

PE and Music Activities for Grades K-6

Dear IC students and families,

We are sad that we won't be able to finish the school year with you, playing games, learning skills, and making music! We continue to pray that you stay safe and healthy, learning and growing even though we don't get to be together right now. These pages contain some ideas for you to do for PE and music for the rest of the school year. These activities are totally optional. Feel free to modify as it works for your family, or do something else all together! We look forward to seeing you when school starts again.

Online options:

- **Mrs. Leeper's website** is at <http://tiny.cc/491mnz>. She has posted songs and activities for the different grade levels there.
- **Mrs. Adams** has a youtube channel where you can find videos of additional activities. A new video is posted weekly. <http://tiny.cc/503ynz>

Remember to email Mrs. Adams or Mrs. Leeper if you want to share something that you've done! We love to hear from students!

Mrs. Adams: lisa.adams@iccharlescity.org

Mrs. Leeper: sleeper@charlescityschools.org

Week	Monday	Tuesday	Wednesday	Thursday	Friday
May 4-8	<p>PE: Deck of Cards Fitness</p> <p>Grab a deck of cards and shuffle them up. Draw anywhere from 10-20 cards and do exercises based on the card you draw. The exercise is determined by the suit of the card and the number on the card determines how much you do.</p> <p>Hearts-Jumping Jacks Diamonds-Sit-ups Spades-Squats Clubs-Push-ups</p> <p>2-10-do the number on the card J-do 11 Q-do 12 K-do 15 A-do 20 Joker-do 25</p>	<p>Music: Gather the family and do the Bunny Hop! Stand in a conga line, put your hands on the shoulders or waist of the person in front of you.</p> <p>*right foot out twice *left foot out twice *hop forward *hop backward *hop forward three times</p> <p>Sing the song as you dance, or get inspired with the original version from the 1953 Ray Anthony Show! http://tiny.cc/3mgfnz</p> <p>OR</p> <p>Pick another dance you love and do it! Electric slide? The Hustle? Chicken dance? Macarena? Cupid Shuffle?</p>	<p>PE: Outdoor Scavenger Hunt</p> <p>Go for a walk around your home or neighborhood. Can you spot all the items?</p> <ul style="list-style-type: none"> - rock - leaf - tree - sign - mailbox - flower - stick - bug - animal - cloud - flag - car - water - something red - something blue - something soft - something sharp - something noisy 	<p>Music: If it's a nice day, go outside and listen to the sounds of nature. What do you hear? Does it remind you of any songs you know?</p> <p>Listen to the birds. Can you imitate their songs with your voice or whistling?</p> <p>Or</p> <p>Create a dance to a favorite song. Find the places where the song repeats and repeat the movement. (5th&6th graders: can you find the A & B sections?) Teach your dance to someone else.</p>	<p>PE: Play Catch</p> <p>Throw and catch an object with a family member.</p> <p>You can use a football, frisbee, baseball/softball, basketball, make a ball out of socks/paper and tape.</p>

Week	Monday	Tuesday	Wednesday	Thursday	Friday
May 11-15	<p>Music: Listen to some music that is new to you, then choose one (or more!) of the following to do:</p> <p>**Pretend to be the conductor. What movements might the conductor make to give directions to the musicians?</p> <p>**Do you think this song would be popular in another country? Why or why not?</p> <p>**Get a bucket, plastic container, or pot. Use your hands (or chopsticks or pencils or...) to drum along to this piece. Try not to drive your family crazy!</p> <p>**Listen to one of your favorites right after you listen to this one. How are they the same? How are they different?</p>	<p>PE: Create an Outdoor obstacle course.</p> <p>Time yourself and then try to beat your time.</p> <p>Can you create obstacles where you go over, under, around, or balance on?</p>	<p>Music: Create a musical instrument. Here are some ideas to get your started:</p> <p>*Only use straws.</p> <p>*Only use items found in the bathroom.</p> <p>*Only use items found outside.</p> <p>*Create something that requires two people to play.</p> <p>*Ask an adult at home to gather five things. You HAVE to include these five things in your instrument.</p> <p>*Create a song or rhythm for eight beats. Teach it to someone else in your house!</p>	<p>PE: Choice Day!</p> <p>Do a physical activity of your choice with a family member.</p> <p>-Play a sport like basketball, soccer, or football</p> <p>-Go for a walk or bike ride</p> <p>-Play catch with a ball or frisbee</p> <p>-Have a dance party</p> <p>-Do activities on GoNoodle</p> <p>-Play a game of tag or hide and seek</p>	<p>Music: Teach someone at your house a song we did at school. Here are some ideas, but choose whatever you want!</p> <p><u>Kindergarten:</u> <i>We are scary skeletons, Circle 'Round the Zero, One, Two, Buckle my shoe, We're Going to the Farm</i></p> <p><u>1st grade:</u> <i>We Three Kings, Somebody's Knocking at Your Door, Lucy Locket, Bluebird through my window, You Must Pay the Rent, Yankee Doodle</i></p> <p><u>2nd grade:</u> <i>Do you love me or do you not? The Noble Duke of York, Ritsch Ratsch Fili Boom Boom Boom, Down, down baby, down by the roller coaster</i></p> <p><u>3rd/4th grades:</u> <i>Jingle Bells, Up the Ladder, One Bottle of Pop, A my name is Anna Marie, Oh, Row the Rattlin' Bog, Head and Shoulders, Baby, La Too Shee, Double-double ice cream,</i></p> <p><u>5th/6th grades:</u> <i>Dona Nobis Pacem, Black Socks, Sansa Kroma, Hey, ho, nobody home, Sorida, To stop the train</i></p>

Week of May 18

Unfortunately we are unable to be together for a field day this year. Here is a list of some field day activities you can try with your family. I challenge you to create your own field day with your own activities or using some of the ones suggested here. Feel free to send the school a video of your activities.

Balloons-How long can you keep a balloon in the air? Can you work as a team to keep more than one up?

Water balloons-Can you toss a water balloon to a partner without it breaking? Take a step back for every catch to make it more challenging.

Ball toss-Toss any type of ball back and forth with a partner. How many tosses can you make without dropping it? Step further apart to make it harder.

Knee race-Put a ball between your knees and race to a certain point. You could race a family member or time yourself and try to beat your time.

Spoon relay-Put an egg or other small object on a spoon and take turns racing to a designated spot and back.

Hole in a cup-Fill one bucket or container with water and place an empty one a ways away. Poke a few holes in a cup and use the cup to try to transfer as much water as possible from one container to the other. For more fun, hold the cup over your head.

3 legged race-stand next to a partner and tie your shoelaces together on your feet that are side by side or use a piece of fabric to tie them together and see how well you can move using "3" legs.

Potato sack-Using a pillowcase as a potato sack, stand in the pillowcase and hop to a designated spot. Race a family member.

Sponge relay- Fill a container with water and place an empty container a ways away. Using a sponge, try to transport as much water as possible from one container to the other.

In case you have your own end of school picnic, here's a song you can sing!

The Picnic Song (sing to the tune of Skip to My Lou)

Having a picnic under the trees,
Having a picnic under the trees,
Having a picnic under the trees,
We're gonna have a picnic!



Picnic basket with lots of food (x3), We're gonna have a picnic!

Cups and plates are what we need (x3), We're gonna have a picnic!

Lemonade, chicken, cookies, too (x3), We're gonna have a picnic!

***Make up your own verse(s) about what you'll eat
and what you'll do for your picnic!***