

Brandon Valley School District
District Learning Plans
May 11-15, 2020

Grades 3-4

Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 3 - 4

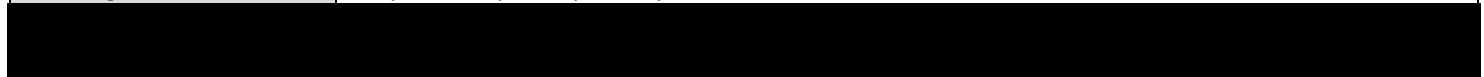
DATES: May 11-15, 2020



<p>What do students need to do?</p> <p><u>PART ONE link to PE instructional video</u></p> <p><u>PART TWO link to PE instructional video</u></p> <p><u>Link to Music instructional video</u></p> <p><u>Link to Counselor instructional video</u></p> <p><u>Link to Art instructional video</u></p>	<p>Monday (5/11): PE</p> <ul style="list-style-type: none"> ● Warm Up (2-3min): <ul style="list-style-type: none"> ○ 2 Jogging Laps around house ○ 10 Wall Push-Ups ○ 5 Spiderman Stretches 5 each leg ○ Skipping High Knees around your house/apartment ● Activity (10 min): 1 Minute Challenges <p>Tuesday (5/12): Music</p> <ul style="list-style-type: none"> ● Homemade Musical Instrument <p>Wednesday (5/13): Counselor</p> <ul style="list-style-type: none"> ● Social Emotional Learning: Transitions - Sailing into the Sunset <p>Thursday (5/14): Art</p> <ul style="list-style-type: none"> ● 3D Fish/Lizard <p>Friday (5/15): PE</p> <ul style="list-style-type: none"> ● Warm Up (4-6 min): 5 Piece Paper Warm-Up ● Activity (8-10 min:) Towel Fitness Challenges With A Partner
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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: Standard 1: Motor skills and movement patterns, 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 1: K-12.Cr.1 Generate and conceptualize artistic ideas and works, Anchor Standard 10: K-12.Cn.10 Synthesize and relate knowledge and personal experiences to make artistic works</p> <p>Art:3.VA.Cr.2.1 Create personally satisfying artwork using a variety of artistic processes and materials. 4.VA.Cr.2.1 Explore and invent art- making techniques and approaches</p> <p>Counselor: ASCA Standards Alignment:</p> <ul style="list-style-type: none"> ● Behavior: Self-Management Skills: Demonstrate ability to work independently
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	<ul style="list-style-type: none"> ● Behavior: Self-Management Skills: Demonstrate ability to manage transactions and ability to adapt to changing situations and responsibilities ● Behavior: Social Skills: Create positive and supportive relationships (with loved ones)
<p>What materials do students need? What extra resources can students use?</p>	<p>Necessary Materials:</p> <ul style="list-style-type: none"> ● PE: Monday - Soft object to toss, basket/bucket, timer Friday - 5 pieces of paper, 1 Bath Towel, socks, ball or stuffed animal, a target (chair, couch, umbrella, ect.) ● Music: Various materials - choose the instrument that fits what you have at home! 5 suggestions (but not limitations): egg shaker, guitar, kazoo, bell shaker, tin can drums ● Art: paper, scissors, glue/tape, something to color with (crayons, markers, colored pencils) ● Counselor: paper; choice of pencil, colored pencils, crayons, or markers <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: How to Videos: <ul style="list-style-type: none"> ○ Guitar: https://www.youtube.com/watch?v=4m5oWZixca0 ○ Kazoo: https://www.youtube.com/watch?v=pF0elA6mzmq ○ Tin Can Drum: https://www.youtube.com/watch?v=Bm7TZMT04kc ○ Jingle Bells: https://www.youtube.com/watch?v=3HzPa4yOYt4 ● Art: https://www.youtube.com/user/ArtforKidsHub ● Counselor: https://drive.google.com/file/d/1sM7Wcp0ZkORqleoC2-UVDcY0h2zuyUlv/view
<p>What can students do if they finish early?</p>	<p>PE: Cosmic Kids Yoga - https://www.cosmickids.com/, Juggling Challenge - https://www.youtube.com/watch?v=dCYDZDlcO6g https://www.youtube.com/watch?v=otvTUuu49za Move to Learn - https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ</p> <p>Music: BV Covid 19 Ech-4th Music Site: https://sites.google.com/k12.sd.us/bvmusick4/home</p> <p>Art: https://www.youtube.com/user/ArtforKidsHub</p> <p>Counselor: https://docs.google.com/document/d/1C1ctZ-LoiaFsvcjmdgWODt8h1V37I389sSxE1VjVRw/edit</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 Counselor: Ms. Kolb- Vickie.Kolb@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 Counselor: Ms. Osheim- Tammy.Osheim@k12.sd.us</p> <p>Fred Assam Elementary</p>

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

Counselor: Ms. Nelson- Angie.Nelson@k12.sd.us

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

Counselor: Ms. Palmer- Tanya.Palmer@k12.sd.us

Notes:

Instructional materials are posted below (if applicable)

Brandon Valley School District

PE 3rd and 4th

Monday (5/11):

***You Will Need:** Soft object to toss, basket/bucket, timer

*As always, **HAVE FUN** and **DO YOUR BEST!**

- **Warm Up** (2-3min):
 - 2 Jogging Laps around house
 - 10 Wall Push-Ups
 - 5 Spiderman Stretches 5 each leg
 - Skipping High Knees around your house/apartment
- **Skill/Activity** (10 min): 1 Minute Challenges
 - **Rest 1 min in between challenges**
 - How many times can you toss a sock or soft object into a trash can/bucket?
 - If miss, 2 jumping jacks
 - How many burpees can you do?
 - How many squats can you do?
 - How many push-ups can you do?
 - How many basketball shots can you make in the basket?
 - If miss, 2 jumping jacks

Let your PE teachers know how you did on your 1 minute challenges!

GREAT WORK TODAY! GO LYNX!

Homemade Instruments

Introduction: Have you ever tried to make an instrument? Musical instruments exist all around us! From pots and pans to bottles and glasses, people have been using homemade instruments for centuries to create music.

Directions: Today you are going to create your own musical instrument using household items. Because each household has different items at their disposal for use, we are presenting several options.

1. Create your instrument! Have fun - decorate it!
2. Practice - play your instrument. Use rhythms, steady beat, and melody (if applicable)
3. Perform - perform your instrument for a family member or friend. *OPTIONAL: make a video & send it to your teacher!

Homemade Instrument Options & Ideas:

1. Kazoo

- a. Materials needed: toilet paper or paper towel roll, waxed paper, rubberband
- b. Directions: Cut a small square of waxed paper (about 2 inches x 2 inches). Wrap it tightly on one end of the tube, and secure with a rubberband. Place the tube up to your mouth & sing or hum through it. You should hear a kazoo buzzing sound as you sing.



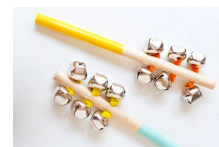
2. Shaker Eggs

- a. Materials needed: plastic eggs, rice, tape
- b. Directions: Add about 1 T of rice or beans to a plastic egg. Tape shut (electric tape works best). Shake & create your rhythms!



3. Bells shaker

- a. Materials needed: a wooden dowel or stick, jingle bells, glue or string
- b. Directions: glue or tie jingle bells to the end of a stick. Secure as needed with glue or tape. Shake to create your rhythms!



4. Can drums

- a. Materials needed: tin can (clean), balloon or other stretchy material, rubberband, pencil
- b. Cut the end off a balloon. Stretch the balloon over a tin can. Secure with a rubber band. Use a pencil as a mallet to play your rhythms, turn on the side to use as a guiro!

Looking for more music activities? Visit:

<https://sites.google.com/k12.sd.us/bvmusick4/home>

Counselor - Wonderful Wednesday, May 13, 2020 - Grades 3-4

Social-Emotional Learning: Transitions



Sailing into the Sunset

Please complete each of the four sections.

My favorite memory from this year is...

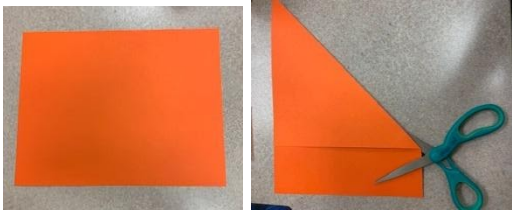
The most important lesson I learned this year was...

Something I struggled with and overcame this year was...

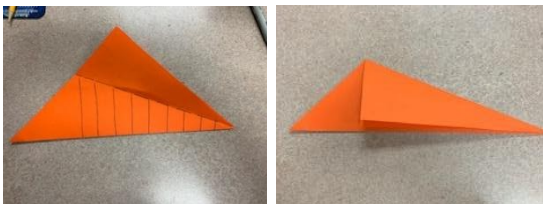
What I'm most looking forward to next year is...

You did it! Way to use a Growth Mindset!

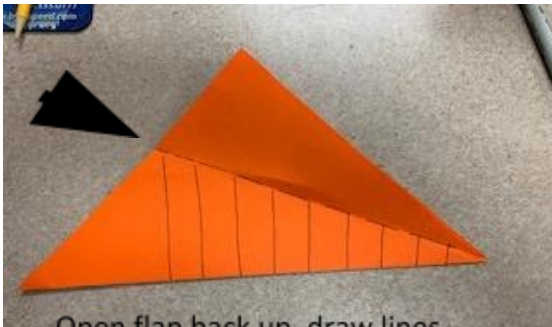
3D Fish/ Lizard



1. Fold down one corner, line it up with the edge of the paper. Cut off extra, but save for later



2. Fold top point down, line up edge with the bottom of the triangle



3. Open flap back up, draw lines about 2 finger spaces apart going from right to left. STOP before you get to the arrow!



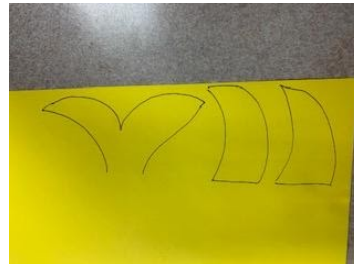
4. Cut on the lines



5. Open back up and fold the flaps in (to make it look like a kite.) Flip over.



6. Decorate and add details. Color.



7. With the extra paper from earlier, draw fins for a fish or legs for a lizard. Cut out



8. Put glue or tape on one flap, then overlap with top flap. Glue on your fins or legs

9.




Done!

PE 3rd and 4th

Fitness Friday (5/15):

***You Will Need:** 5 pieces of paper, 1 Bath Towel, socks, ball or stuffed animal, a target (chair, couch, umbrella, ect.)

*As always, **HAVE FUN** and **DO YOUR BEST!**

- **Warm Up** (4-6 min): 5 Piece Paper Warm-Up
 - Set up your 5 pieces of paper in a line and with enough space in between them to do the following:
 - They will look like this: 
 - Jump (2 feet) over each paper and go back to start - 3x through
 - Hops (1 foot) - Start with left (3x)
 - Right footed hops (3x)
 - Sideways Jumps - alternate sides (3x)
 - High Knees (3x)
 - Zig Zag Shuffle (3x)
 - Side Planks Back and Forth (3x)
- **Activity** (8-10 min:) **Towel Fitness Challenges With A Partner**

*The towel fitness challenge will sometimes be utilized with a partner and some will have cooperative movements. You will only need one towel between the two of you. Make sure to switch roles for each challenge. Practice taking turns and be safe!

- **Tug of War:**
 - You will each pull on the end of the bath towel to pull the other person over the "line." Another towel rolled up lengthwise will work for the "line" in between the two of you.
- **Resistance Run:**
 - Person in front holds front end of towel and tries to run forward. Person in back provides resistance while holding onto the back of the towel. (Switch roles)
- **Ski Pull:**
 - Person in front holds front end of towel and pulls person in back. Person in back holds onto back of towel and is sliding (skiing) with their socks on. (Switch roles)
- **Split/Scissor Jumps:**
 - One person at a time
 - Lie the towel on the floor rolled length wise and split/scissor jumps to the end and back. (Switch)
- **Skier Jumps:**
 - Leave towel lengthwise on floor and jump side to side over towel going down and back (Switch)
- **180 degree Squat Jumps:**