

Brandon Valley School District

District Learning Plans

May 4-8, 2020

EC-2nd Grade

Encore



Brandon Valley School District Distance Learning Plan

SUBJECT/GRADES: Encore / EC - Grade 2

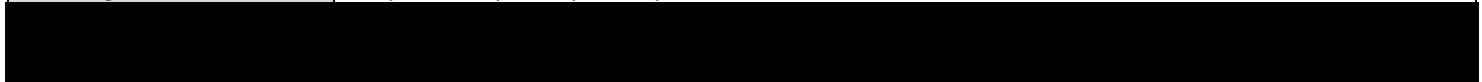
DATES: May 4-8, 2020



<p>What do students need to do?</p> <p>Link to PE instructional video for week of May 4-8, 2020</p> <p>Link to Music instructional video for week of May 4-8, 2020</p> <p>Link to Counselor instructional video for week of May 4-8, 2020</p> <p>Link to Art instructional video for week of May 4-8, 2020</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 first name ■ Spell your teachers name ● Activity (6-8min): 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 <ul style="list-style-type: none"> ○ How many could you do? Choose the number that is the age of your child. Example: If your child is seven years old, choose seven out of the 15 choices. <p>Thursday (5/7): Art</p> <ul style="list-style-type: none"> ● Origami dog or cat faces <p>Friday (5/8): PE</p> <ul style="list-style-type: none"> ○ Warm-Up (2-3min): <ul style="list-style-type: none"> ■ Choose 2-3 different animals and move like them for 45 seconds each ○ Activity (8 min): Tabata Fitness Challenges on Paper Plates (2x)
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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 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:K.VA.Cn.11.1.a Understand that artists create different forms and types of art for various reasons. 1.VA.Cn.11.1.a Understand that people from different places and times have made</p>
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	<p>art for a variety of reasons. 2.VA.Cn.11.1.a Compare and contrast cultural uses of artworks from different times and places.</p> <p>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 paper plates ● Music: Instructions, Household objects with 1 or 2 syllables ● Art: paper, something to color with (crayons, colored pencils, markers) ● Counseling: 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: https://en.origami-club.com/index.html ● 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-4 Music Covid-19 Website: https://sites.google.com/k12.sd.us/bvmusick4/home</p> <p>Art: https://en.origami-club.com/index.html</p> <p>Counselor: https://app.www.calm.com/meditate</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 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</p>

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

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






- **Warm Up** (2-3min): Alphabet Fitness
 - Perform that movement for each letter (20 sec each)
 - Spell your first name
 - Spell your teachers name
- **Activity** (6-8min): 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	

ECH-2nd 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 syllable. Bring the items to your table or workspace. Clap along once as you say their name. Examples: bread, paint, cup, spoon.
2. Find 3 items in your house that have 2 syllables. Bring the items to your table or workspace. Clap along twice as you say their name. Examples: apple, pencil, picture.
3. Create a 4-beat rhythm by lining up & combining 4 of these items. **ONLY 4.** (you should have 2 extra items that won't be used.) Example: cup, apple, bread, spoon. Example: bread, pencil, apple, paint.
4. Practice your rhythm: Clap along as you say the rhythm, making sure you keep a steady beat.
5. Perform your rhythm: Perform it 4 times in a row as you say the names of the items & clap along.
6. Mix up the items to create a NEW 4-beat pattern. Remember to only use 4 items. Practice & perform your new rhythm. See how many different rhythms you can create!
7. Perform your rhythms for a parent, guardian, sibling or friend
8. Cleanup: Put all your items away when you are finished.

Extra Bonus Option:

1. Pick your favorite rhythm, and try playing it along to a favorite song. Does it work? Is it fast or slow?
2. Test your parents! Make a new 4-beat object rhythm for them, & see if they can do it!

Counselor - Wonderful Wednesday, May 6, 2020 - EC-2nd Grade

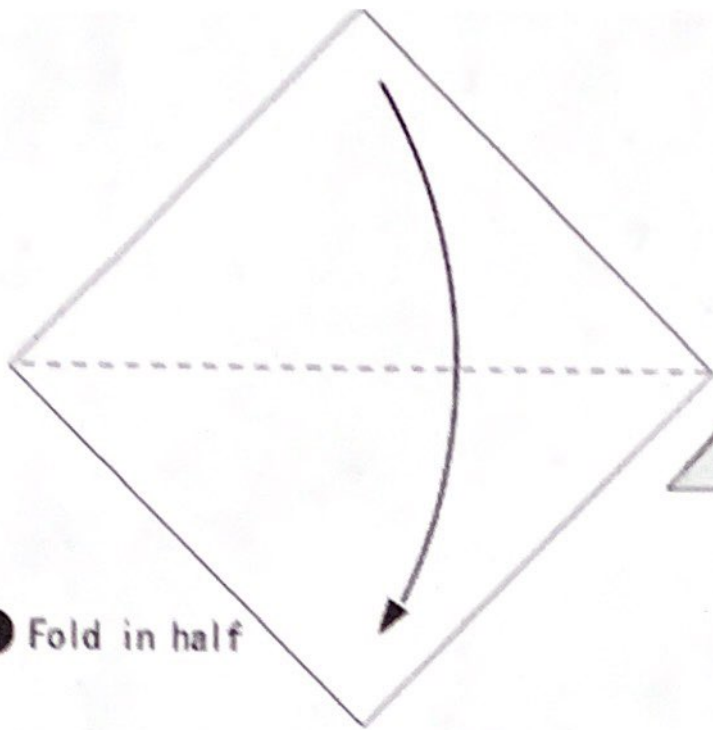
Week 8: May 4, 2020 – May 8, 2020

Social-Emotional Learning: Scavenger Hunt

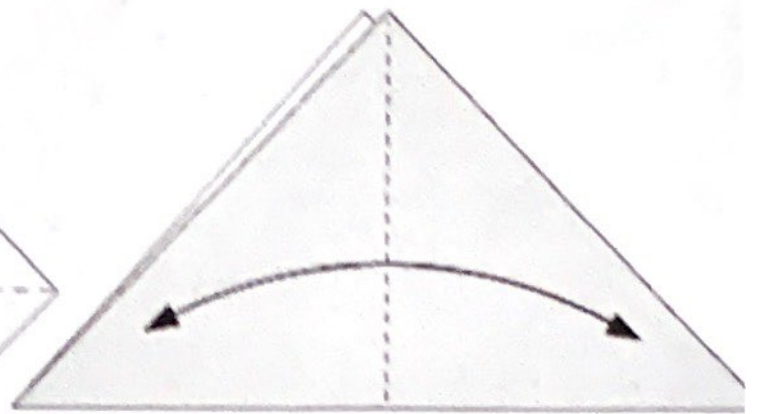
How many could you do? Choose the number that is the age of your child. For example: If your child is seven years old, choose seven out of the 15 choices.

- 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

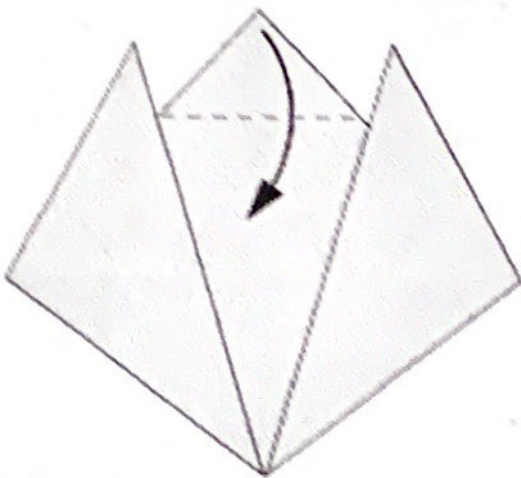




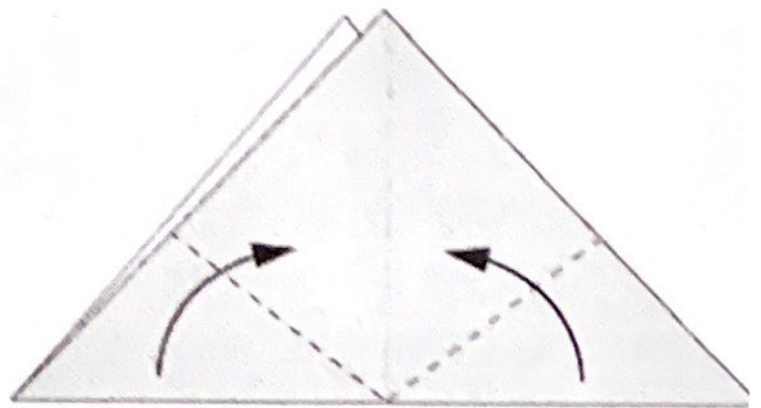
1 Fold in half



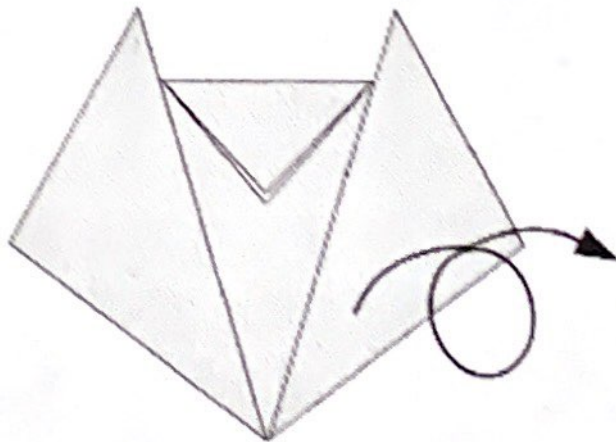
2 Fold in half to make crease



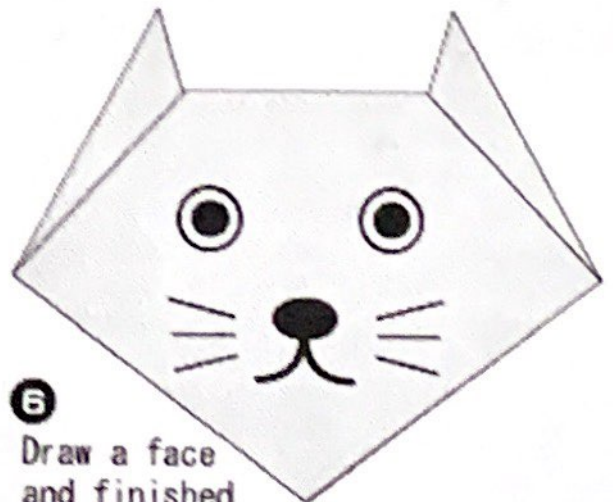
4 Fold in the dotted line



3 Fold in the dotted line

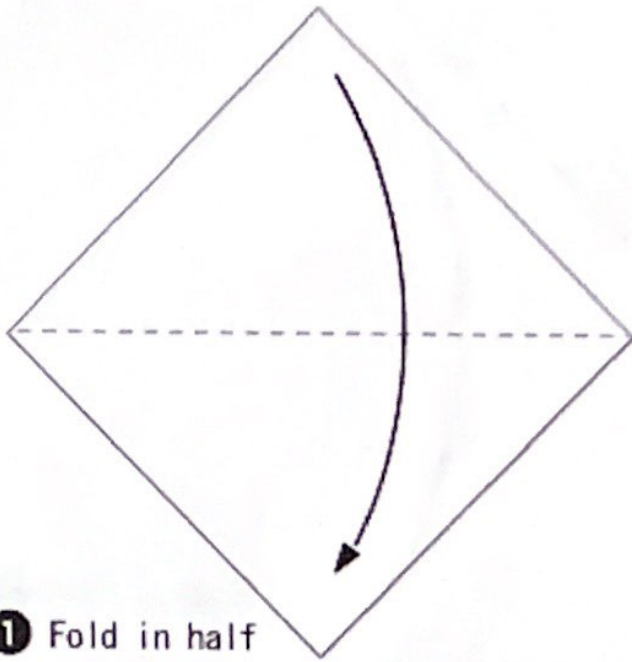


5 Turn over

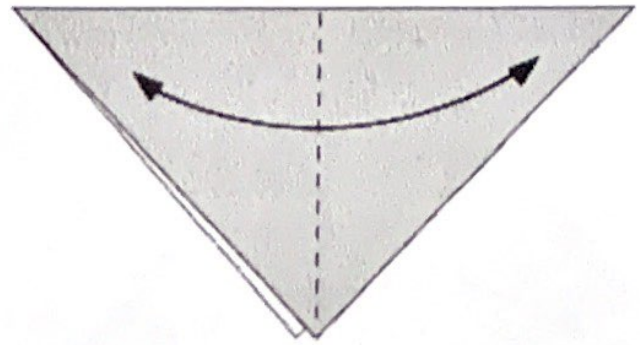


6 Draw a face and finished

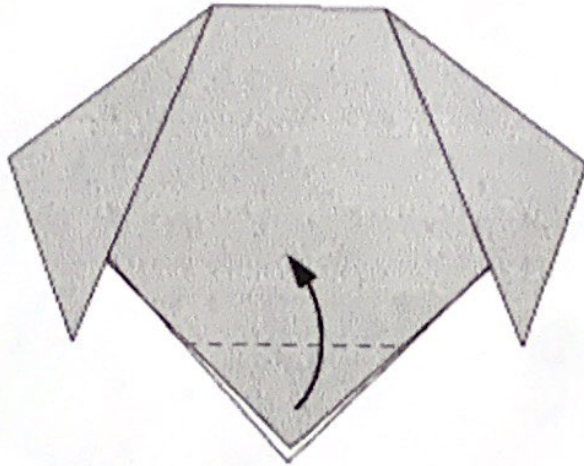
A Cat



1 Fold in half

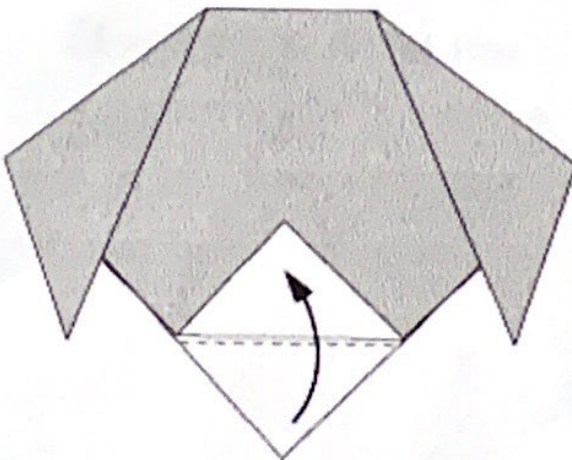


2 Fold in half to make crease



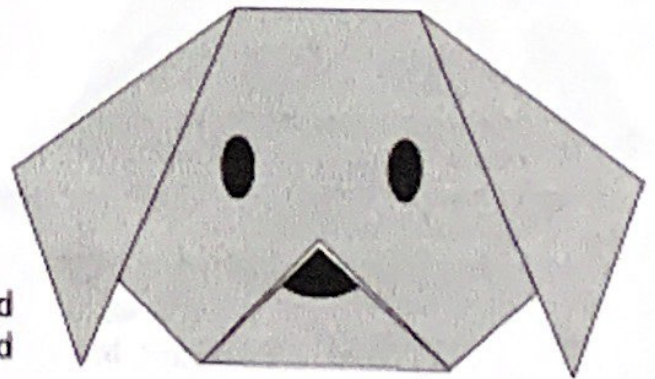
3 Fold in the dotted line

4 Fold in the dotted line



5 Fold in the dotted line

6
Draw a
face and
finished



A Dog (face)

Friday (5/8): PE EC-2nd

*You Will Need: Timer, 2 paper plates

*Have FUN and do your BEST!

- **Fitness Friday**

- **Warm-Up** (2-3min):
 - Choose 2-3 different animals and move like them for 45 seconds each
- **Activity** (8 min): **Tabata Fitness Challenges on Paper Plates (2x)**

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

- **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
- **You did it!!!! If you want to try it one more time, CHALLENGE yourself! You can do it!!!**
- **Cool Down** (2-3 min): Hydrate!!! You did it! Nice work, Lynx!!!