

Brandon Valley School District
District Learning Plans
April 6-10, 2020

Grades 3-4

Encore



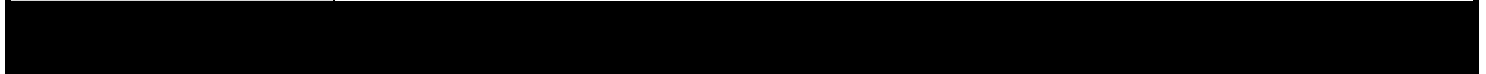
Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 3 - 4

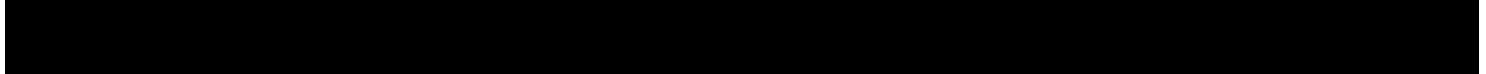
DATES: April 6-10, 2020



<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 Art instructional video</p>	<p>Monday (4/6): PE</p> <ul style="list-style-type: none"> ● Warm Up (2-3min): <ul style="list-style-type: none"> ○ Bear Crawl around the house (rest when needed) ● Skill/Activity (10-12min): Tabata <ul style="list-style-type: none"> ○ Perform exercise for 20 seconds, rest for 10 seconds for each movement <ul style="list-style-type: none"> ■ Repeat 2x ● Cool Down (2min) <ul style="list-style-type: none"> ○ Walk around your house inside or outside <p>Tuesday (4/7): Music</p> <ul style="list-style-type: none"> ● High/Low & Pitch Water Glass Experiment <p>Wednesday (4/8): PE</p> <ul style="list-style-type: none"> ● Warm Up (2-3min): <ul style="list-style-type: none"> ○ Bear Crawl around the house (rest when needed) ● Skill/Activity (10-12min): Tabata <ul style="list-style-type: none"> ○ Perform exercise for 20 seconds, rest for 10 seconds for each movement <ul style="list-style-type: none"> ■ Repeat 2x ● Cool Down (2min) <ul style="list-style-type: none"> ○ Walk around your house inside or outside <p>Thursday (4/9): Art</p> <ul style="list-style-type: none"> ● Found Objects Color Wheel <p>Friday (4/10): NO SCHOOL</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.</p>
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<p>What standards do the lessons cover?</p>	<p>PE: 2 & 3</p> <p>Music: K-12.Cr.1 Generate and conceptualize artistic ideas and works, K-12.Cr.2 Organize and develop artistic ideas and works, K-12.Pr.5 Develop and refine artistic works for presentation</p> <p>Art: 3.VA.Cr.1.1 Elaborate independently on an imaginative idea. 4.VA.Cr.2.1 Explore and invent art- making techniques and approaches</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: Timer and positive attitude ● Music: 3 glasses or coffee cups (must be glass or ceramic), spoon or pencil, water. Optional: food coloring ● Art: Coloring tools (crayons, markers, or colored pencils), colored objects matching those in the color wheel <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: https://www.youtube.com/watch?v=iFwtybB3R6Q ● Art: https://www.youtube.com/watch?v=yu44JRTIxSQ&list=PLd_zy-Jx_QxehO91esCQI-M3ScebpOrLZ&index=1
<p>What can students do if they finish early?</p>	<p>PE:</p> <ul style="list-style-type: none"> ● Cosmic Kids Yoga - https://www.cosmickids.com/ ● Home Activities - https://wideopenschool.org/ ● Move to Learn - https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ <p>Music:</p> <ul style="list-style-type: none"> ● BV ECH-4 COVID-19 Music Extras Site: https://sites.google.com/k12.sd.us/bvmusick4/home <p>Art: Art for Kids Hub- https://www.youtube.com/user/ArtforKidsHub</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</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</p> <p>Fred Assam Elementary Building Principal: Ms. Foster- Susan.Foster@k12.sd.us 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</p> <p>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</p>
<p>Notes:</p>	

Instructional materials are posted below (if applicable)

Brandon Valley School District

PE: 3rd and 4th Grade

You Will Need: A clock to time yourself with a second hand or a timer on your electrical device.

***Have FUN and Do Your BEST!**

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

- Bear Crawl around the house (rest when needed)



- **Skill/Activity** (12-14 min): **Tabata**

- Perform exercise for 20 seconds with GREAT form and high intensity (as many as you can), rest for 10 seconds after each movement

- **Jumping Jacks** (20 sec)

- Rest 10 (10 sec)



- **Push Ups** (20 sec)

- Modify: Go down to knees
- Rest (10 sec)



- **Crunches** (20 sec)

- Rest (10 sec)



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- Burpees (20 sec)

- Rest 10 (10 sec)



- High Knees in Place (20 sec)

- Rest 10 (10 sec)



- Jog in Place (20 sec)

- Rest 10 (10 sec)

- Go back to top and **repeat - 2x** total

- On **Wednesday** challenge yourself and repeat **3x** instead of 2x ---
YOU CAN DO IT!!!
- **Cool Down** (2min):
 - Walk around your house inside or outside
 - Remember to hydrate with water!!!

Grades 3-4 High & Low Pitches Water Glass Experiment

Instructions:

1. **Find 5 glass glasses or coffee cups** (they need to be made of glass/ceramic). Experiment by playing them using a pencil or metal spoon (be careful - don't hit it too hard!). Do they sound different or the same?
2. **Next, put some water in each cup/glass**, making sure the water level is different. (Example: 1 cup has very little water. 3rd cup is half-full. 5th cup is almost full.) Optional: add a different color of food coloring to each glass/cup.



3. **Experiment** by playing them using a pencil or metal spoon (be careful - don't hit it too hard!).
4. **Create your own rhythm** and play it 4 times. An ostinato is a repeated pattern! You're creating an ostinato.
5. **Answer these questions:**
 - a. Do the glasses sound the same or different?
 - b. Which glass has the highest sound?
 - c. Which glass has the lowest sound?
 - d. What happens if you take water out of the glass? Does the sound get higher or lower?
6. **Optional:** Take a picture with your homemade glass instruments and email it to your music teacher!
7. **BONUS CHALLENGE:** Play a familiar song using your water cups/glasses to play for a family member. Examples: Mary Had a Little Lamb, Hot Cross Buns, Jingle Bells.
8. **EXTRA BONUS CHALLENGE:** Make a one octave scale, using 8 total glasses. (Do, Re, Mi, Fa, So, La, Ti, Do).

Student Name: _____

TERTIARY (INTERMEDIATE) COLOR WHEEL

Directions: Place the PRIMARY COLORS in the circles, the SECONDARY COLORS in the squares, and the TERTIARY colors in the triangles.

