### Physical Education
- Go for a 30 minute walk, bike ride or if you have a dog, walk the dog and don’t forget to send us a picture of you doing it and for how long.

### Family and Consumer Science
- We know there are many restaurants that must remained closed during the pandemic. Write a persuasive essay to convince someone that restaurants should reopen at this time or should remain closed. A few paragraphs to argue your point and persuade your reader would be great!

### Band
- World Lang: - write a journal entry to citizens of another country, explaining how they can prepare for the COVID-19 and what they should do when the virus gets to their country.

### World Lang./Second Step
- World Lang: Write a journal passage that explains why you think some areas in Maryland are places with many cases of COVID-19 and some do not. Why is this happening? What areas have many/few cases?

### Music/Chorus
- Teach someone in your family a song. As they sing the song, you are to use a household item as an instrument and play along!

### Art
- Draw a picture of your video game screen (shapes, letters, colors and value)

### Visit this website [http://www.darebee.com](http://www.darebee.com) where you can find an endless amount of workouts that you can do at home with or without equipment. This is something the entire family can do together. Send us a picture or tell us about your working out.

### Write a 5-7 sentence paragraph explaining how your experience has been since Covid-19 has started? Tell us how long you think it’s going to last. What are some ways we can prevent this from happening again?

### Physical Education
- Visit this website [http://www.darebee.com](http://www.darebee.com) where you can find an endless amount of workouts that you can do at home with or without equipment. This is something the entire family can do together. Send us a picture or tell us about your working out.

### Family and Consumer Science
- Watch any type of food or cooking show on TV. After you watch it, write a few paragraphs explaining and describing what dish or food looked like one that you would like to taste or try to make. Also write a couple paragraphs about a food or dish that you thought would not be very good or you would not try.

### Band
- Compose your own song sharing how COVID 19 has affected your life. Perform your composition for your family. Give your song a creative title.

### World Lang./Second Step
- World Lang: Write a journal passage that explains why you think some areas in Maryland are places with many cases of COVID-19 and some do not. Why is this happening? What areas have many/few cases?

### Music/Chorus
- Think about your favorite song... what is it about? Why was it written? Its meaning? Now... find another song from a different genre that is about the same thing, written for the same reason, or same meaning. Write about the songs.

### Art
- Draw your favorite cereal box, then create another drawing of your own original cereal box.

### Physical Education
- Play a PE traditional game such as, kickball, whiffle ball, Frisbee, badminton, jump rope/hopscotch, or even tag. If you’re not familiar with the rules, look them up online if possible. Send us a picture of you playing the game.

### Family and Consumer Science
- Help out at home by sorting laundry! Start with your laundry and then sort your siblings too. Try to sort them by white clothes, light clothes or grays, dark clothes, bright colors, towels, etc. Which load has the most clothes in it? The least?

### Band
- Play a long tone or scales for an entire commercial break.

### World Lang./Second Step
- Second Step Reach out to another friend you have not heard from. Check on them and see how they are doing during our time from school. Write a short journal of your conversation.

### Music/Chorus
- Create a PLAYLIST OF YOUR LIFE. - 10 songs that represent you and your life. For each one: - what is the song, who sings it - why is it an important part of you? - how does it make you feel?

### Art
- Build a creative sculpture out of blocks or legos, take pictures from different angles

### Physical Education
- Plan a lunch or dinner that you would like to make for your family. Make down the ingredients and or supplies that you would need to make that dinner. Ask a parent or guardian to get those items on the next trip to the grocery store. OR..... Gather ingredients that you have in the kitchen now and create a dinner or lunch for your family.

### Family and Consumer Science
- Tap a beat on your hand double it on the other hand and half time it with a foot.

### Band
- Pick an easy song (Ex. Hot Cross Buns). Make your own arrangement changing time signature, key, rhythm.

### World Lang./Second Step
- Second Step Design or create a greeting card that you would like to send to one of your teachers during this pandemic.

### Music/Chorus
- Last week you were to write out a rhythmic pattern in 4 using half, quarter and eighth notes. 8 bars long This week.....add solfeggio to the pattern.

### Art
- Draw an anime or magna character

### Physical Education
- Have a family board game night with any game you have laying around in the house. Participate in games such as Monopoly, Life, Uno, Scrabble, Taboo, Yahtzee etc. Send us a picture of you playing the game.

### Family and Consumer Science
- Design your own food truck... draw a picture of your truck and write a paragraph explaining what you would make (types of food) in your truck and where you would like to move your food truck to make the most money!

### Band
- Teach parent/sibling a mini lesson. Instrument assembly, first sounds, etc.

### World Lang./Second Step
- Second Step These times of isolation are hard! Tell us in a couple paragraphs, how you have been coping with the pandemic and what has been working for you and not working for you.

### Music/Chorus
- Draw your name in bubble letters and draw images inside the letters that represent you as a person