

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

EC-2nd Grade  
Encore



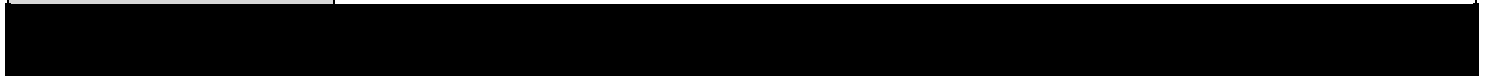
# Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / EC - Grade 2

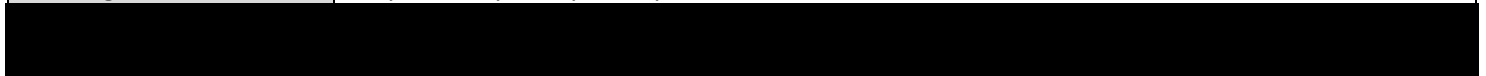
DATES: May 11-15, 2020



<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 (5/11): PE</b></p> <ul style="list-style-type: none"> <li>● Warm Up (2-3min):             <ul style="list-style-type: none"> <li>○ 2 laps around your house/apartment flying like an airplane</li> </ul> </li> <li>● Activity (6-8min):             <ul style="list-style-type: none"> <li>○ 1 Minute Challenges</li> </ul> </li> </ul> <p><b>Tuesday (5/12): Music</b></p> <ul style="list-style-type: none"> <li>● Homemade Musical Instrument</li> </ul> <p><b>Wednesday (5/13): Counselor</b></p> <ul style="list-style-type: none"> <li>● Social Emotional Learning: Transitions - Sailing into the Sunset</li> </ul> <p><b>Thursday (5/14): Art</b></p> <ul style="list-style-type: none"> <li>● 3D Dinosaur</li> </ul> <p><b>Friday (5/15): PE</b></p> <ul style="list-style-type: none"> <li>● Warm-Up (2-3min) 5 Piece Paper Warm-Up</li> <li>● Activity (8-10 min): Towel Fitness and Challenges</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 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:K.VA.Cr.2.1 Through experimentation, build safe skills in various media and approaches to art- making. 1.VA.Cr.2.1 Explore safe uses of materials, tools, and procedures to create works of art or design. 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> <p>Counselor: Counselor: ASCA Standards Alignment:</p> <ul style="list-style-type: none"> <li>● Behavior: Self-Management Skills: Demonstrate ability to work independently</li> </ul>
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	<ul style="list-style-type: none"> <li>● Behavior: Self-Management Skills: Demonstrate ability to manage transactions and ability to adapt to changing situations and responsibilities</li> <li>● Behavior: Social Skills: Create positive and supportive relationships (with loved ones)</li> </ul>
<p>What materials do students need? What extra resources can students use?</p>	<p>Necessary Materials:</p> <ul style="list-style-type: none"> <li>● PE: Monday - A soft object to toss, bucket/basket, timer and Friday- 5 pieces of paper, 1 Bath Towel, socks, ball or stuffed animal, a target (chair, couch, umbrella, ect.)</li> <li>● 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</li> <li>● Art: Cardboard tube(toilet paper roll or paper towel roll, cereal box or paper, pencil, something to color with (crayons, markers, colored pencils)</li> <li>● Counselor: paper; choice of pencil, colored pencils, crayons, or markers</li> </ul> <p>Extra Resources:</p> <ul style="list-style-type: none"> <li>● PE: 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>● Music: How to Videos: <ul style="list-style-type: none"> <li>○ Guitar: <a href="https://www.youtube.com/watch?v=4m5oWZixca0">https://www.youtube.com/watch?v=4m5oWZixca0</a></li> <li>○ Kazoo: <a href="https://www.youtube.com/watch?v=pF0elA6mzmg">https://www.youtube.com/watch?v=pF0elA6mzmg</a></li> <li>○ Tin Can Drum: <a href="https://www.youtube.com/watch?v=Bm7TZMT04kc">https://www.youtube.com/watch?v=Bm7TZMT04kc</a></li> <li>○ Jingle Bells: <a href="https://www.youtube.com/watch?v=3HzPa4yOYt4">https://www.youtube.com/watch?v=3HzPa4yOYt4</a></li> </ul> </li> <li>● Art: <a href="https://www.youtube.com/channel/UCdEo82iK2IzwMqCxBuQmmrQ">https://www.youtube.com/channel/UCdEo82iK2IzwMqCxBuQmmrQ</a></li> <li>● Counselor: <a href="https://drive.google.com/file/d/1DHHoUf1IODNRPXTfzP_9w6U358hoCZb/view">https://drive.google.com/file/d/1DHHoUf1IODNRPXTfzP_9w6U358hoCZb/view</a></li> </ul>
<p>What can students do if they finish early?</p>	<p>PE: *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></p> <p>Music: BV Covid 19 Ech-4th Music Site: <a href="https://sites.google.com/k12.sd.us/bvmusick4/home">https://sites.google.com/k12.sd.us/bvmusick4/home</a></p> <p>Art: <a href="https://www.youtube.com/channel/UCdEo82iK2IzwMqCxBuQmmrQ">https://www.youtube.com/channel/UCdEo82iK2IzwMqCxBuQmmrQ</a></p> <p>Counselor: <a href="https://docs.google.com/document/d/1C1ctZ-LoiaFsvcijmdgWODt8h1V37I389sSxE1VjVRw/edit">https://docs.google.com/document/d/1C1ctZ-LoiaFsvcijmdgWODt8h1V37I389sSxE1VjVRw/edit</a></p>
<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. Boehrns- <a href="mailto:Dacia.Boehrns@k12.sd.us">Dacia.Boehrns@k12.sd.us</a>  <b>Counselor:</b> Ms. Kolb- <a href="mailto:Vickie.Kolb@k12.sd.us">Vickie.Kolb@k12.sd.us</a></p> <p><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>  <b>Art:</b> Ms. McNamara- <a href="mailto:Heidi.McNamara@k12.sd.us">Heidi.McNamara@k12.sd.us</a>  <b>Adaptive PE:</b> Ms. Boehrns- <a href="mailto:Dacia.Boehrns@k12.sd.us">Dacia.Boehrns@k12.sd.us</a>  <b>Counselor:</b> Ms. Osheim- <a href="mailto:Tammy.Osheim@k12.sd.us">Tammy.Osheim@k12.sd.us</a></p> <p><b>Fred Assam Elementary</b>  <b>Building Principal:</b> Ms. Foster- <a href="mailto:Susan.Foster@k12.sd.us">Susan.Foster@k12.sd.us</a>  <b>PE:</b> Ms. Brummels- <a href="mailto:Julie.Brummels@k12.sd.us">Julie.Brummels@k12.sd.us</a></p>

**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)  
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**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 (5/11):**

**\*You Will Need:** A soft object to toss, bucket/basket, timer

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

- **Warm Up** (2-3min):
  - 2 laps around your house/apartment flying like an airplane
- **Skill/Activity** (6-8min):
  - 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?
    - How many jumping jacks can you do?
    - How many squats can you do?
    - How many basketball shots can you make in the basket?

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 - EC-2<sup>nd</sup> Grade

## Social-Emotional Learning: Transitions



### Sailing into the Sunset

Please draw pictures for each of the four sections.

*My favorite memory from this year is...*

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

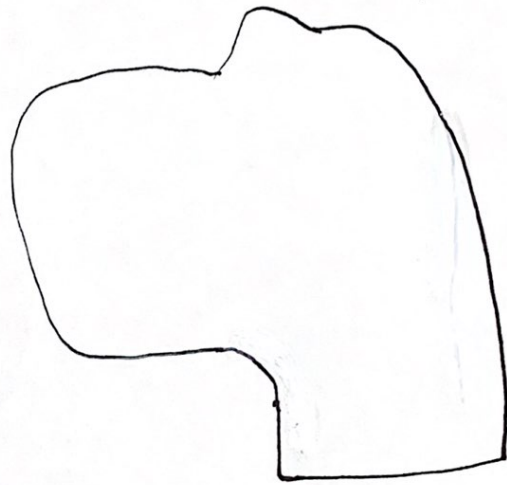
*Something I struggled with and overcame this year was...*

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

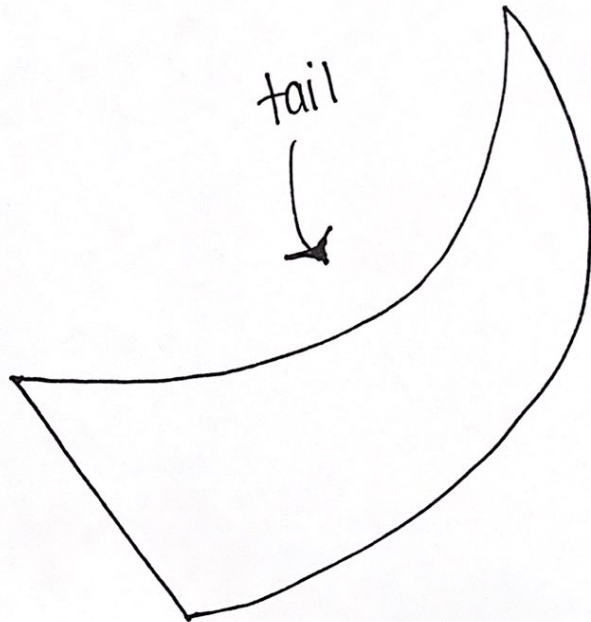
**You did it! Way to use a Growth Mindset!**

# 3D Dinosaurs

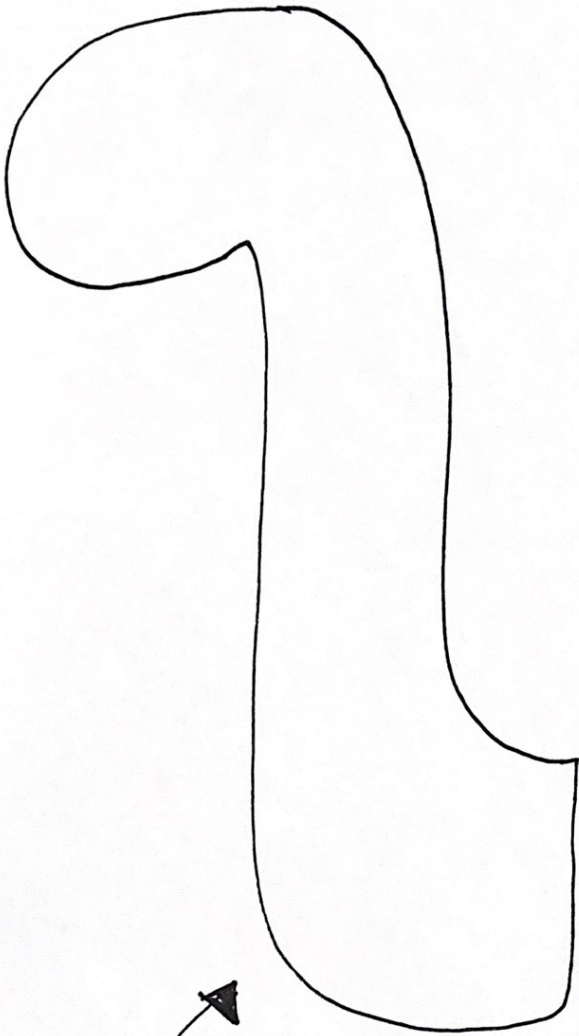
T-Rex  
Head



tail



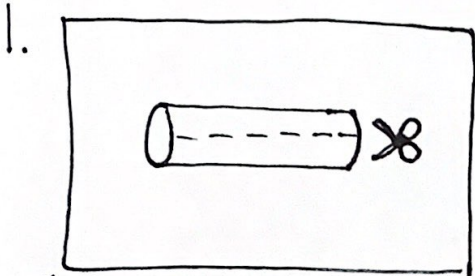
Brontosaurus  
Head



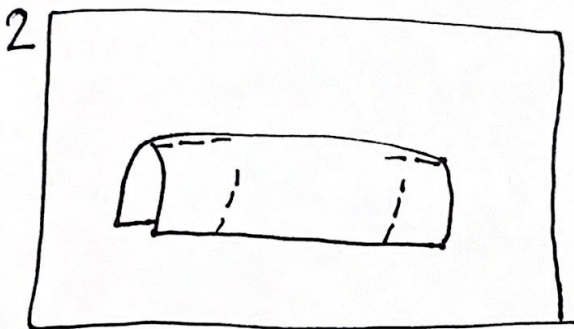


# 3D Dinosaurs

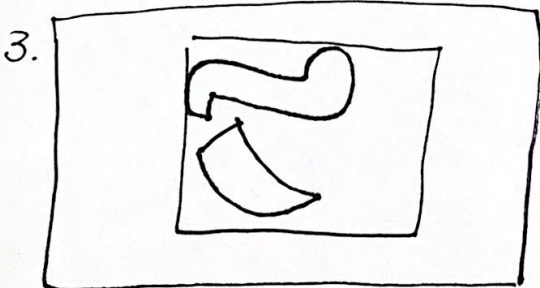
## Brontosaurus



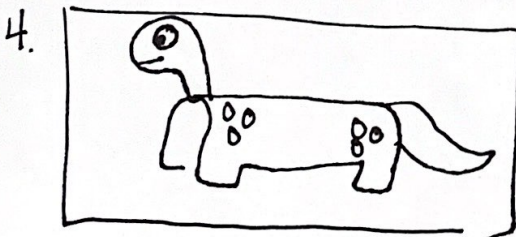
• Have your cardboard tube the long way and cut down the middle



• Cut 2 spots to make legs on both ends of your tube and both sides. cut 2 slits for the head and tail

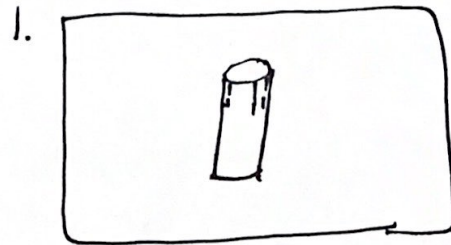


• cut out the head and tail.  
-Color them and the tube. Add details

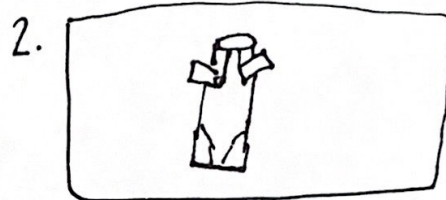


• slide the head and

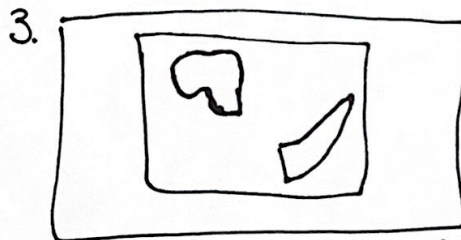
## T-Rex



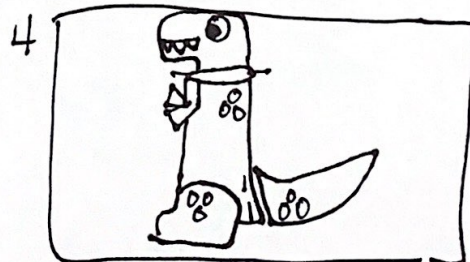
• Have your tube the tall way.  
-cut cut 2 slits to make arms.



• Cut 2 curved slits on the bottom of the tube to make legs



• cut out the head and tail.  
-Color them and the tube.  
-Add details



• cut a slit on the top for the head and on the back for the tail

## PE EC-2nd

Friday (5/15): PE EC-2nd

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

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

- **Fitness Friday**

- **Warm-Up** (2-3min) 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 (2x)
  - Right footed hops (2x)
- Sideways Jumps - alternate sides (2x)
- High Knees (2x)
- Seat Kickers (2x)
- Side Planks Back and Forth (2x)

- **Activity** (8-10 min): **Towel Fitness and Challenges**

\*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:**