

K-4 Specials Distance Learning

Here are a variety of resources for K-4 students to use for movement, Spanish, and art. There will be a live document on the school website where more ideas may be added. We hope, if possible, students are given the time each week to have some space where they are able to move around, get outside (if possible), and enjoy making, exploring, and creating with their hands! When we get back we plan on having a reflection and sharing time where we can talk about and share pictures or examples of what they did, but will NOT be grading anything-this is only meant for enrichment. It is our hope that movement, learning, and art will be helpful for students to stay grounded at this time.

We hope this is a good variety of resources because we know every family has different access to materials and technology.

We will miss all of our students and can't wait to see you again soon!
PYP Specialists: Mr. Carbajal, Mr. Baldwin, Ms. Moritz, and Ms. Buchbinder

Art Ideas K-4 Buchbinder

Although these activities are a good starting place, as an IB school we know that students have more engagement in their education when they are leading the inquiry/questioning process and developing projects on topics that they are interested in. Be open to any and all materials that can be used for art around the house! In art we usually spend a part of class having free choice where they do shapes, Leggos, or free draw and it is a favorite part of class, so remember that these are creative activities as well! First and foremost, stay safe and healthy and I hope to see your children soon!

Project Based Learning Ideas: You can start with a prompt: "I want you to pick one topic that you're really excited about and create a(n) (art) project about it!" This is also a way to have a multi-day project that evolves as it goes. Here are some prompts to get their ideas down: What are you interested in? Would you like to create something to learn more about it? How would you go about creating that project? How long will it take you? What materials do you need? Will you need help getting the materials or putting it together? What is your plan or goal for today? What other resources do you need to complete this project? Ideas of projects: Creating a home/spaceship/ habitat out of a box, creating a spider web with yarn, creating puppets and a stage to have puppet shows (a great one if you have multiple children!), learning a craft from online tutorials- how to draw a ..., how to make flowers out of paper, watercolor techniques.

Websites with downloadable and online material:

<https://alligatorsartroom.wordpress.com/> Our classroom website! I will update it with the information provided here, as well as ideas I come across as often as possible! You can always look back at our Instagram webpage to get inspired from past projects:

<https://www.instagram.com/ms.buchbinder/> Weekly projects- require supplies, but if the Dollar Store or Amazon are an option for you it could work! <https://cassiestephens.blogspot.com/>, <https://www.mcharpermanor.com/post/supply-list-for-our-first-week-of-projects>

Pbskids.org Go to the login, Make up a user name and password (don't forget to save it!), Explore the Art Activities! Scribbles Ink has a few different features where you can work online or print out materials if you have access to a printer. **Digital content only:** How to draw- All you need is a pencil and paper-Better suited for 3rd and 4th grade :<https://www.youtube.com/user/chrihartbooks/videos>
<https://www.youtube.com/user/filbertsplosh/videos>

Go to a Virtual Art Museum!https://www.frick.org/visit/virtual_tour/garden_court,
<https://courtauld.ac.uk/gallery/about/3d-gallery-virtual-tour>,
<https://www.louvre.fr/en/visites-en-ligne>,
<https://artsandculture.google.com/asset/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en>, <https://britishmuseum.withgoogle.com/>, <https://thedali.org/virtual-tour/index.html>

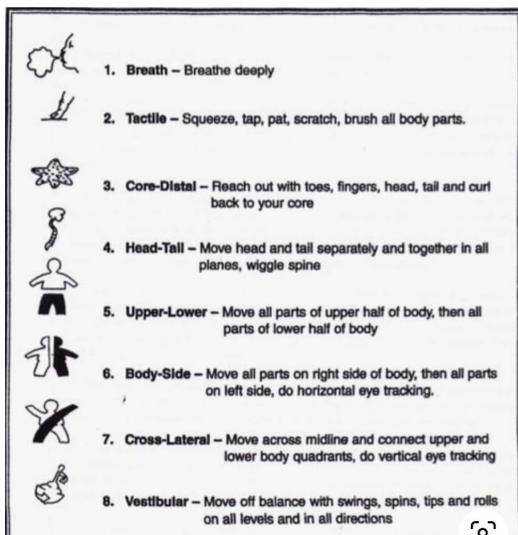
Step by Step Projects using pencil and paper for any grade:

*(K-1st) Draw a large shape and see how many smaller shapes you can fit into it! See if you can research and learn what each shape is called. Make sure to count the sides to help you with this! *(K-4) Still life or portrait drawings: Set up a still life or draw someone's portrait, or your own! For a still life: set up an arrangement of fruit, vegetables, toys, flowers, or anything you want to draw and observe the lines, shapes, values, and do YOUR best to draw it. For a portrait, draw anyone (or anything- a stuffed animal works!) who will stay still for long enough for you to draw them! *Zentangle- a meditative activity that most students know how to do. We use it as a calm down strategy in class or for fun during free draw: Step 1: Lightly sketch large overlapping shapes- no erasing! You must fill up the ENTIRE page with large shapes. You may also draw an animal or object with a number of shapes that you can later fill in. Step 2. Completely fill each shape with a different PATTERN. It is a challenge to your brain to think up new shapes, lines and patterns to create!. The goal is to have your entire picture filled with a variety of patterns



Examples:

Dance & Movement Ideas K-4 Moritz



Dance

- **Brain Dance:** Brain dance has 8 components: Breath, Tactile, Core/Distal, Head/Tail, Upper/Lower, Body Sides, Cross Lateral, and Vestibular. Create a dance that incorporates all of these components. For some inspiration, check out the following link: <https://www.youtube.com/watch?v=UH2xNx2t6Xw>
- **Elements of Dance:** Create a simple movement phrase (example: step, turn, jump, step, slide). Use

various elements of dance to alter and change the original movement phrase. To brush up on your knowledge of some of the basic elements of dance, check out this video:

<https://www.youtube.com/watch?v=UGuD9Geeb2k>

- **Create a Rhythm:** A rhythm is a sound or movement that repeats. Allow each person playing to create a movement or sound of their own. Put everyone's sounds together. Perform the sounds over and over in repetition. You've just created a rhythm!
- **Pass the Dance Move:** Think of the game telephone, but use movement instead. Pass a movement from one person to another and see how it looks as each person interprets it.
- **Dance Through the Obstacle:** Essentially, you need to place obstacles in a line, you could use different props for this purpose like party hats and big cones, with gap in between. The child(ren) must now cross these obstacles the way they please. They could dance their way through, or jump over them with a partner, and even use a small car to drive through the obstacles.
- **Freeze Dance:** A favorite game of most children! Play a favorite song and have the child(ren) dance along. When the music stops, FREEZE!
- **Fitness/Dance BINGO:** Create a quick Bingo board with fitness or dance movements, using beans (jelly, black/pinto, or coffee) as the BINGO markers.. Pick the movements out of a cup, hat, or any other holding receptacle. Before your child(ren) are allowed to place a marker on their board, they have to perform the announced movement. Whoever gets a line of movements (up/down, across, diagonal) first, wins!



Yoga

- **Freeze Dance - Yoga Style!:** Play a favorite song and have the child(ren) dance around. When the music stops, shout out the name of a yoga pose and the students will then have to freeze in that pose. This also tests their knowledge of poses. Be mindful that if you do a pose that is one-sided, you must have them repeat the pose on the other side. It's fun to see which moves faster, their minds or their bodies, as they think and try to jump into the pose.
- **Yoga Challenge:** You don't just say the name of a pose and have child(ren) get into it. You can give them challenges that allow them to come up with a variety of poses. For example, you can say: "I challenge you to demonstrate a pose that requires you to stay balanced," or "I challenge you to think of a pose where both hands are on the ground." As you add more challenges, you can watch their creativity expand. After each challenge, you can try to sequence the poses together.
- **Silly Train:** Have child(ren) line up behind the leader in one straight line. Make sure that there is about an inch or two of space between the children (if there are multiple). The leader of the train will pick a pose that everyone will eventually do. When the leader is ready to start, they will lead the train around the room. Passengers or people following will dance or move as silly as

they can, while staying in line or staying on the train. However, once the leader turns around, everyone must instantly go into the previously mentioned pose. You can take turns by changing train leaders once they do one lap around the room. Tip: Have some music playing in the background for added fun.

Websites

- **Cosmic Kids Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
- **Go Noodle:** <https://app.gonoodle.com/login>
- **Just Dance Kids:** https://www.youtube.com/results?search_query=just+dance+kids
- **Fit for a Feast - DANCE:** <http://www.fitforafeast.com/dance.htm>

Spanish Ideas K-4 Baldwin

Hello Peirce Families,

I want to personally tell you how much I will miss teaching Spanish with our students for the next two weeks. I understand how difficult this time will be but I want to give you all some resources to use for learning Spanish while at home, as well as some updates on our unit plans. These are all activities that students can do for enrichment, nothing is mandatory and nothing will be graded.

Resources for ALL students:

Conjuguemos: <https://conjuguemos.com/activities/spanish/vocabulary/1>

Conjuguemos is a free website for language development. There are many resources to help students practice at home, like the flashcards.

Duolingo: <https://www.duolingo.com/>

Duolingo is a free website for students for language development. Students can work their way up learning basic vocabulary through fun, interactive games. Also available on your phone.

Rockalingua: <https://rockalingua.com/>

Rockalingua is a music based language website. Students can learn vocabulary and phrases through fun music videos and games. Most videos are free.

Fourth Grade: Staying Healthy

Study our vocabulary sets in fun, interactive ways!

www.quizlet.com

username: peirc espanish1 or peirc espanish2 or peirc espanish3 or peirc espanish4

password: mrbaldwin

We are learning about food groups and making food choices. Our students were to translate a Hispanic recipe and create a visual for our class. This will change due to the closure, so please do not worry about completing any work. However, here is a list of Hispanic dishes that you can investigate and try to make for fun!

Ropa vieja | Pepián | Arepa | Pupusas | Tortilla española | Paella | Enchilada de pollo | Tamales | Lomo saltado | Ceviche de camarones | Mole | Flan | Tres leches | Churros

Send me an email with a photo of your dish if you can make one! @jmbaldwin1@cps.edu

Third Grade: Hobbies and Pastimes

If you want to watch our videos you can use the website below. Some of the videos are free!
www.rockalingua.com

If you want an extra challenge for fun, you can write about the things that you like to do at home! Remember to use our sentence frames of *A mi me gusta...*

Second Grade: My house

If you want to watch our videos you can use the website below. Some of the videos are free!
www.rockalingua.com

If you want an extra challenge for fun, you can write and draw about your home. Try your best to label the rooms in your house and draw some furniture!

First Grade: My family and friends

If you want to watch our videos you can use the website below. Some of the videos are free!
www.rockalingua.com

If you want an extra challenge for fun, you can write and draw about your family members. Try your best to label the pictures you draw and use our descriptive adjectives!

Kindergarten: My body

If you want to watch our videos you can use the website below. Some of the videos are free!

Physical Education K-4th grades

Hello everyone,

I hope that everyone stays healthy and safe during this period of time. Exercising is always an important aspect of our health. Finding ways to remain active, and I hope this page will be beneficial for all students and families. Please email me for more activities or exercises if necessary. lecarbajal@cps.edu

2nd-4th grade

Our spring fitness testing will be coming up in April and May. Students can continue working on exercises to improve their fall fitness scores. Fitness tests includes: push-ups, curl-ups, sit and reach, and pacer test. Other modifications for pacer test is run in place, burpees, dance party, jumping jacks, and any form of plyometrics.

- Components of Fitness: [Video- Components of Fitness](#)
- **Go noodle** is an online website that allows students to perform various exercises and dances. If you are unable to access, please email me.

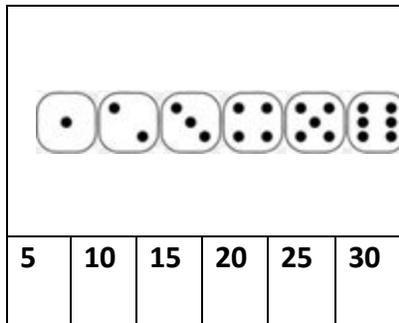
<https://www.gonoodle.com/>

- Open P.E
<https://openphysed.org/activeschools/activehome>
- Hip hop public health for kids: <https://hhph.org/hhph-kids/>

Exercise Dice Game

Pick six exercises. Write the name and draw a picture of the exercise in each box. Roll the dice to see what exercise to complete, roll the dice again to see how many times to complete the exercise.

<https://www.swww.com/blog/exercise-dice-game-using-task-cards-literacy-strategies-in-pe/>



1:	2:	3:
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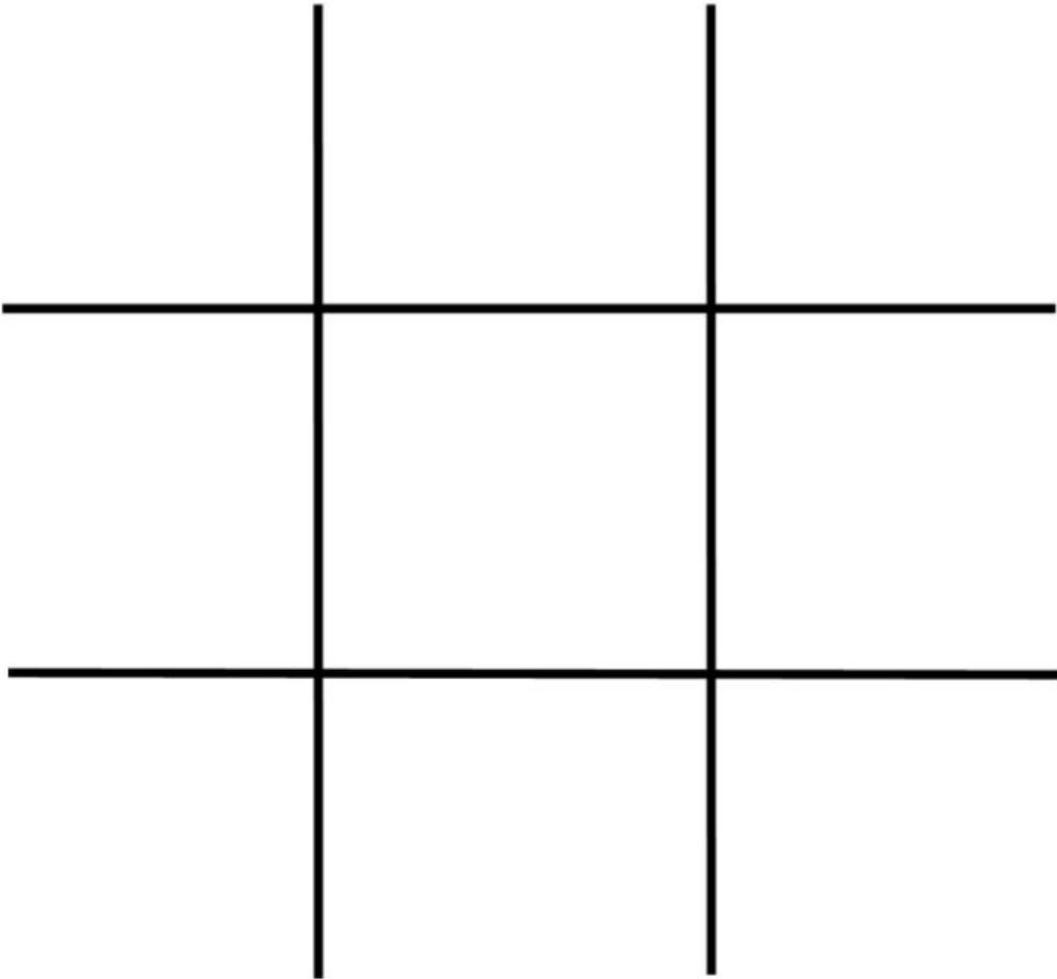
4:

5:

6:

Tic-Tac-Toe Relays

Directions: Find or create 4 markers for each person, 8 total. You can use pieces of paper for your markers. Place Tic-Tac-Toe Board on a table or floor across a room. At the same time both people run to the board with one marker and place on the grid, not on same space. Keep going back and forth until someone has made tic-tac-toe. If nobody makes 3 in a row after all 8 markers have been used continue game by moving one marker at a time until a Tic-Tac-Toe has been made.

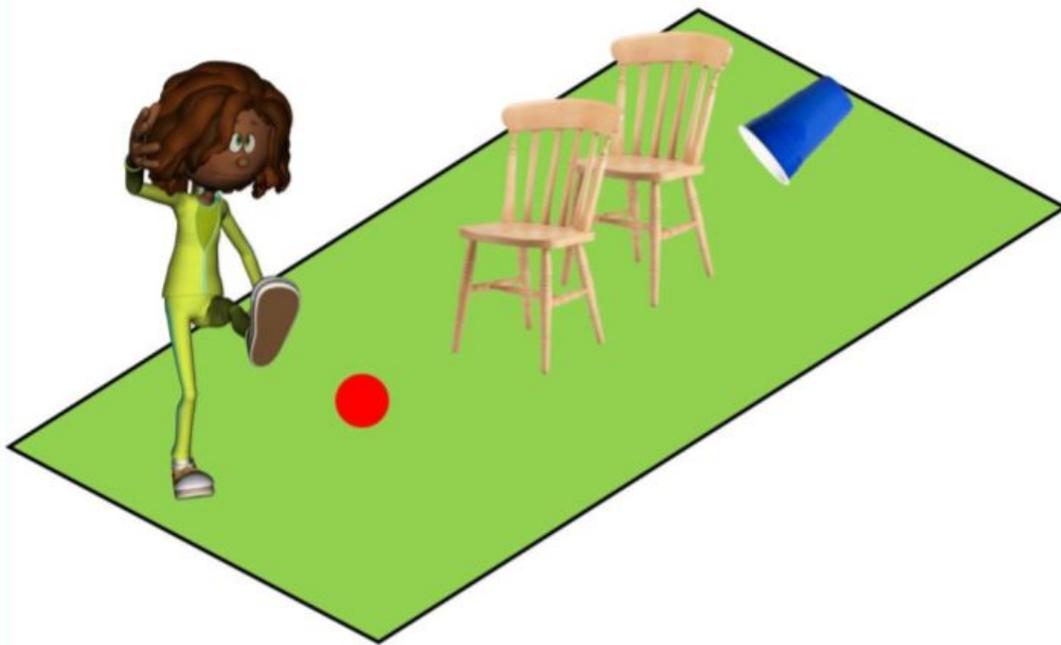


Directions: Hold each balance for a minimum of 5 seconds and then cross of the board. Try to see how many different ways you can get Bingo on the board. You can also play with a partner and take turns attempting different balances to make a Bingo

Balance Bingo				
 HALFWAY HANDSTAND	 BROKEN CANDLESTICK	 SPLIT STAND	 THE PEG LEG	 THE ANKLE HOLD
 PLANK	 SIDE PLANK	 ELBOW STAND	 SUNSHINE	 BRIDGE
 TOE TOUCH	 SITTING TOE TOUCH	FREE SPACE	 WARRIOR	 SIDWAYS STRETCH
 DAZZLER	 LAZY TOE TOUCH	 TOE POINTER	 SPLIT	 AIR CHAIR
 HANDSTAND	 HEADSTAND	 TRIPOD	 CANDLESTICK	 HANDSTAND STRADDLE

Foot Mini Golf

Use items at home to create your own mini-golf hole. Use a small ball of any kind as your golf ball and your foot as the putter.



Family Workouts

Directions: Gather the family around! Set a timer for 4 or 6 minutes. Perform each exercise for 20 seconds, rest for 10 seconds in between.

Workout #1

Jumping Jacks

Plank

Ski Jumps

Squats

Workout #2

Jog in Place

Shoulder Taps

Jumping Jacks

Curl-ups

Workout #3

Ski Jumps

Side Plank

High Knees

Push-ups

ACTIVITY LOG

<u>Week 1</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Activities					
Total Minutes of Activity					

<u>Week 2</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Activities					
Total Minutes of Activity					

Student Name _____

Parent Signature _____

