

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

Grades 5-6

Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 5 - 6
2020

DATES: April 6-10,



<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 - Around the House Fitness Circuit</p> <p>Tuesday (4/7): Music - Water Glass Xylophone Activity</p> <p>Wednesday (4/8): PE - Around the House Fitness Circuit</p> <p>Thursday (4/9): Art- Fashion/Product Design with Patterns and Textures</p> <p>Friday (4/10): NO SCHOOL</p>
<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>
<p>What standards do the lessons cover?</p>	<p>PE: <i>NASPE Standard 3-</i> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <i>NASPE Standard 4-</i>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Music: Cr.1: Generate and conceptualize artistic ideas and work. Cr.2: Organize and develop artistic ideas and work. .Cr.3: Refine and complete artistic work. .Pr.5: Develop and refine artistic works for presentation.</p> <p>Art: Anchor Standard 1: K-12.Cr.1-Generate and conceptualize artistic ideas and work, 2: K-12.Cr.2-organize and develop artistic ideas and work, 9: K-12.Re. 9.- Evaluate artistic work based on critical and sensitive response to various visual art experiences. ,10:K-12.Cn. 10-Synthesize and relate knowledge and personal experiences to make art.</p>
<p>What materials do students need? What extra resources can students use?</p>	<p>Necessary Materials:</p> <ul style="list-style-type: none"> ● PE: Comfortable workout clothes ● Music: 6-7 identical glasses, ¼ measuring cup, (optional) food coloring, spoon, tape, pen or pencil ● Art: 3 or more blank pieces of paper, pencil, marker (optional), scissors, something to take pictures with (camera, phone, tablet/iPad). If you do not have a camera, show your creations to family members! <p>Extra Resources:</p> <ul style="list-style-type: none"> ● PE: https://openphsyed.org/activeschools/activehome ● Music: https://www.youtube.com/watch?v=iFwtybB3R6Q, https://www.youtube.com/watch?v=QdoTdG_VNV4

	<ul style="list-style-type: none"> • Art:
What can students do if they finish early?	<p>PE: Challenge a friend/family member to a fitness challenge. Utilize a phone call/facetime to see who can do the most perfect push ups or plank for the longest.</p> <p>Music: Play and explore more songs. Examples: Hot Cross Buns, Merrily We Roll Along, Twinkle, Twinkle Little Star, London Bridges. Challenge a family member to play the songs you created. Create new songs and record them.</p> <p>Art: Come up with other objects that you could draw, cut out and put in front of interesting patterns (flower, car, cup, building, chair, ie..)</p>
Who can we contact if we have questions?	<p>Brandon Valley Intermediate School</p> <p>Building Principal: Mr. Skibsted- Nick.Skibsted@k12.sd.us</p> <p>Assistant Principal: Mr. Pearson- Rick.Pearson@k12.sd.us</p> <p>Teachers</p> <p>PE: Mr. O’Connell- Jeffrey.OConnell@k12.sd.us</p> <p>Ms. McGuire- Coty.McGuire@k12.sd.us</p> <p>Music: Ms. Ackerman- Jodi.Ackerman@k12.sd.us</p> <p>Art: Ms. Terwee- Jennifer.Terwee@k12.sd.us</p>
Notes:	

Instructional materials are posted below (if applicable)

Brandon Valley School District

Around the House Fitness Circuit

Intro: The Around the house fitness circuit is intended to get students out of the house and moving. The weather this time of the year is always changing, so if you need to swap your encore activity days around, I encourage you to be an active learner and do so. We will be incorporating a mixture of strength exercises and cardio exercises in this activity. Remember that the overall goal of this activity is to get you active and moving, so feel free to be creative to make the activity fit your interest or needs!

Set up:

1. Find a safe space with enough room to do your activities, preferably outside. Walk the area 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)
2. *Optional* If you would like to challenge yourself, find something that can act as a weight. Examples: Recycled milk jug, laundry soap, a backpack, a large rock. (Make sure the item is safe and ask for permission if you are borrowing it)

The Activity:

Pick at least 3 of the following Exercises:

- Squats
- Push-ups
- Russian Twists
- Lunges
- Tricep Dips
- Suitcases

In this activity, you will alternate the activities you have chosen from above with running around the outside of your house/apartment. You may do the activities with your optional weight or not, this includes the lap around the house. **You will do this circuit for 15 minutes**, so try to get as many activities done as you can in that time.

Example: 10 Squats, 1 Lap around the house, 10 push-ups, 1 Lap around the house, 10 Russian Twists, 1 Lap around the house. Repeat

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!

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!

Grades 5-6 Encore Music District Learning Plan

Musical Water Glasses



Activity

Sounds are caused by vibrations. If you place your fingers on your throat and hum, you will feel the vibrations. Today we will create different sounds and vibrations.

For this sound experiment you will need the following:

- 7-8 glasses of the same size
- Measuring cups
- Optional – food coloring
- tape
- pencil or pen

Directions

1. Arrange your cups in a row.
2. Using a $\frac{1}{4}$ measuring cup, place $\frac{1}{4}$ cup of water in 1 cup. For each cup add 1 more $\frac{1}{4}$ cup, so that each cup has more water than the one before it. If you don't have a measuring cup to use, add water, tap the side, and see that it sounds lower or higher than the cup before. Use the picture above as a guide.
3. Number each cup with the fullest cup being 1, as in the picture at the top of this page.

Optional – Food coloring – if you would like to add food coloring to match, use the following

- 1 – Green
- 2 – Blue
- 3 – red
- 4 – yellow
- 5 – orange
- 6 – purple
- 7 – empty – no color needed

Let's give this a try! I'll use numbers. If you've added the colors, feel free to color over my numbers to match! Tap the musical cups in the order of the numbers. Do you recognize the tune?

3 2 1 2 3 3 3

2 2 2 3 5 5

3 2 1 2 3 3 3

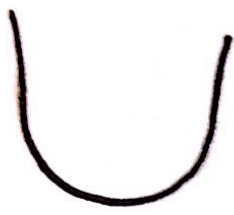
2 2 3 2 1

Try creating another familiar tune. Write your number or color guide below.

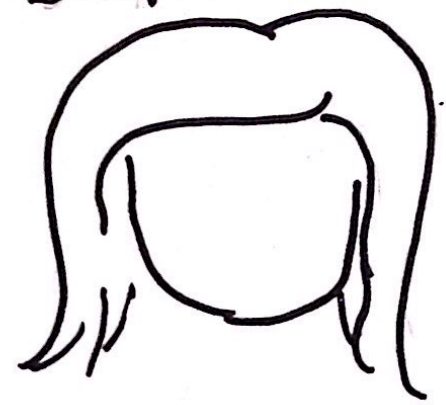
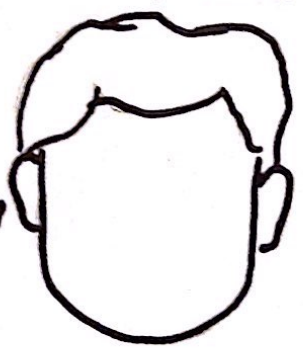
Now try creating a brand-new tune! Write your number or color guide below.

Start with a "U" Add a "simple" hair style

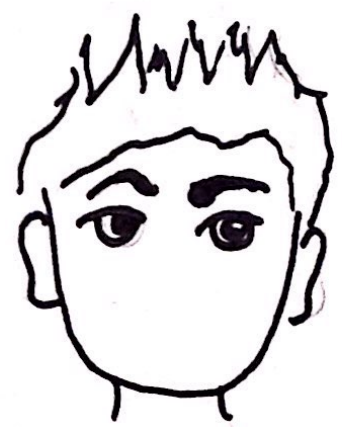
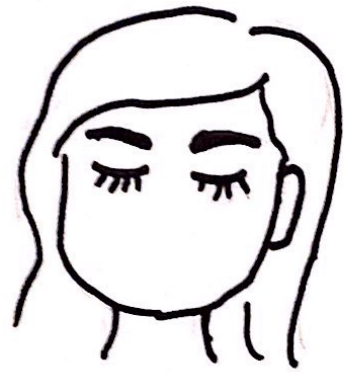
FACE



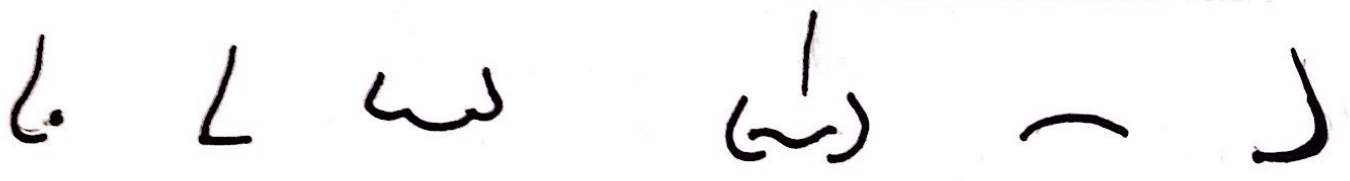
Ears →



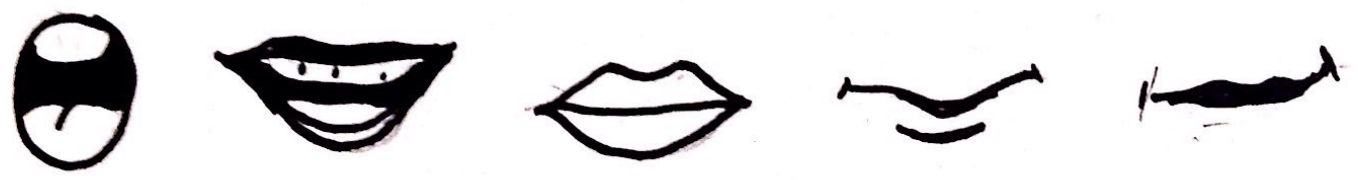
HAIR
Neck →



NOSE



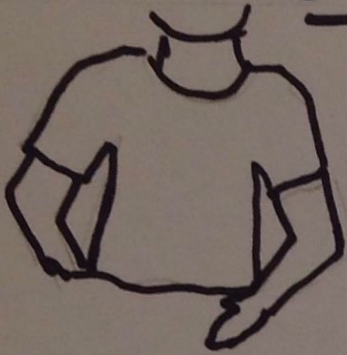
MOUTH



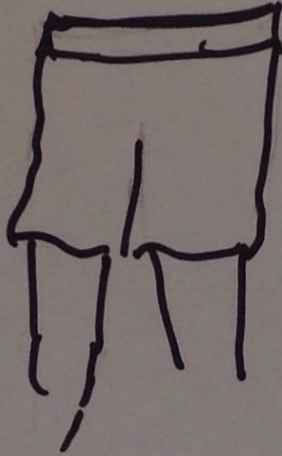
HANDS



SHIRTS



PANTS / SHORTS



Dress or Skirt



