

Activities for Art, Music and Physical Education

March 25 – April 2, 2020

<ul style="list-style-type: none"> • Make an Instrument • Play a steady beat on your instrument • Create a dance using the new instrument 	<p style="text-align: center;">Daily warm up</p> <ul style="list-style-type: none"> • 10 curl ups • 10 push ups • 10 jumping jacks 	<p>1 hours a day without electronics</p> <ul style="list-style-type: none"> • Draw • Sing • Play
<ul style="list-style-type: none"> • Create a song or rap about your day 	<p><u>LEARNING</u> <i>Art, Music and PE</i> <i>Choice Board</i></p>	<ul style="list-style-type: none"> • Create a new sport • Design a uniform for your new sport
<ul style="list-style-type: none"> • Take a walk • Sing a song while you walk • After your walk, draw a picture of what you saw on your walk 	<ul style="list-style-type: none"> • Write about your favorite day in Art, Music or PE • Illustrate your story 	<ul style="list-style-type: none"> • Create a poster for Art, Music or PE showing examples of good behavior, safety or rules

Optional websites for more activities:

www.artforkidshub.com

www.quavermusic.com – student interactives code SSR3N

www.speedstacks.com