

Name:

Teacher:

Special Areas



Name: _____

Teacher: _____

Name:

Teacher:

Dear Students,

We did not get to say our
goodbye's in person. We miss
having you in our class the
last few weeks. Stay Safe!
Have a great summer!

Mrs. Fox, Mrs. Jacobs, Ms.
Shaw, and Mr. Wilson

Name:

Teacher:

Here are some exercises you can do every day!

DAILY EXERCISE 3

Kinder - 2 times

1st Grade - 3 times

2nd Grade - 4 times

3rd Grade - 5 times

4th Grade - 6 times

5th Grade - 7 times

Start your day right!

a.m. workout

by DAREBEE @ darebee.com

20 jumping jacks

20 squats

10 push-ups

30 seconds elbow plank

Name:

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Day 1- P.E.

Stop Ball K-2



Stop ball is a game of passing a ball quickly to someone else.

Have the children stand in a circle.

Choose one person to say START and STOP.

Everyone in the circle passes the ball around the circle as quickly as they can.

When the chosen person says STOP the person who gets caught with the ball starts to pass the ball again when the chosen person says START.

Name:

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Day 1- Music

Conducting Stick

Today you will be a conductor. (The person who leads the music or the group of musicians.) As a family discuss: “What does a conductor really do?” Share with me on dojo what you decided in your discussion.

Bring stick/pencil/wooden spoon some object that will be your baton.



Conduct the music on this link for your family and take turns being the conductor.

<https://www.youtube.com/watch?v=qgABUZ4i9co>

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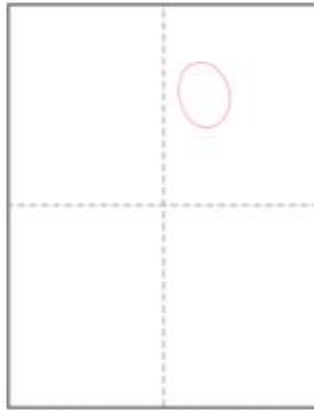
Day 2- Art

Share your work on Zoom or Dojo

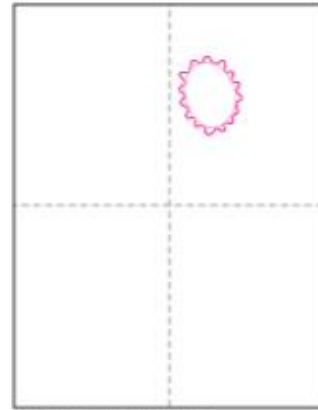
Draw a Daffodil



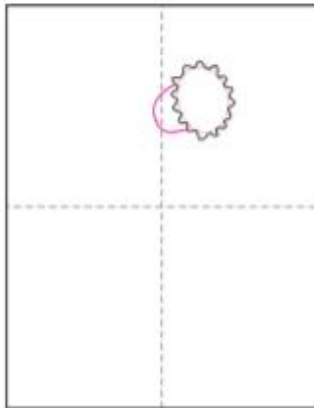
Supplies: Marker, crayons



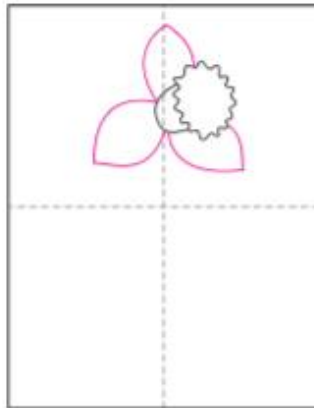
1. Draw guides. Draw a light circle.



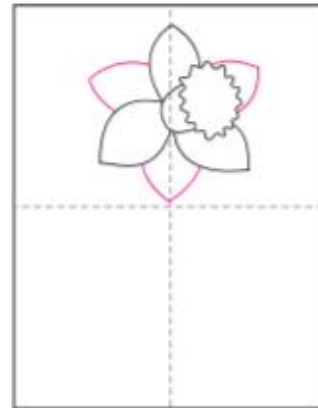
2. Add a wiggly edge.



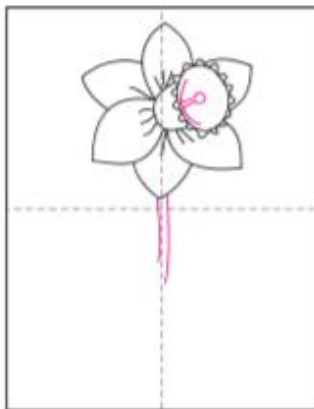
3. Erase the circle, add a cup.



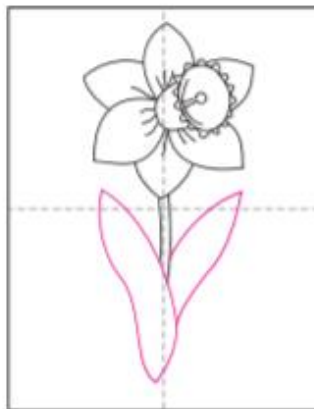
4. Draw three petals.



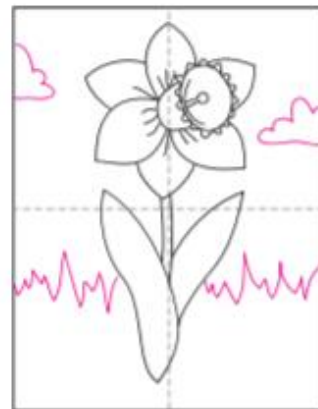
5. Draw three more petals.



6. Add flower stamen and stem.



7. Draw two leaves.



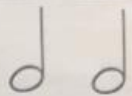
8. Add grass and clouds.

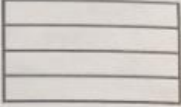
© 2007 www.artprojectsforkids.org

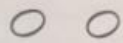
Day 2- Music


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
Fill the blanks.


1. These are _____ notes. 


2. This is a _____ . 

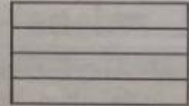






3. These are _____ notes. 

4. This is a _____ note. 

5. This is a _____ rest. 

6. This is a _____ rest. 

7. This is a _____ rest. 











 staff	 half rest
 whole note	 quarter note
 whole rest	 quarter rest
 half note	

Name:

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


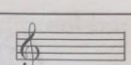











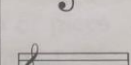







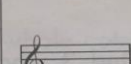








Whole Notes and Half Notes 17

Draw a line to the right note.

whole note		
half note		
half note		
whole note		
whole note		
half note		
whole note		
half note		
half note		

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Put a ring around the symbol that matches the one at the top.

Name:

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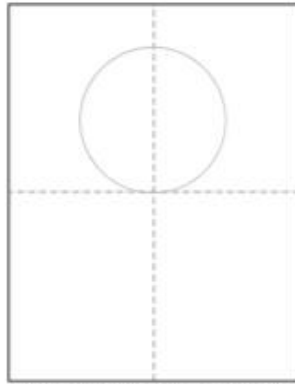
Day 3- Art

Can't wait to see your work on Zoom or Dojo!

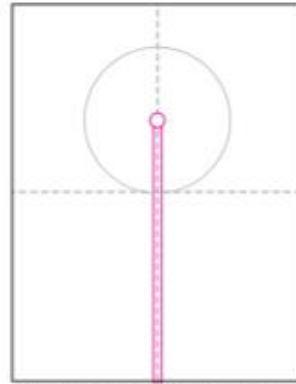
Draw a Dandelion



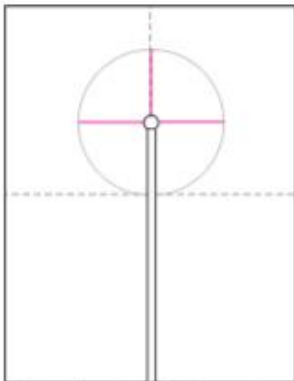
Supplies: Marker, circle guide.



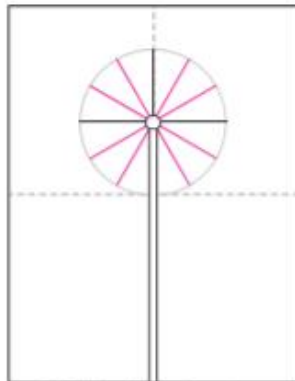
1. Make guide lines. Trace a circle.



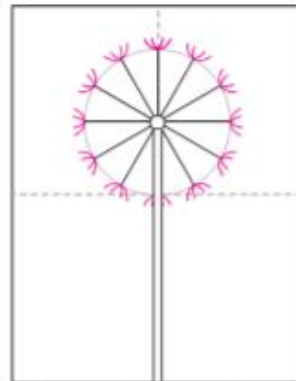
2. Draw center circle and stem.



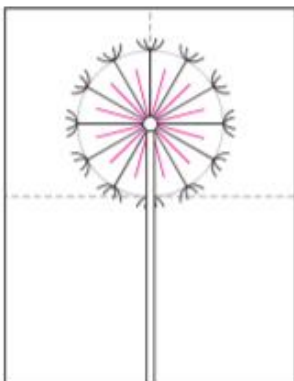
3. Draw lines to make 4 quarters.



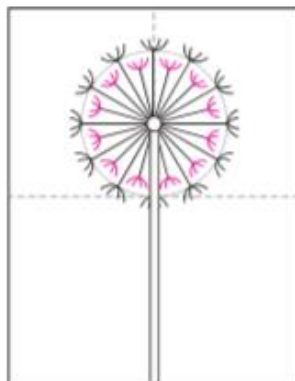
4. Add 2 lines in each quarter.



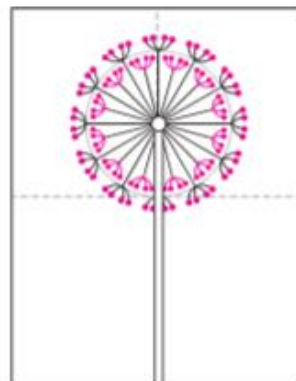
5. Add curved cap on each line.



6. Draw a shorter lines in between.



7. Draw curved cap on each line.



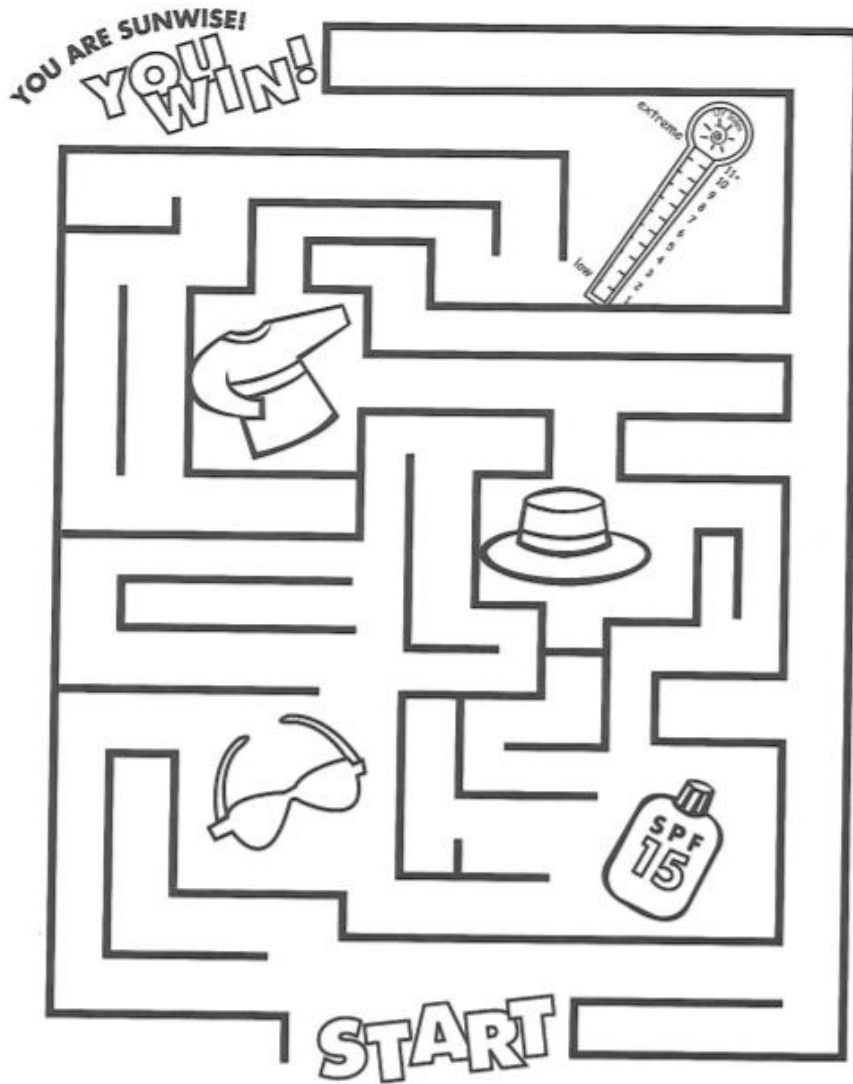
8. Add little circles to all caps.

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Day 3- P.E.



DIRECTIONS:

Find your way through the maze, picking up all the SunWise gear on the way.