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<th>Date</th>
<th>PE- Stewart</th>
<th>Music- Miramontes</th>
<th>STEM- Chance</th>
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<td>4.14.20</td>
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<td>4.15.20</td>
<td><strong>Complete the following exercises while listening to your favorite song.</strong>&lt;br&gt;- 10 Jumping Jacks&lt;br&gt;- 10 Pick-up Sticks&lt;br&gt;- 10 Sit Ups&lt;br&gt;- 15 second plank&lt;br&gt;- 10 Leg Lifts&lt;br&gt;- 10 Squats&lt;br&gt;- 20 seconds of High Knees</td>
<td>Play “Name that Tune” with a parent or sibling:&lt;br&gt;● Player 1 chooses a song and hums the tune. No words allowed.&lt;br&gt;● Player 2 guesses the song. If correct, Player 2 gets a point.&lt;br&gt;● Continue taking turns. Player who reaches 10 points wins.</td>
<td>Create your own 3-D figures from home items:&lt;br&gt;● Use gum drops (or marshmallows, play-doh, etc) and toothpicks to create a variety of 3-D shapes. Name the shape, identify the number of vertices and faces.</td>
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<td>4.16.20</td>
<td><strong>Commercial Break</strong>&lt;br&gt;Can you hold a plank for an entire commercial break? Challenge a family member to do it with you.&lt;br&gt;&lt;br&gt;<strong>Play Catch</strong>&lt;br&gt;Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</td>
<td>Play Rhythm Mixer&lt;br&gt;● Write four 4-beat motives. Make sure to include ta, titi, and tika-tika. If you know ti-tika and tika-ti, include them as well.&lt;br&gt;● Mix up the motives, and clap and say them all.&lt;br&gt;● Remember: ta, titi, tika-tika, rest, ti-tika, and tika-ti are all one beat. If you know syncopa, it takes up two beats.</td>
<td><strong>Create Easter Color Art to think like a scientist</strong>&lt;br&gt;Using skittles, white plate that's flat on the bottom, pencils or crayons for recording, &amp; ⅓ cup of warm water&lt;br&gt;● Arrange the skittles on the inside of plate anyway you like&lt;br&gt;● Record by making a prediction of what you think will happen when warm water is added&lt;br&gt;● Add water slowly, in seconds the beautiful colors will start showing</td>
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| 4.17.20  | **Wild Arms**<br>As fast as you can complete:<br>10 Arm Circles front and back<br>10 forward punches<br>10 Raise the Roof’s Repeat 3x | Play Rhythm Relay with a parent or sibling<br>● Make up one four-beat motive<br>● Clap and say your four-beat motive<br>● Your parent or sibling thinks of one four-beat motive that begins with the | **STEM Science** making a cloud in a jar you need:<br>Jar with lid, ¼ cup hot water, ice and hair-spray<br>● Pour hot water into jar<br>● Swirl around to warm sides of jar<br>● Turn lid upside down and place on
| **Step Jumps**  
Find a step or bench and jump up and down 50 times. Be CAREFUL. Take a break if needed. | **same rhythms as your last two beats.**  
- Example:  
  Player 1: ta, titi, tita, ta  
  Player 2: tita, ta, ta, ta  
  Player 1: ta, ta, tika-tika ta  
  Player 2: tika-tika ta, tika-tita etc. | **top of jar**  
- Add ice cubes on lid  
- Remove lid and spray hair-spray into jar  
- Replace lid with ice on top  
- Watch clouds form  
- Remove lid and watch cloud escape into the air |
| --- | --- | --- |
| **How Fast Can You Go?**  
Pick a distance and see how fast you can run the distance. Ask a family member to time you. | **Play Poison with a family member**  
- You are the teacher! Pick your poison rhythm. Remember, make it 4 beats.  
- Tell your family member the poison rhythm, and have them repeat it 3 times. You can write it down, if you want to make it easier. Then tell them the game is on.  
- When your family member hears poison, they must cross their arms. If they do it correctly, they get a point. If they start to say the poison rhythm, you get a point.  
- Think of other 4-beat motives, and try to get your family member out, by getting them to say poison. | **Oil and Water Density Science Experiment**  
**Making a Lava Lamp**  
You will need: an empty 16 oz. water bottle, 1 cup water, ¼ cup of cooking oil, food coloring, funnel (optional)  
- Pour oil into container  
- Pour colored water into container  
- **Discuss** what you see happening water is heavier so it sinks to bottom & the oil floats  
- **Watch** for the separation. What happens when you shake, roll, and turn the bottle over?  
- **Science Question:** What would happen if you added 2 pinches of salt? |
| **A Gratitude Attitude**  
Write down something you are thankful for and why. | **4.20.20**  
**Mindful Snack**  
When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you’re eating. What do you notice? | **4.21.20**  
**Mindful Snack**  
When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you’re eating. What do you notice? | **Sing your favorite song from class. Teach it to a family member.**  
**How to Make An Eggshell disappear?**  
You Will Need: An egg, regular white vinegar, glass jar with lid  
- Place egg in a glass jar. Pour enough vinegar to cover the egg and then a little bit more. It may float for a little but it will sink later  
- **Look for bubbles:** a chemical reaction |
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<th>Instructions</th>
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<td>4.22.20</td>
<td><strong>4 Walls</strong></td>
<td>Face each wall in a room and do a different exercise for 30 seconds: side shuffle - grapevine to left then right - wide stance punches - vertical jumps. Don't forget to play your favorite music when doing exercises.</td>
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<td><strong>Be a Food Scientist</strong> (Parental help) Needed: 1 tbsp. Sugar, ½ cup milk, ¼ tsp. Vanilla 6 tbsp. Salt, 1 pint size + 1 gallon size plastic food bag, ice cubes, gloves or towel.</td>
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<td>- Fill a gallon size bag full of ice and add the salt. Seal the bag.</td>
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<td>- Fill the smaller bag with milk, vanilla, and sugar seal the bag.</td>
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<td>- Place the smaller bag inside the larger bag and seal it again carefully.</td>
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<td>- Shake the bag until the mixture is ice-cream, usually 5 minutes.</td>
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<td>- Protect hands from cold with gloves or a towel.</td>
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<td>- Open carefully, grab a spoon and enjoy!</td>
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<td>4.23.20</td>
<td><strong>Paper Plate Planks</strong></td>
<td>In plank position with paper plates under your feet. Complete 30 seconds each: mountain climbers. Practice your solfege hand signs. Remember: La So Mi Re</td>
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<td><strong>Where Science Meets Art</strong> You will need a pencil or marker, paper, a glass of water. Draw something on a piece of paper.</td>
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| -in and out feet  
-knees to chest | ● Do  
If you don’t know or don’t remember, that’s okay! Just skip it and keep going. | and observe how it looks when you look through the glass of water.  
● You do not have to limit it to arrows BE CREATIVE!  
● Science Questions:  
● How does your picture change? What bits stay the same? What happens when you move the glass closer to the image.  
For fun draw a face with eyes looking one way/see which way they are looking when you look through the glass. |
| --- | --- | --- |
| 4.24.20 | **Dribble Challenge**  
Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving? | **Play a qua qua two times with a family member.** Remember, if there are only two of you, you hold hands like you’re arm wrestling and go back and forth until the game is over. |
|  | SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising! | **STEM: How Well Did You Wash Your Hands?**  
You will need:  
3 pieces of white bread, 3 sandwich bags, soap,  
● Using hands that have not been washed, touch the piece of bread all over and place in a bag then seal.  
● Using clean hands, washed with soap and water, be sure to wash carefully. Then place bread in bag and seal.  
● Last piece of bread slide out of the bag and into the sandwich bag. Do not touch the bread.  
● Observe each day to find data for your experiment. |