STUDENTS – This is week #2 of our distance learning! We hope that you are having some fun while completing some of the specials activities. Please complete the activity for a specials class that you have and then if you would like to complete any others, please do that too! Feel free to take “selfies” of yourself doing these activities and post them, along with whatever evidence you have of completing a task, into our Specials Google Classroom!

<table>
<thead>
<tr>
<th>Physical Education</th>
<th>Family and Consumer Science</th>
<th>Band</th>
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| - Toss a ball around (Football, baseball) or Frisbee with a friend for 30 minutes.  
- You can also pass a soccer ball back and forth with a partner. | Select one meal you ate this week. Calculate the approximate price of each item and then determine the total cost of the meal. | - Create your own amusement park:  
- Where would you build it?  
- What would you name it?  
- What would be there? | - Practice any song from warm up (Apple trees in Bloom) and perform for a family member | Draw an object (ex. Piece of fruit) from observation with a focus on light source and different levels of value and shading |
| Write down a list of food/drinks that you consume in a day and tell us how many calories you have eaten and whether or not you feel like you ate healthy.  
- Go for a 30 minute walk or if you have a dog, walk the dog. You get exercise and so does the dog. | Wash the exterior of a family member’s car by hand, bonus points if you also vacuum and clean the interior too! Take a picture of the before and after. | - Select a vacation destination your family would choose after the passing of the corona virus.  
- Where will you go? What will you do? | Practice Number Warm up (1, 121, 12321 etc.) up the scale and down - try to perform as fast as you can as accurately as you can. | Draw a picture of your bedroom or dream bedroom (space, perspective, and value) |
| Yoga is a great indoor physical education activity. Roll out the yoga mats and strike a pose! There are many great kids’ yoga DVDs available online. Here is a link to a great video. https://www.youtube.com/watch?v=X655s4l5akg&featuresemb logo | See if you can learn the theme song to your favorite television show on your instrument | - Your family is going on an adventure.  
- What supplies will you need?  
- Where will your adventure lead you? | - Practice singing solfeggio up and down the scale  
- Add hand signs | Draw a picture of the inside of your refrigerator (Lines, shapes, form, and value) |
| Go for a 30 minute walk or if you have a dog, walk the dog. You get exercise and so does the dog. | Sweep and mop your kitchen floor. Have a family member sign off that you completed this task. | As you watch television identify the tempos and dynamics that are used in the theme songs. Share your findings with parents and friends | Practice using Solfeggio - instead of numbers from our warm up (do-do re do- do re mi re do etc...) | Keep your social distance (10 feet), take a walk outside and collect 5 objects from nature.  
- Then stackassemble those items into a sculpture. Take a picture from different angles (Form and space) |
| - Challenge your family!  
- See who can write down the most world landmarks and then list where those landmarks are located. | Watch your household pets or livestock see if you can identify the meter (time signature) they walk, trot, run, gallop in | - Figure out the solfeggio for a Nursery Rhyme (can be any ex: Mary had a little Lamb) *challenge yourself to figure out other songs | - Keep your social distance (10 feet), take a walk outside and collect 5 objects from nature.  
- Then stackassemble those items into a sculpture. Take a picture from different angles (Form and space) | Draw a “Positive Message” poster using Bubble Letters and designs. Then color or shade. |
| Look at old photographs with a family member, ask them how fashion trends have changed since they were your age. Write a reflection sharing what you learned. | As you watch television identify the tempos and dynamics that are used in the theme songs. Share your findings with parents and friends | - Challenge your family!  
- See who can write down the most world landmarks and then list where those landmarks are located. | Practice using Solfeggio - instead of numbers from our warm up (do-do re do- do re mi re do etc...) | Keep your social distance (10 feet), take a walk outside and collect 5 objects from nature.  
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| Do some chores around the house to help out! Take the trash out, clean your room, or the bathroom. Your ideas could be endless but ask your parents what you could do and participate for at least 30 minutes. | Create a T-Shirt design that expresses a positive message. Include a design for both the front and the back with both an illustration and slogan. Possible topics include: Healthy Relationships Importance of Exercise Healthy Diet Dealing with Stress Texting & Driving | - Pick a country  
- Have a parent help you find some fun facts about the country chosen. | - Keep your social distance (10 feet), take a walk outside and collect 5 objects from nature.  
- Then stackassemble those items into a sculpture. Take a picture from different angles (Form and space) | Draw a “Positive Message” poster using Bubble Letters and designs. Then color or shade. |

- Watch a nursery rhyme video on YouTube: https://www.youtube.com/watch?v=X655s4l5akg
- Yoga videos available online: https://www.onlinewideyoga.com/