>● <b>Art:</b> <a href="https://www.youtube.com/user/ArtforKidsHub">https://www.youtube.com/user/ArtforKidsHub</a></li> <li>● <b>Counselor:</b> <a href="https://docs.google.com/presentation/d/1BALGReH9Yks-AgHTJ_sdLjFS2YnGk-wFxf297iZYFaQ/edit#slide=id.g81a5136c89_0_0">https://docs.google.com/presentation/d/1BALGReH9Yks-AgHTJ_sdLjFS2YnGk-wFxf297iZYFaQ/edit#slide=id.g81a5136c89_0_0</a></li> </ul>
<p>What can students do if they finish early?</p>	<ul style="list-style-type: none"> <li>● <b>PE:</b> Cosmic Kids Yoga - <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a>, Juggling Challenge - <a href="https://www.youtube.com/watch?v=dCYDZDlcO6g">https://www.youtube.com/watch?v=dCYDZDlcO6g</a> <a href="https://www.youtube.com/watch?v=otvTUuu49zA">https://www.youtube.com/watch?v=otvTUuu49zA</a> Move to Learn - <a href="https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ">https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ</a></li> <li>● <b>Music:</b> BV Ech-4 Covid-19 Website with songs &amp; activities: <a href="https://sites.google.com/k12.sd.us/bvmusick4/home">https://sites.google.com/k12.sd.us/bvmusick4/home</a></li> <li>● <b>Art:</b> <a href="https://www.youtube.com/user/ArtforKidsHub">https://www.youtube.com/user/ArtforKidsHub</a></li> <li>● <b>Counselor:</b> <a href="https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/">https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/</a></li> </ul>
<p>Who can we contact if we have questions?</p>	<p><b>Brandon Elementary</b>  <b>Building Principal:</b> Mr. Horst- <a href="mailto:Merle.Horst@k12.sd.us">Merle.Horst@k12.sd.us</a>  <b>PE:</b> Mr. Duncanson- <a href="mailto:Jeff.Duncanson@k12.sd.us">Jeff.Duncanson@k12.sd.us</a>  <b>Music:</b> Ms. Fode- <a href="mailto:Rachael.Fode@k12.sd.us">Rachael.Fode@k12.sd.us</a>  <b>Art:</b> Ms. Rieff- <a href="mailto:Erin.Rieff@k12.sd.us">Erin.Rieff@k12.sd.us</a>  <b>Adaptive PE:</b> Ms. Boehrs- <a href="mailto:Dacia.Boehrs@k12.sd.us">Dacia.Boehrs@k12.sd.us</a>  <b>Counselor:</b> Ms. Kolb- <a href="mailto:Vickie.Kolb@k12.sd.us">Vickie.Kolb@k12.sd.us</a>  <b>Robert Bennis Elementary</b>  <b>Building Principal:</b> Ms. Hofkamp- <a href="mailto:Kristin.Hofkamp@k12.sd.us">Kristin.Hofkamp@k12.sd.us</a>  <b>PE:</b> Mr. Scholten- <a href="mailto:Kory.Scholten@k12.sd.us">Kory.Scholten@k12.sd.us</a>  <b>Music:</b> Mr. Fode- <a href="mailto:Jeff.Fode@k12.sd.us">Jeff.Fode@k12.sd.us</a></p>

**Art:** Ms. McNamara- [Heidi.McNamara@k12.sd.us](mailto:Heidi.McNamara@k12.sd.us)  
**Adaptive PE:** Ms. Boehrns- [Dacia.Boehrns@k12.sd.us](mailto:Dacia.Boehrns@k12.sd.us)  
**Counselor:** Ms. Osheim- [Tammy.Osheim@k12.sd.us](mailto:Tammy.Osheim@k12.sd.us)  
**Fred Assam Elementary**  
**Building Principal:** Ms. Foster- [Susan.Foster@k12.sd.us](mailto:Susan.Foster@k12.sd.us)  
**PE:** Ms. Brummels- [Julie.Brummels@k12.sd.us](mailto:Julie.Brummels@k12.sd.us)  
**Music:** Ms. Verberg- [April.Verburg@k12.sd.us](mailto:April.Verburg@k12.sd.us)  
**Art:** Ms. Heeren- [Jordan.Heeren@k12.sd.us](mailto:Jordan.Heeren@k12.sd.us)  
**Adaptive PE:** Ms. Boehrns- [Dacia.Boehrns@k12.sd.us](mailto:Dacia.Boehrns@k12.sd.us)  
**Counselor:** Ms. Nelson- [Angie.Nelson@k12.sd.us](mailto:Angie.Nelson@k12.sd.us)  
**Valley Springs Elementary**  
**Building Principal:** Ms. Palmer- [Tanya.Palmer@k12.sd.us](mailto:Tanya.Palmer@k12.sd.us)  
**PE:** Ms. Fitzgerald- [Bailey.Fitzgerald@k12.sd.us](mailto:Bailey.Fitzgerald@k12.sd.us)  
**Music:** Ms. Ackerman- [Jodi.Ackerman@k12.sd.us](mailto:Jodi.Ackerman@k12.sd.us)  
**Art:** Ms. Kasten- [Amy.Kasten@k12.sd.us](mailto:Amy.Kasten@k12.sd.us)  
**Adaptive PE:** Ms. Boehrns- [Dacia.Boehrns@k12.sd.us](mailto:Dacia.Boehrns@k12.sd.us)  
**Counselor:** Ms. Palmer- [Tanya.Palmer@k12.sd.us](mailto:Tanya.Palmer@k12.sd.us)

**Notes:**

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

*Brandon Valley School District*

## PE EC-2nd

**Monday (4/27):**

**\*You Will Need:** Timer, Your favorite song, any items in your house or outside

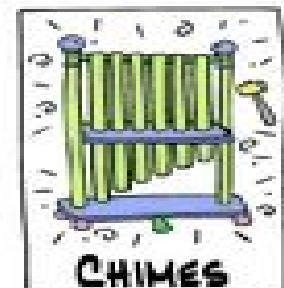
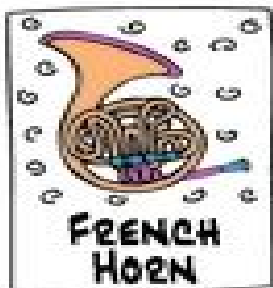
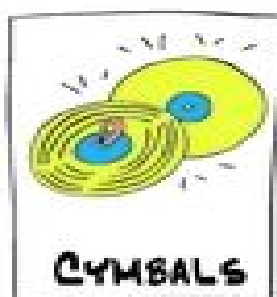
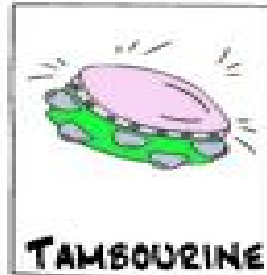
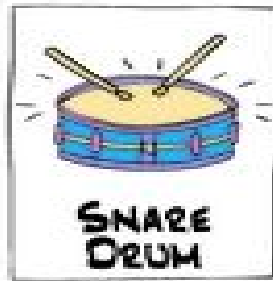
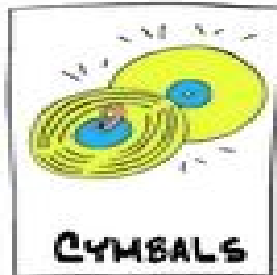
**\*Have FUN** and do your **BEST!**

- **Warm Up** (2-3min):
  - Dance to your favorite song
- **Skill:** Agility, balance and coordination
- **Activity** (6-8min): Design Your Own Obstacle Course Indoors or Outdoors
  - Use anything in your house or outside of your house that you can go over, under, around and through
    - Indoor Example: Start with 5 Jumping jacks, then, quickly run up your stairs, Army crawl under your table, jump over your kitchen chair, hop on one foot through pillows on the floor, frog jump over a few toys, walk backwards around another chair, leap over stuffed animals in a zig zag, balance on one foot on a cushion, run back down your stairs.
    - If you want to time yourself and to see how fast you can get through, do that to see if you can improve your time.
    - You can make it as short or as long as you want.
    - Be creative and have fun!
    - Email your PE teacher so we can see your creativity!

**GREAT WORK TODAY! GO LYNX!**

# Music Game Day

1. Musical Memory - print & cut out these game pieces. Mix them up & place them face down in front of you. Turn over 2 at a time. If they match, you get to keep them. If they don't match, turn them back over. \*\*Optional: find someone to play. Take turns. If you get a match, you get to go again. \*\*Electronic Option:  
[https://matchthememory.com/musicInstruments12?card\\_count=10](https://matchthememory.com/musicInstruments12?card_count=10)
2. Freeze Dance - find your favorite music to play/listen to. Ask someone to press pause. When the music stops, you have to freeze like a statue. Don't move until the music starts again! \*\*Electronic option: <https://www.youtube.com/watch?v=388Q44ReOW>



## Counselor - Wonderful Wednesday, April 29, 2020 - EC-2<sup>nd</sup> Grade

### Week 7: April 27 – May 1, 2020

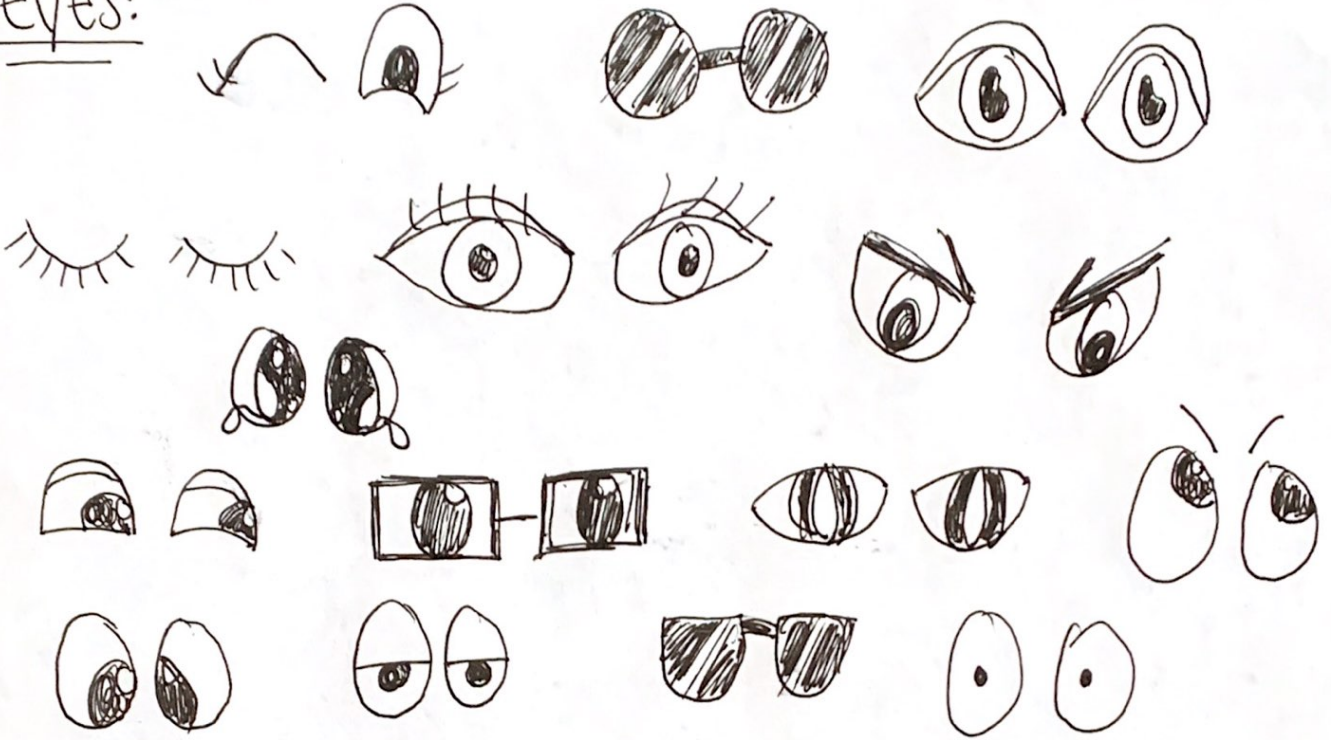
**Social Emotional Learning: We can practice the Golden Rule with the people in our home.**

- Be friendly: Say “Good morning!” or “How are you?”
- Be polite: Use a inside voice
- Be honest: Tell the truth
- Be kind: Use nice words
- Share: Play together with your siblings
- Help each other: Help clean up or pick up your toys
- What else can you do?

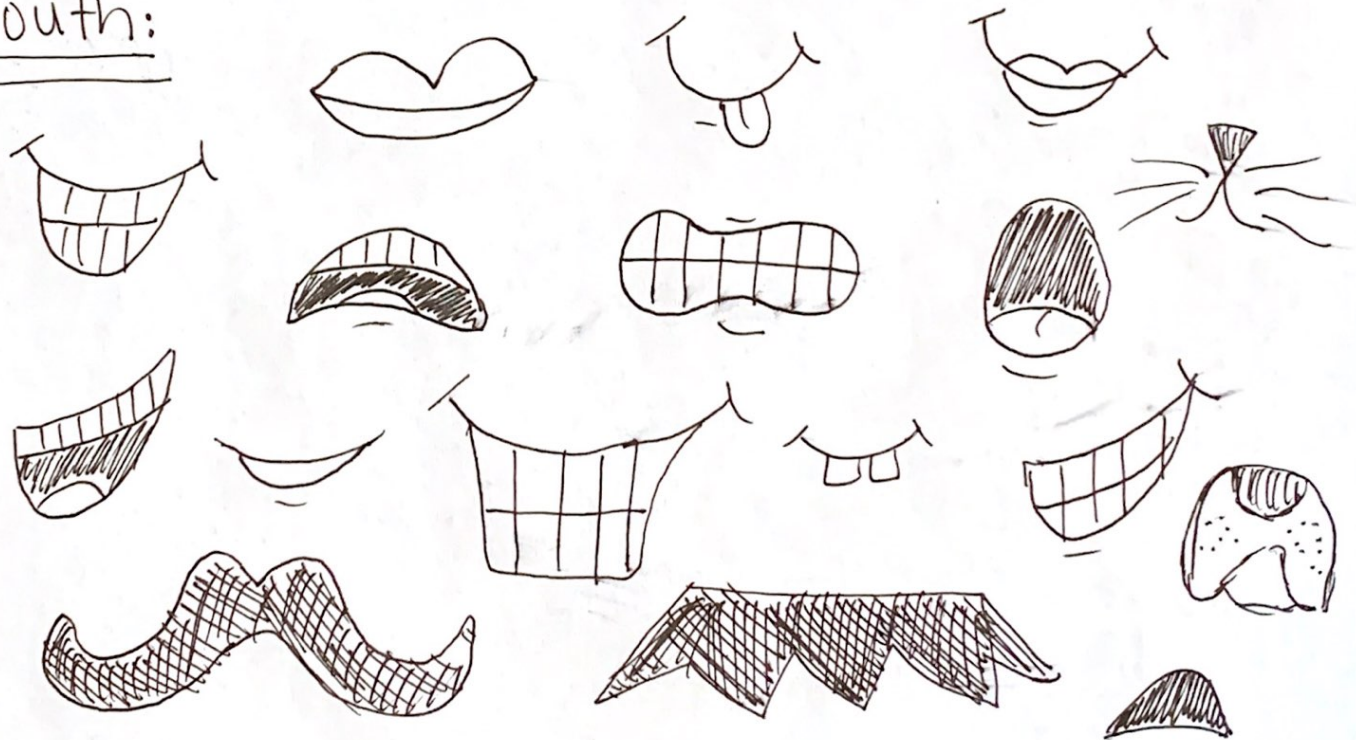


# Silly Faces:

eyes:



mouth:



- add details, make it your own



# PE EC-2nd

**Friday (5/1):**

**\*You Will Need:** Timer, a safe place and a Great Attitude!

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

- **Fitness Friday**

- **Warm-Up** (2-3min)

- Walk/Run up and down a flight of stairs (8-10x)

- BE SAFE!

- **Activity** (8 min): Around the House Fitness Circuit (Preferably Outside)

- Find a safe space with enough room to do your activities, preferably outside. Walk the area (around the outside of your house or apartment) and remove any objects that would make the space unsafe. If you are unable to go outside, set up a designated course in your house that you will travel during the running portion. (Talk to an adult if you need help finding a place)
- Perform the following exercises:

- Superpersons



- Shoulder Taps



- Frankensteins



- Crab Kicks



In this activity, you will alternate the activities from above with running around the outside of your house/apartment. **You will do this circuit for 8 minutes**, so try to get as many rounds done as you can in that time.

**Example:** 10 Superpersons, 1 Lap around the house, 10 Shoulder Taps, 1 Lap around the house, 10 Frankensteins, 1 Lap around the house, and 10 Crab Kicks with 1 lap around the house: Repeat as many times as you can in 8 minutes.

**Remember:** Physical activity is about personal goals and improvement. Find a way to challenge yourself, but don't be discouraged if you're not as good as you hoped to be at an activity. Keep working hard and you will get better!

- **Cool Down** (2-3 min):

- Walk one time around your house
- Butterfly stretch
- Drink some water! :)