

Digital Learning Day Special Areas

Physical Education

K-1st

Practice Tying Shoes

Option #1

10 Curl ups

25 Jumping Jacks

10 Wall or Floor Push Ups

2:00 minutes of jogging in place

Option #2

Download the Sworkit Kids App and complete a 3:00 minute workout

3rd-5th

Option #1

20 Curl Ups

25 Jumping Jacks

15 Push Ups

10 Burpees

3:00 minutes of jogging in place

Option #2

Download the Sworkit Kids App and complete a 4:00 minute workout

Art

Draw your favorite animal. Add a detailed environment, either realistic or imaginary, where your animal lives. Use art materials of your choice to add color to your work of art.

Music

Go to the website www.classicsforkids.com.

Click on the green Music tab at the top of the page.

Click on the Instruments of the Orchestra link (third on the list) and answer the following questions:

1. What is an orchestra?
2. Who is the person who leads the orchestra?
3. How many instrument families are there?
4. Which instrument family sits in the back of the stage?

