

Physical Educations and Music choices

<p>10 sit ups (3) Push-ups (3) Rec planks (3) Run around your house 3 times</p>	<p style="text-align: center;">Freeze Dance!</p> <p>Find an upbeat piece of music to play and have someone hit pause at random. If someone moves, they are out!</p>	<p>Animal Walk Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.</p> <p>Skills developed: hopping, galloping</p>	<p style="text-align: center;">Make a Story Book a Musical!</p> <p>How can you make some of your books more musical? Can you sing parts of them? Can you add instruments? What if you add sound effects?</p> <p>One of my favorite activities of the year is doing "The Little Old Lady Who Was Not Afraid of Anything" and adding instruments. Get creative!</p>	<p>Keep the Balloon Up Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?</p> <p>Skills developed: volleying, striking</p>
<p style="text-align: center;">Eenie Meanie Chochaleenie!</p> <p>Take one of our favorite classroom games home with you! Find a ball, say the silly words, and pass the ball around to a steady beat. Remember it's okay to lose, what's most important is that you have FUN!</p>	<p>Hopscotch A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker. The rules are simple and the game can be played alone or with friends.</p> <p>Skills developed: hopping</p>	<p style="text-align: center;">Watch a musical!</p> <p>For family movie night, try to find a musical or Disney movie with lots of singing! Discuss what your favorite songs were from the movie.</p>	<p>Balance Beam Using an actual gymnastics beam isn't the only way for a child to learn balance skills. Indoors, use painters tape to make a straight line on the floor. Encourage your child to walk forwards, backwards, and sideways. [link to tightrope activity] Outdoors, use a plank of wood, a rope, or make a line with chalk for the same activity. When your child masters a straight line, add semi-circles or zigzags to add a bit more of a challenge.</p>	<p style="text-align: center;">A Walk Through the Forest!</p> <p>Our pal Chipper is on YouTube!</p> <p>If you search for "A Walk Through The Forest Wee Sing", you can do one of our favorite classroom activities at home! Make sure you clear some space or set up a speaker outside.</p> <p>Explore other songs and activities on the Wee Sing YouTube channel.</p>
<p>Dance Party Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your kids twist, macarena, floss, dance like their favourite animal, or freestyle their way to fun.</p> <p>Skills developed: agility, balance, coordination</p>	<p style="text-align: center;">Build a Band!</p> <p>What do you have around your house that could become an instrument? Can you and your family create sounds together? What would your band be named if you went on a world tour?</p>	<p>Ride a Bike Whether it's a tricycle, a balance bike, a bike with training wheels, or a two-wheeler, kids love to zoom around under their own steam.</p> <p>Skills developed: balancing</p>	<p style="text-align: center;">Chrome Music Lab!</p> <p>Search for "Chrome Music Lab" and play around with fun and creative ways to make and learn music.</p> <p>What were your favorite activities?</p>	<p>Paper Airplanes There are so many ways to make paper airplanes at home. Throw them inside or outside and see how high they can fly, how far they can fly, or if your child can throw them through an object such as a hula hoop.</p> <p>Skills developed: throwing</p>
<p>Bean Bag Toss Bean bags are an easy-to-grip and throw item for kids. Indoors or out, have kids throw them into targets such as laundry baskets or hula hoops.</p> <p>Skills developed: throwing you can use rolled up socks instead of bean bags</p>	<p style="text-align: center;">Nursery Rhymes!</p> <p>Sing some of your favorite nursery rhymes together!</p> <p>Mary Had a Little Lamb, Twinkle Twinkle, The Wheels on the Bus, BINGO, Old MacDonald, Head Shoulders Knees and Toes, ABCs, The Itsy Bitsy Spider</p>	<p>Egg and Spoon For this ultimate hand-eye coordination and balance game, give kids a spoon and have them balance a hard-boiled or plastic egg from one point to another either indoors or out. How quickly can they go? Can they dance as they move?</p> <p>Skills developed: balance, coordination</p>	<p style="text-align: center;">DANCE DANCE DANCE!</p> <p>There are a lot of dances you can do to get up and wiggle! Just search for some favorites and have fun!</p> <p>Cupid Shuffle, Cha Cha Slide, Hokey Pokey, Looby Loo, Chicken Dance, Macarena, Tooty Ta, Cotton Eyed Joe, Hand Jive</p>	<p>Catch Kids learn to catch at different rates but working with them on the skill can begin with throwing them a balloon or a soft object such as a rolled up pair of socks or a light ball will be less intimidating than a heavy or small ball. Start by standing close to your child and as they master the catch, move further away.</p> <p>Skills developed: catching</p>

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AVENGERS ENDGAME 'BLACK PANTHER'	Chrome Music Lab	Harry Potter 'Enchanted Spells' Kids Workout	Music Tech Teacher	The Fortnite Dance Workout																		
https://www.youtube.com/watch?v=9SDWArXm4mA&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJlDa&index=8	https://musiclab.chromeexperiments.com/Experiments	https://www.youtube.com/watch?v=fu-ZCwMrvKc&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJlDa&index=20	http://www.musictechteacher.com/index.htm	https://www.youtube.com/watch?v=MnpXQr3KXNw&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJlDa&index=21																		
Music Theory Learning	13 min. workout	On This Day In Music	flip a coin activity	Musical Instruments of the World																		
https://www.musictheory.net/	https://youtu.be/BWD4-A7mHVI	https://www.onthisday.com/music/	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">Heads</td> <td style="width: 33%; text-align: center;">tails</td> </tr> <tr> <td>1st flip</td> <td>10 push</td> <td>30 sec plank</td> </tr> <tr> <td>2nd flip</td> <td>25 jumping jacks</td> <td>30 sec jog in place</td> </tr> <tr> <td>3rd flip</td> <td>20 situps</td> <td>40 crunches</td> </tr> <tr> <td>4th flip</td> <td>40 high knees</td> <td>40 jumping jacks</td> </tr> <tr> <td>5th flip</td> <td>40 sec jog</td> <td>30 jumping jacks</td> </tr> </table>		Heads	tails	1st flip	10 push	30 sec plank	2nd flip	25 jumping jacks	30 sec jog in place	3rd flip	20 situps	40 crunches	4th flip	40 high knees	40 jumping jacks	5th flip	40 sec jog	30 jumping jacks	https://www.allthemusicalinstrumentsoftheworld.com/
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<p>Walk to the end of your driveway and sprint back to the top. Do this 20 times</p>	<p>Practice your band instruments!</p> <p>Practice Tips: Set up an online account Essential Elements Interactive so you can practice online with tracks Pick some of your favorites to play Try the old concert music again Learn something new Put on a mini-concert for your family Try practicing with a metronome Skype a band classmate and try to play together</p>	<p>Take a family walk try to walk atleast a mile</p>	<p>DANCE DANCE DANCE!</p> <p>Search for some favorites and have fun!</p> <p>Cupid Shuffle, Cha Cha Slide, Hokey Pokey, Looby Loo, Chicken Dance, Macarena, Tooty Ta, Cotton Eyed Joe, Hand Jive</p>	<p>See how many times you can run around your house or run around your house and stop and do 10 jumping jack then run again, changing exercises each time you run around your house.</p>																		
<p>Spend some time researching your favorite musicians! Where are they from? How did they get their start in music? Who are their biggest influences (then look up those people)?</p>	<p>Get outside and ride your bike for 45 minutes</p>	<p>Learn a new instrument!</p> <p>There are a TON of free online lessons being offered right now on a huge variety of instrument. Learn to play the guitar, piano, ukelele! Just search and see what is out there!</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">Heads</td> <td style="width: 33%; text-align: center;">tails</td> </tr> <tr> <td>1st flip</td> <td>10 push</td> <td>30 sec plank</td> </tr> <tr> <td>2nd flip</td> <td>25 jumping jacks</td> <td>30 sec jog in place</td> </tr> <tr> <td>3rd flip</td> <td>20 situps</td> <td>40 crunches</td> </tr> <tr> <td>4th flip</td> <td>40 high knees</td> <td>40 jumping jacks</td> </tr> <tr> <td>5th flip</td> <td>40 sec jog</td> <td>30 jumping jacks</td> </tr> </table>		Heads	tails	1st flip	10 push	30 sec plank	2nd flip	25 jumping jacks	30 sec jog in place	3rd flip	20 situps	40 crunches	4th flip	40 high knees	40 jumping jacks	5th flip	40 sec jog	30 jumping jacks	<p>Watch a musical!</p> <p>For family movie night, try to find a musical or Disney movie with lots of singing! Discuss what your favorite songs were from the movie.</p>
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