

Brandon Valley School District
District Learning Plans
May 4-8, 2020

Grades 3-4

Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 3 - 4

DATES: May 4-8, 2020



<p>What do students need to do?</p> <p><u>Link to PE instructional video for week of May 4-8, 2020</u></p> <p><u>Link to Music instructional video for week of May 4-8, 2020</u></p> <p><u>Link to Counselor instructional video for week of May 4-8, 2020</u></p> <p><u>Link to Art instructional video for week of May 4-8, 2020</u></p>	<p>Monday (5/4): PE</p> <ul style="list-style-type: none"> ● Warm Up (2-3min): Alphabet Fitness <ul style="list-style-type: none"> ○ Perform that movement for each letter 20 sec each <ul style="list-style-type: none"> ■ Spell Your Favorite Fruit ■ Spell Your Favorite Athlete ■ Spell Your Favorite Teacher ● Activity (10 min): Hopscotch <p>Tuesday (5/5): Music</p> <ul style="list-style-type: none"> ● Object Rhythm <p>Wednesday (5/6): Counselor</p> <ul style="list-style-type: none"> ● Social Emotional Learning: Scavenger Hunt <p>Thursday (5/7): Art</p> <ul style="list-style-type: none"> ● Origami corner bookmark <p>Friday (5/8): PE</p> <ul style="list-style-type: none"> ● Warm Up (4-6 min): <ul style="list-style-type: none"> ○ Choose 4-5 exercises from the list below and perform for 45 sec each <ul style="list-style-type: none"> ■ Soldier March, Fly Like a Bird, Touch Your Toes, Gallop Like a Horse, Run Up and Down Stairs (sec), Boxing Arms, Step Ups (chair or stairs), Fast Feet, Star Jumps, Crab Kicks, Donkey Kicks, Frankensteins, Hip Raises, Cobra Wings, Skip in place, High Knees Skip, ● Activity (8 min:) Tabata Fitness Challenges on Paper Plates (2x) ● Cool Down (2-3 min): <ul style="list-style-type: none"> ○ Hydrate!!! You did it! Nice work, Lynx!!!
<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>
<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 1: K-12.Cr.1 Generate and conceptualize artistic ideas and works, Anchor Standard 2: K-12.Cr.2 Organize and develop 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: Counselor: ASCA Standards Alignment:</p> <ul style="list-style-type: none"> ● Mindsets: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being
<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 - Timer, Alphabet Fitness Sheet, Chalk or rock, bottle cap or a rock size of bottle cap and Friday - Timer, 2 Plates ● Music: Instructions, Household objects with 1-4 syllables, optional: pencil/paper to write down rhythms created ● Art: paper, glue/tape, something to color with (crayons, markers, colored pencils) ● Counselor: Scavenger Hunt list of choices <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=Svg_floHij8 ● Art: http://www.printables.se/en/halloween/other-crafts/corner-bookmark-tiger ● Counselor: https://drive.google.com/file/d/1_xMin4w5m5T6cC5y_8YLp9oJ2_6s7jsa/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 Ech-4th Covid-19 Music Website: https://sites.google.com/k12.sd.us/bvmusick4/home</p> <p>Art:http://www.printables.se/en/halloween/other-crafts/corner-bookmark-tiger</p> <p>Counselor:</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>

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

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

Monday (5/4):

***You Will Need:** Timer, Alphabet Fitness Sheet, Chalk or rock, bottle cap or a rock size of bottle cap

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





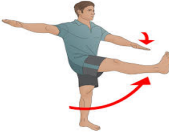


- **Warm Up** (2-3min): Alphabet Fitness
 - Perform that movement for each letter 20 sec each
 - Favorite Fruit
 - Favorite Athlete
 - Favorite Teacher
- **Activity** (10 min): Hopscotch








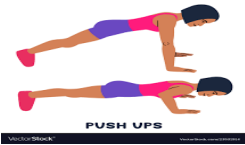



- Goal of this activity is to be the first person to successfully complete all 10 squares
- Can play by yourself or with any number of players
- Each person will need a bottle cap or a rock the size of a bottle cap
- Cannot touch the lines with your feet or fall - if you do, your turn is over and the next person will go
 - **How To Play:**
 - Draw 10 boxes that look like the picture above
 - Make sure boxes are big enough to fit your feet
 - 1st Player will stand behind square 1 and toss their rock into the 1st square
 - If rock/bottle cap lands in square one, the first person begins his/her turn.
 - If rock/bottle cap does not, turn is done and goes to end of line. 2nd person in line will go and so on
 - If successful, this person will skip square one (hop over it) going up the course while landing with one foot in each box. Once to box 10, turn around on one foot and come back down the course
 - When you get to square 2, stop, balance and try to pick up rock/bottle cap in square one without falling and hop over square one to the start
 - If successful, go again, but this time toss your rock into square 2 and do the same thing. This time you will have to stop at square 3 on your back down the obstacle to pick up your rock, skip square 2 and complete the course. If successful, you keep going until you are not successful.
 - **Variation:**
 - Try kicking the rock/bottle cap :)
 - Would this be more difficult? Why?

GREAT WORK TODAY! GO LYNX!

ABC FITNESS

A	Arm Circles	
B	Butterfly's	
C	Curl Ups	
D	Donkey Kicks	
E	Elbow Planks	
F	Frankenstein's	
G	Grapevine	
H	High Knees	

I	Inch worms	
J	Jumping Jacks	
K	Knee Hugs	
L	Lunges	
M	Mountain Climbers	
N	Neck Rolls	
O	Oblique Twists	
P	Push Ups	
Q	Quad Pulls	
R	Run 1 Lap	

S	SuperPerson	
T	Touch Toes	
U	Up-Downs Burpees	
V	V Seated Stretch	
W	Wall Sit	
X	X Star Jumps	
Y	Your Choice	
Z	Zig Zag Run	




3rd-4th Grade Music

Object Rhythm

Introduction: Have you ever noticed that words have beats? We call them syllables. For example, the word “soap” has one beat, or one syllable. Say it & clap along. The word “washing” has 2 beats, or 2 syllables. Say it & clap along twice.





Directions:

1. Find 3 items in your house that have 1, 2 & 3 syllables. Bring the items to your table or workspace. Clap along as you say their name.

- a. One-syllable examples: bread, paint, cup, spoon. 
- b. 2-syllable examples: apple, pencil, picture, barbie 
- c. 3-syllable examples: basketball, hamburger, banana, xboxOne 

2. Create a 4-beat rhythm by lining up & combining FOUR of the 1 or 2-syllable items. **ONLY 4 items. Use only 1 or 2 syllable items to start.**
 - a. Example1: cup, apple, pencil, spoon.
 - b. Example2: bread, cup, picture, paint.
3. Practice & perform your rhythm: Clap along as you say the rhythm, making sure you keep a steady beat. Perform your rhythm 4 times in a row.
4. Mix up the items to create a NEW 4-beat pattern. Remember to only use 4 items. This time, use at least one 3-syllable item in the mix. Perform your rhythm: Perform it 4 times in a row as you say the names of the items & clap along.
5. Mix up the items to create one more rhythm & perform it 4 times in a row.
6. Perform your rhythms for a parent, guardian, sibling or friend
7. Cleanup: Put all your items away when you are finished.

Extra Bonus Options:

1. Draw the rhythms you created using:
 - a. One-syllable words = quarter notes 
 - b. Two-syllable words = eighth notes 
 - c. Three-syllable words = triplets 
 - d. Four-syllable words = sixteenth notes 
2. Pick your favorite rhythm, and try playing it along to a favorite song. Does it work? Is it fast or slow?
3. Test your parents! Make a new 4-beat object rhythm for them, & see if they can do it!

Looking for more music activities? Visit:
<https://sites.google.com/k12.sd.us/bvmusick4/home>

Counselor - Wonderful Wednesday, May 6, 2020 – 3rd-4th Grades

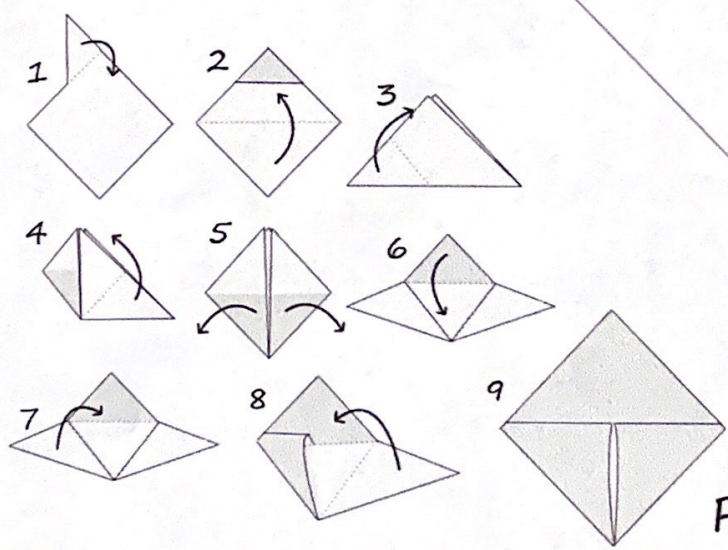
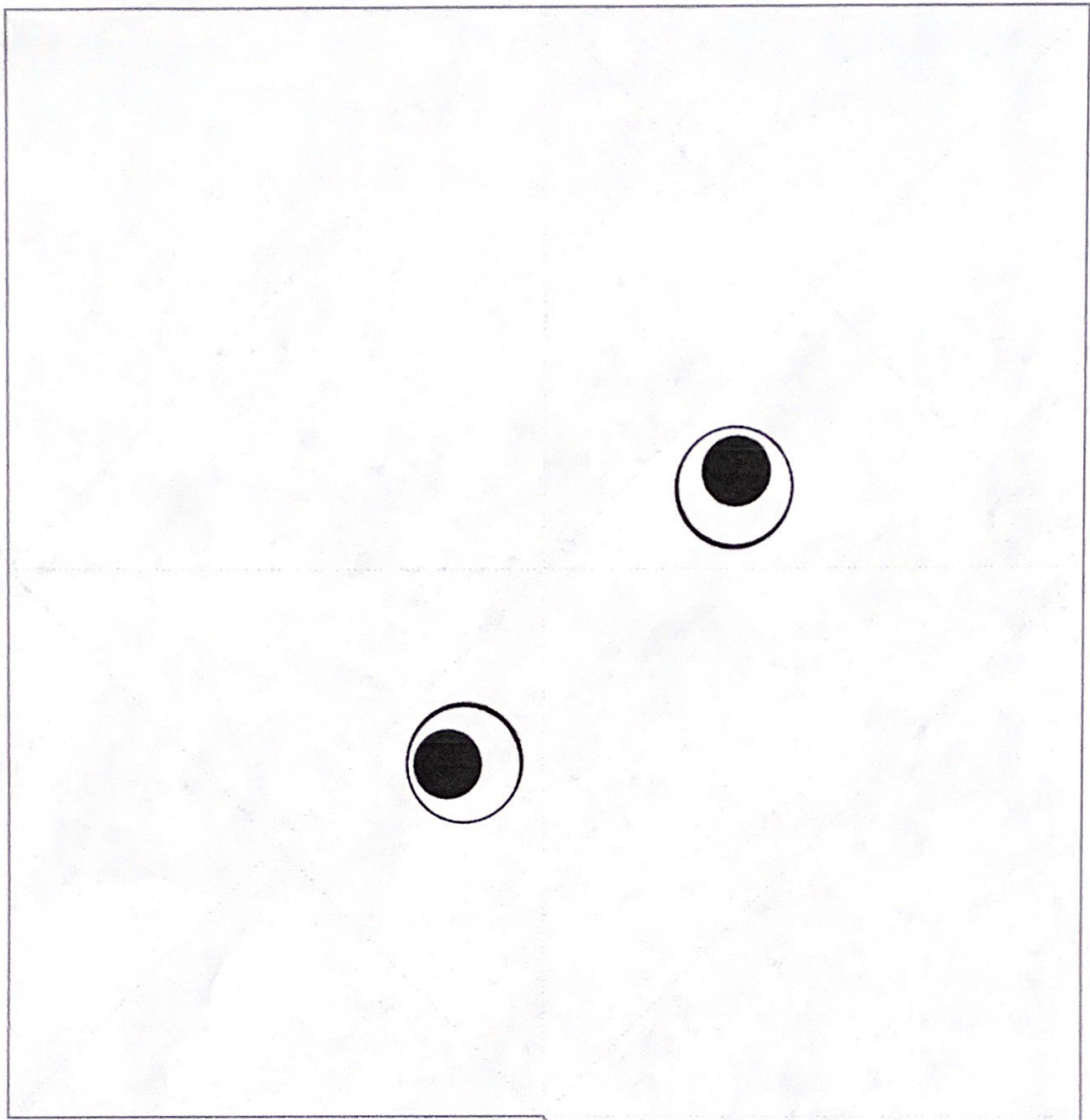
Week 8: May 4, 2020 – May 8, 2020

Social-Emotional Learning: Scavenger Hunt

- Find something you are GRATEFUL for that makes you LAUGH
- Give a KIND compliment to a family member
- Find an INSPIRATIONAL QUOTE & share it with a peer, teacher, counselor, or family member
- ASK someone how they are
- Write a kind NOTE or MESSAGE to a friend
- Tell someone THANK YOU
- Go OUTSIDE and FIND: a plant, something yellow, & something that makes you smile
- Mindfulness 5-4-3-2-1: NAME 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- Write a COMPLIMENT about yourself
- Find something you are GRATEFUL for that brings you JOY
- Go on a 5-10 minute walk and challenge yourself to not use any digital devices: Identify TEN things that start with the letter “R” on your walk
- What is the BEST part of Digital Learning/Remote Learning? Take a SELFIE (or a short video) of you & your response
- FIND something that represents COMPASSION
- Find something you are GRATEFUL for that you just learned/discovered
- As a BRAIN BREAK, do 20 Jumping Jacks, 15 Squats, 10 Lunges, 5 Push-ups



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PE 3rd and 4th

Fitness Friday (5/8):

***You Will Need:** Timer, 2 Plates

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

- **Warm Up** (4-6 min):
 - Choose 4-5 exercises from the list below and perform for 45 sec each
 - Soldier March, Fly Like a Bird, Touch Your Toes, Gallop Like a Horse, Run Up and Down Stairs (sec), Boxing Arms, Step Ups (chair or stairs), Fast Feet, Star Jumps, Crab Kicks, Donkey Kicks, Frankensteins, Hip Raises, Cobra Wings, Skip in place, High Knees Skip,
- **Activity** (8 min:): **Tabata Fitness Challenges on Paper Plates (2x)**

****Remember**, Tabata is a high intensity workout for short durations (amounts of time). This means that you will work hard for 20 seconds and rest for 10 seconds on each movement.

****The paper plates stay on the floor the whole time you are performing your movements!! Have fun!! It's CHALLENGING! ****

- **Plank Arm Reach** - Paper plates under hands (**keep your core (stomach) muscles tight**) - **Straight as a pencil!!**
 - In plank position - reach one arm forward, back under you, to side and back under you, repeat with other arm
- **Plank Arm Circles** - **Straight as a pencil!**
 - In Plank position - make a circle with one arm and come back to plank position, do the same thing with the other arm
- **Pike** - Paper Plates are at under your feet
 - In plank position slide your feet up to your hands as close as you can get them
- **Crab Leg Slides** - Paper Plates under your feet
 - In Crab position, slide one foot out at time and bring back, then slide your other leg out
- **Crab to Reverse Plank** - Paper Plates under your feet
 - Same as above but both feet/legs move out and in at the same time
- **Spiderman Slides** - Paper Plates under your feet
 - In plank position, slide one foot/leg to the **outside** of your elbow and back, then try other leg/foot
- **Mountain Climbers** - Paper Plates under your feet
 - In plank position, slide one knee up to your same side elbow. As that foot is going back, your other knee is sliding up to the other elbow
- **Slide Out to Push-Up** - Paper plates under hands
 - In push-up position (modified is on knees), slide paper plates out and perform a push up. Slide them back under you while staying in your great push up form and repeat
- **Repeat!!! You can do it!!!!**
- **Cool Down** (2-3 min):
 - Hydrate!!! You did it! Nice work, Lynx!!!