

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

Grades 5-6

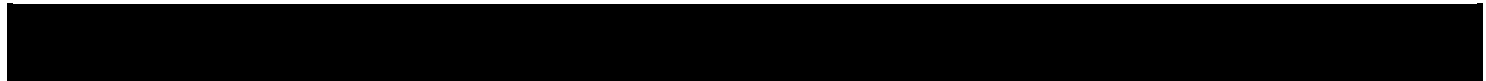
Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / Grades 5 - 6

DATES: May 4-8, 2020



<p>What do students need to do?</p> <p><u>Link to PE instructional video week of May 4-8, 2020</u></p> <p><u>Link to Music instructional video week of May 4-8, 2020</u></p> <p><u>Link to Counselor instructional video week of May 4-8, 2020</u></p> <p><u>Link to Art instructional video week of May 4-8, 2020</u></p>	<p>Monday (5/4): PE</p> <ul style="list-style-type: none"> ● Fitness Scavenger Hunt <p>Tuesday (5/5): Music</p> <ul style="list-style-type: none"> ● Create a rhythmic composition using the provided worksheet and iconic notations. <p>Wednesday (5/6): Counselor</p> <ul style="list-style-type: none"> ● * Self-Soothing Activity *Family Connection: Shared Drawing Activity <p>Thursday (5/7): Art</p> <ul style="list-style-type: none"> ● “A Picture of My Life” <p>Friday (5/8): PE</p> <ul style="list-style-type: none"> ● Fitness Scavenger Hunt or your favorite distance learning lesson so far!
<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: NASPE Standard 1- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. NASPE Standard 4- The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Music:5.MU.Cr.3.1.a Evaluate, refine, and document revisions to personal music, applying teacher- provided and collaboratively- developed criteria and feedback, and explain rationale for changes. 5.MU.Pr.6.1.a. Perform music, alone and with others, with expression, technical accuracy, and appropriate interpretation.</p> <p>Art:6-8.VA.Cr.1.1 Apply methods/strategies visually or verbally to overcome creative blocks with a variety of media (such as preliminary sketching, painting techniques or brainstorming). 6-8.VA.Cn.10.1 Individually or collaboratively create art to reflect current interests, concerns, events, community, or group identity.</p> <p>Counselor:M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being ; B-SMS 2. Demonstrate self-discipline and self-control; B-SMS 7. Demonstrate effective coping skills when faced with a problem</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: Active attire ● Music: “My Composition” worksheet, Iconic (picture) notation, pen or pencil ● Art: Medium of your choice-camera, sidewalk chalk, window paint, pencil and paper, paint, or you can use magazines to make a collage of your idea(s). Whatever you can use to make your art will work. You may also want to read the poem “The House We Sheltered In”. ● Counselor: paper and pencil <p>Extra Resources:</p> <ul style="list-style-type: none"> ● PE: Fitness Bingo https://docs.google.com/document/d/13np8HNZA7XzMzTVNcCaE2-H0rRtHk13i4F6FZOOb9P3k/edit ● Music: Sight Reading Rhythm “Can’t Stop the Feeling” https://www.youtube.com/watch?v=z_gFKkzcl4o Chrome Music Lab https://musiclab.chromeexperiments.com/Rhythm/ ● Art: “The House We Sheltered In” by Freeman NG https://www.youtube.com/watch?v=79L7ljYc94U ● Counselor:
<p>What can students do if they finish early?</p>	<p>PE: a fitness bingo card is in the extra resources to provide additional activities for students and their families</p> <p>Music: http://www.musictechteacher.com/music_quizzes/cg_quiz_fling_teacher_rhythm_time.htm https://musiclab.chromeexperiments.com/Experiments https://www.youtube.com/watch?v=x-YtK_EvmiY</p> <p>Art: https://www.artforkidshub.com/</p> <p>Counselor:</p>
<p>Who can we contact if we have questions?</p>	<p>Brandon Valley Intermediate School Building Principal: Mr. Skibsted- Nick.Skibsted@k12.sd.us Assistant Principal: Mr. Pearson- Rick.Pearson@k12.sd.us</p> <p>Teachers PE: Mr. O’Connell- Jeffrey.OConnell@k12.sd.us Ms. McGuire- Coty.McGuire@k12.sd.us Music: Ms. Ackerman- Jodi.Ackerman@k12.sd.us Art: Ms. Terwee- Jennifer.Terwee@k12.sd.us Counselor: Ms. Hart- Jennifer.Hart@k12.sd.us</p>
<p>Notes:</p>	

Instructional materials are posted below (if applicable)

Brandon Valley School District

Fitness Scavenger Hunt

Intro: This activity is going to require some creative thinking and I encourage you to try to find different areas inside and outside to do these activities. Remember to be safe at all times and have fun. If you can't complete one of the scavenger hunt items as listed, make one up on your own to fill the spot.

Set up:

Before you start, talk to your parents to see if they have any concerns about the activities and come up with alternative items if you need to. You can start this scavenger hunt from any spot inside or outside the house. You may want to have your list in a central location so you don't have to carry it around with you. When you use an item, be responsible and put it back where you got it from. **DO NOT MAKE A MESS!**

The Activity:

Complete the activities listed below. If you want to challenge yourself, you can time yourself and compare with a friend/sibling, or add your own activities to the list!

- Stand next to something that keeps things cold and do a warm up stretch**
- Find something soft and shoot it into a makeshift hoop 10 times**
- Find something green and do 10 burpees on it or next to it**
- Do 50 Jumping Jacks with something that starts with a "J" in your hand**
- Do 15 suitcases with some form of luggage**
- Find something that starts with "a" and do 12 of your favorite ab exercise**
- Do 10 lunges somewhere you have eaten lunch**
- Find something flat and do 10 squats while balancing it on your head**
- Do 20 calf raises on the curb or another form of a ledge (watch for cars)**
- Find a creative place to do a wall sit for 25 seconds**
- Find something that you would "push down" and do 10 push ups near it**

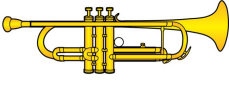

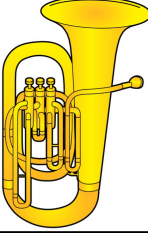





















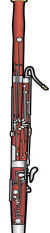

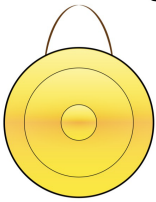

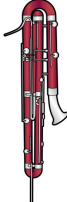







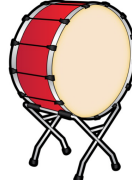



Remember: It's getting nice outside. We are providing exercise focussed lessons, but playing your favorite games inside or out, is another great way to get active. Aim for at least 15-20 minutes of activity that gets your heart rate up, and think of ways to make it fun!

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!

Name _____

MY COMPOSITION

Make a pattern using musical instrument names. You can draw the pictures or write the words to make a composition. You do not need to use all the words.

<p>Trumpet</p>  	<p>Tuba</p>  	<p>Horn</p>  	<p>Trombone</p>  
<p>Bass</p>  	<p>Cello</p>  	<p>Viola</p>  	<p>Violin</p>  
<p>Clarinet</p>  	<p>Flute</p>  	<p>Oboe</p>  	<p>Piccolo</p>  
<p>Bassoon</p>  	<p>Gong</p>  	<p>Contrabassoon</p>  	<p>Saxophone</p>  
<p>Timpani</p>  	<p>Snare Drum</p>  	<p>Bass Drum</p>  	<p>Piano</p>  

Name _____

MY COMPOSITION

Now create your VERY OWN Composition, using the rhythms of words you'd like to use.
You could use Family Names, pet names, favorite sports, etc.

Self-Soothing Activity

Self-soothing is a way to decrease the intensity of emotions that we don't really enjoy feeling. Examples: anger, frustration, or disappointment. Activating our senses can help soothe those uncomfortable emotions. Below is a list of different sensory soothers you can try.

Sight:

- *low lighting
- *color books (use intense colors)
- *sunglasses/sleep masks

Touch:

- *soft things
- *cuddlings
- *hot/cold shower

Sound:

- *nature sounds
- *meditation
- *music

Smell:

- *comforting smells
- *fresh air
- *aromatherapy

Taste:

- *strong flavors
- *warm drinks
- *flavors that invoke memories

Family Connections:

Shared Drawing Activity

This activity involves everyone contributing to a group drawing. It meant to be fun and possibly a little goofy. The goal isn't to determine who the best artist is but just enjoy the different directions the drawing takes.

- 1) One person starts the drawing and has 30 seconds to draw.
- 2) The drawing is passed to the next person. They can continue on with what they think that person was drawing or take the drawing a completely different direction. Were they drawing a person but you turned them into a monster? Maybe they were drawing flowers but you put those flowers on Mars. You are only limited by your imagination.
- 3) The picture can go around once or as many times as you want.
- 4) Discuss your favorite parts of the drawing and why.

Art Lesson Distance Learning week 8(May4-8): "A Picture of My Life"

Supplies needed: This is up to you! You can create art with a camera, sidewalk chalk, window paint, pencil and paper, paint, or you can use magazines to make a collage of your idea(s). Whatever you can use to make your art will work.

Reason for this lesson: Artists have used art for long time to capture what life is like for them. Artists have created images that represent their life for years. Cave paintings record hunts. Andy Warhol used soup cans to symbolize his childhood and images that represent life in 1960's. Norman Rockwell and Vincent VanGogh captured many moments from the time they lived in. Now it is your turn- What is life like for you now?

"Andy Warhol in Stockholm 1968"



"Wheat Fields" by Vincent Van Gogh



"Boy with a Sterioscope" by Norman Rockwell



The Goal: To create art/capture an image of what life is like for you right now. What is life like for you when you are not in school? What is life like while you are at home? What are you doing to keep busy? What is something that symbolizes today and the last few weeks while unable to be in public?

*****When you are done with your image, Please come up with a title and one sentence that explains your image!
Please consider submitting these to me via email.*****

For this assignment you have two options (choose Just ONE):

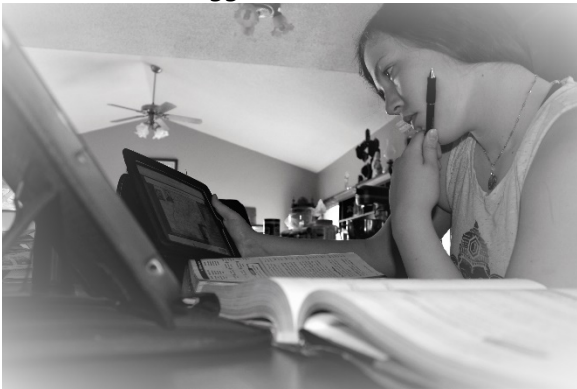
*1) Use art supplies such as markers, pencils, paints, sidewalk chalk, magazines for collages, or clay to create an image that makes art of what your time is like right now.

*2) Take a photo or multiple photos that show what life is like for you right now with the shelter in place theme.

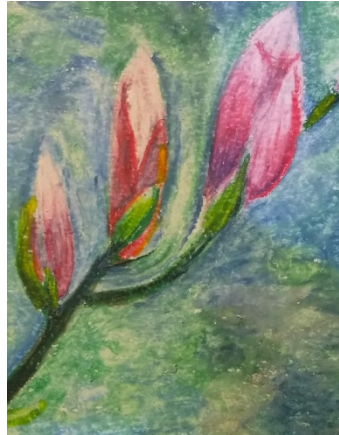
Pictures from the TerWee household.

When I asked a few of my family members what they first think of for “A Picture of My Life” this is what they wanted captured.

Jana TerWee: “School work” Doing school work online is sometimes a struggle.



Andrew TerWee: “Closed Buds” He chose to do flower buds to symbolize how everything is closed right now and we are restricted. (drawn by J. TerWee)



Please email me if you have any questions. Also, I am anxious to see what you come up with- send me a picture and a short written explanation!



The House We Sheltered In

This is the house we sheltered in.

These are the hands, nimble and strong,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

This is the soap that washed the hands,
Again and again, and again and again,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

These are the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

These are the games we played for fun,
After the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

These are the video chats that pulled
Far off friends into the room,
After the games we played for fun,
After the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

These are the stories, read and told,
After the video chats that pulled
Far off friends into the room,
After the games we played for fun,
After the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,

That cleaned the knobs and panes and pans
Of the house we sheltered in.

These are the beds, so toasty warm,
After the stories, read and told,
After the video chats that pulled
Far off friends into the room,
After the games we played for fun,
After the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

These are adventures free of harm,
Dreamed by sleepers, toasty warm,
After the stories, read and told,
After the video chats that pulled
Far off friends into the room,
After the games we played for fun,
After the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,
That cleaned the knobs and panes and pans
Of the house we sheltered in.

This is yet another dawn,
After adventures free of harm,
Dreamed by sleepers, toasty warm,
After the stories, read and told,
After the video chats that pulled
Far off friends into the room,
After the games we played for fun,
After the meals we shared as one,
Passing food with grateful hands,
Washed with soap again and again,
That cleaned the knobs and panes and pans
Of all the homes we sheltered in.

Freeman Ng