

BE THE PE TEACHER!

SETTING and GOAL: You're the PE teacher! Create a game, activity, or sport.

REQUIREMENTS:

- It must be realistic. You can't use drones with unicorn pilots as part of the game. 😊
- The activity must be able to be played at your school indoors or outdoors.
- It should be designed for your grade level, roughly.
- The only equipment you have access to is the equipment that you know your current PE teacher has access to.
- HAVE FUN!!!

USE THE FORM BELOW OR WRITE OR TYPE ON ANOTHER SHEET:

Student Name _____ Grade _____ Teacher _____

NAME OF THE GAME: _____

EQUIPMENT NEEDED:

IS THE GAME PLAYED INDOORS OR OUTDOORS OR BOTH?

OBJECTIVE OR GOAL OF THE GAME: (What's the main idea? For example, for basketball we'd say something like, "To get the ball into the other teams hoop.")

ORGANIZATION OF PLAYERS OR TEAMS: (Are there teams? Pairs? How will teams be organized in terms of number of teams, number of players on each team, how teams are selected, etc.)

RULES AND/OR DESCRIPTION OF THE GAME OR ACTIVITY: You will likely find it helpful to create a diagram of the game on the back of this paper or on another sheet to help explain the game.

SAFETY: Are there any safety issues, concerns, or special aspects of the game?

Tabata Workout

Equipment: watch, stop watch, or timer on phone

Tabata: Take one exercise and perform 8 sets using a timer of 20 sec work and 10 second rest

- 20 seconds-exercise
 - 10 seconds -rest
- REPEAT 8 times

Complete a Tabata round for the following 5 exercises:

1. Burpees/squat thrusts or jumping jacks
2. Push ups
3. Squats or squat jumps
4. Planks
5. Lunges

500 Workout

Complete a total of 500 repetitions of the following exercise by completing 2 rounds

1. 25 Push ups
2. 25 sit ups
3. 25 squat jumps
4. 25 squat thrusts or burpees
5. 25 Straight arm plank shoulder taps
6. 25 walking lunges
7. 25 squats
8. 25 jumping jacks
9. 25 Power skips (skip as high as you can)
10. 25 Supermans

Unfamiliar Exercise descriptions:

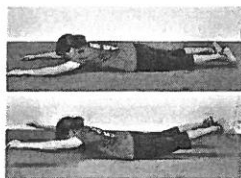


Figure 3 Superman

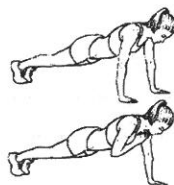


Figure 2 Straight Arm Plank shoulder Taps

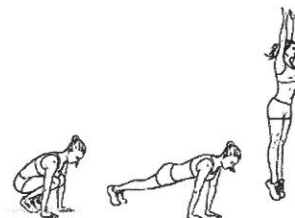


Figure 1 Squat Thrust

At-Home Music Activities

for Elementary Students of All Ages

<p>Listen to an instrumental piece of music and draw a picture to describe what you hear or how the music makes you feel. Be sure to put the song title and composer on your paper.</p>	<p>Interview someone in your family about their musical tastes. Ask them about their favorite style of music, their favorite band, and the first concert they attended.</p>	<p>Listening walk - take a walk with no talking! Make a list or draw a picture of any sounds that you hear.</p>
<p>Using recycled materials in your home, design and build your own instrument. Write down how you made it.</p>	<p>Teach two songs from music class to someone at home. Song suggestions are listed on the pages below.</p>	<p>Take the sounds from your listening walk and find items in your house that sound the most like the things you heard. Make a musical piece using those sounds.</p>
<p>Teach a game from music class to someone from home. Think of how you can change the game to make it a little different. Game suggestions are listed on the pages below.</p>	<p>Write 4 rhythm patterns and perform them using body percussion (pat, clap, snap, or stomp).</p>	<p>Listen to a song and draw the contour of the melody. When the singer's voice goes up, your line goes up; when the voice goes down, your line goes down. Write the name of the song and the performer on your paper.</p>
<p>Listen to an instrumental song, a song with no words, and make up a story about it. Write it down or tell it to someone in your family while the music is playing in the background.</p>	<p>Crank up your favorite music and have a dance party! While you're dancing, keep the steady beat in at least three different places on your body. Add in a game of Freeze Dance!</p>	<p>Find 5 items around that house that make different sounds (metal, wood, shakers) and use those sounds to play a steady beat along with a song of your choice.</p>

Ideas for artists of all ages

Art in eARTh

Instructions for Success: Enjoy the beautiful outdoors. Examine materials in your yard and how you can use them to create a sculpture. Collect the materials. Use balance, line, shape, color and design to create a sculpture in an outdoor space. Remember, this is most likely not going to be a permanent art piece but the beauty is in the process of making it and the sharing of it in a public/natural spot. Snap a photo to preserve the memory, if you like. And if possible, share it with your art teacher!



Chalk it UP idea #1

Create a Chalk Statement- to Express an idea or thought to the passersby. Ideas: a message of gratitude, spread joy, standup for something, cheer on a team, help someone...



Chalk it UP idea #2

Create a backdrop with chalk- interact with it!



Chalk it UP idea #3

Mosaic Chalk- use painters tape or masking tape to make geometric shapes on the sidewalk. Fill in the shapes with different chalk colors.

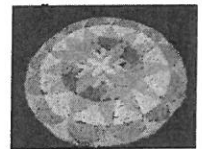
Chalk it UP idea #4

Draw with chalk and nature.



Chalk it UP idea #5

Draw a roadway and town, get out your old toy cars!



Chalk it UP idea #6

Chalk Mandalas -Mandala, which means "circle" is a geometric design that is organized around a central point, to which layers are added to create a radial design.

Drawing- Still Life Drawing...A still life is a painting or drawing of an arrangement of still objects, created while the artist takes in the objects from one point of view. Meaning, the artist does not move nor does the artist move the objects. The arrangement can be made of household objects and can vary in texture and size.

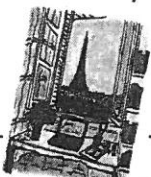


Set up a Still Life! This can be any kind of scene you want to create. With any kind of objects. Ideas: toys, shoes, kitchen utensils, make-up, outdoor tools, technology. Choose the view point you want to draw from. Sit and stay in that spot, observe the lines and size. Draw the still life. Color with your choice of materials.



Drawing- A View from my Window Pick a window and observe. What do you see? Draw a view from your window and put a lot of clues inside of your picture to document that moment.

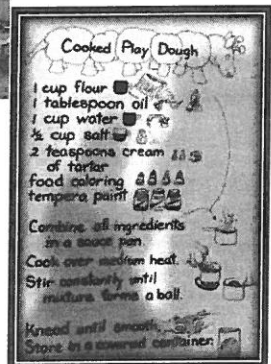
You can draw your view to be very literal and map it out exactly how your view is from looking outside or you can make it more abstract and draw the important items that you see outside your window.







Collage- Romare Bearden Collage

Romare Bearden was an American artist who lived from 1911-1988. Bearden worked in many different mediums. He made many collages by combining photographs and painting.

Get Started: Think of a scene and try to build it from pictures from magazines, newspapers, or advertisements. (get permission before cutting anything!) If you can't find a photo of what you need, feel free to use markers or crayons to make your scene complete.



Library Media Activities for Students of All Ages

Imagine	Make	Read
<p>Create Your Own Comic Strip</p> <ul style="list-style-type: none"> Write down your ideas (it will guide you) Add illustrations, speech bubbles, sound effects and more to your comic strip Color in your illustrations and share your creation <p>Supplies Needed:</p> <ul style="list-style-type: none"> Blank Comic Strip Page Comic Strip Brainstorm Page Pencil Crayons/Markers/Colored Pencils 	<p>Make Your Favorite Book Character Using a Potato</p> <ul style="list-style-type: none"> Think of your favorite book character How can you use the materials you have at home to turn your potato into your favorite book character? Draw a sketch of what you are picturing in your head Have fun creating! 😊 <p>Supplies Needed:</p> <ul style="list-style-type: none"> Potato (or any other food) Art supplies (paint, markers, crayons, glue, scissors, etc.) Recyclable materials 	<p>Flashlight Reading</p> <ul style="list-style-type: none"> Find a book that you are excited to read Locate a good reading spot Turn off the lights, using your flashlight to read Read for enjoyment for 20 min. Tell someone about the book you were reading Would you recommend this book to others? Why or why not? <p>Supplies Needed:</p> <ul style="list-style-type: none"> Flashlight Good book Reading Spot
<p>Storytelling with Random Objects</p> <ul style="list-style-type: none"> Collect ten items around your home Looking at all the items you have collected, develop a story using all of the items Think about your story beginning, middle, and end Think about your characters Think about the problem and solution of your story <p>Challenge: Have someone else collect the items for you.</p> <p>Supplies Needed:</p> <ul style="list-style-type: none"> 10 random items around your home (can be toys, household objects, food, recyclable materials, etc.) 	<p>Cardboard Creature Challenge</p> <ul style="list-style-type: none"> Challenge: Use cardboard to create a creature that does something Collect materials around your home that might be helpful Draw a picture of the creature you are picturing in your head Have fun creating your creature Share: Show your creature to someone Reflect: What was the hardest part of this challenge? What part are you most proud of? <p>Supplies Needed:</p> <ul style="list-style-type: none"> Cardboard Tape or glue Foil Recyclable materials (yogurt containers, food boxes, lids, etc.) Art supplies 	<p>Alternate Ending</p> <ul style="list-style-type: none"> Read a favorite book alone or with your family. When you finish, imagine a different ending for the story. If your book has a happy ending, imagine a sad ending. If it has a sad ending, imagine what a happy one would look like. Write your alternate ending with lots of details or tell your ending to your family (be sure to use lots of expression!). <p>Supplies Needed:</p> <ul style="list-style-type: none"> A favorite book Paper and pencil Someone to share your new ending with!
<p>Found Poetry</p>  <ul style="list-style-type: none"> Cut out juicy words, favorite words, or any words that you might want to use in a poem Once you have a good amount of words, play around with the way you want to arrange them <ul style="list-style-type: none"> Read it aloud and see if you like the way it sounds Keep changing your words and order around until you like the way your poem flows Share it with someone or draw and illustration to go with your poem <p>Supplies Needed:</p> <ul style="list-style-type: none"> Old Magazines, Newspapers, Junk Mail Scissor 	<p>Sock Puppets</p> <ul style="list-style-type: none"> Find an old sock or a few Use your imagination to sketch what you would like your sock puppets to look like Use materials around you home to turn your socks into characters Have fun putting on puppet shows using different voices for your characters <p>Supplies Needed:</p> <ul style="list-style-type: none"> Old sock(s) Markers Glue Other art supplies/recyclable materials you have around 	<p>Create a Bookmark and Read</p> <ul style="list-style-type: none"> Use creativity to make a bookmark of your choice Find a comfortable spot to read a great book Use your bookmark to help mark your spot when you finish or to help you keep your place as you read <p>Supplies Needed:</p> <ul style="list-style-type: none"> Book Bookmark Design Page Crayons/ Markers/Colored Pencils 