

## Specials - Week 4

### **Directions:**

Please choose one square to complete per day - It is the expectation that you email your child's special teacher the assignment they complete each day of the week. You can send links, pictures, videos, or a statement explaining what your child completed written by you or the student.

### **Art**

Mrs. Glasterrer - [glasstetterj@fultonschools.org](mailto:glasstetterj@fultonschools.org)

Mrs. Ackerman - [ackermanm@fultonschools.org](mailto:ackermanm@fultonschools.org)

### **PE**

Coach Richardson - [richardsonf@fultonschools.org](mailto:richardsonf@fultonschools.org)

Coach Green - [greenm1@fultonschools.org](mailto:greenm1@fultonschools.org)

### **Music**

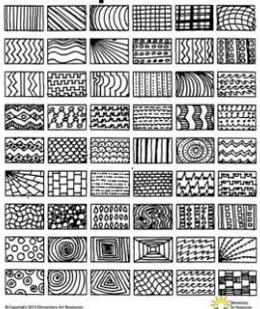
Ms. Wehr - [wehrb@fultonschools.org](mailto:wehrb@fultonschools.org)

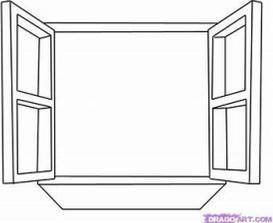
Ms. Boehnlein - [boehnleinn@fultonschools.org](mailto:boehnleinn@fultonschools.org)

### **STEM/MEDIA**

Mr. Groce - [grocehd@fultonschools.org](mailto:grocehd@fultonschools.org)

Mrs. Scholberg - [scholbergl@fultonschools.org](mailto:scholbergl@fultonschools.org)

Music	Art	STEM/MEDIA	PE
<p>Figure out the form of a song you like! Assign each section a symbol or letter. Write down the symbols in the order that you hear them. (It might look like this: ABACA or ●■●▲●)</p>	<p>Trace your hand with a pencil and fill it in with at least 6 different patterns.</p>  <p><b>Examples of line</b></p> 	<p>Go outside and find something you have a question about (For example: Why is the sky blue? Why do leaves change colors? How old is this rock?) Go inside and research the answer to your questions using <a href="http://www.google.com">www.google.com</a></p> 	<p>I can keep an active lifestyle while staying at home from school.</p> <p><a href="#">Trolls September Dance</a></p> <p>Today you're going to complete a series of 1-Minute Fitness Challenges.</p> <p><a href="#">1Minute Fitness Challenge</a></p> <p>Choose 3 poses to perform. Hold each pose for 30sec to 60 sec.</p> <p><a href="#">YogaPoseCards</a></p> <p><a href="#">Active Home Activity Log Page</a></p>
<p>If you were an instrument in an orchestra, which one would you be? Why? Discuss with a family member. (To review the instruments of the orchestra, you can watch <a href="#">this video</a>.)</p>	<p>Create an aluminum foil action figure sculpture! <a href="#">Click here</a> for instructions all you need is a piece of aluminum foil and your imagination!</p> 	<p>Watch this video about what happens when we accidentally swallow gum. <a href="https://www.youtube.com/watch?v=6WYDa2_HdVY">https://www.youtube.com/watch?v=6WYDa2_HdVY</a></p> <p>After watching, discuss with a family member what surprised you or something you found interesting.</p>	<p>I can develop my personal fitness by staying active for 60 minutes each day.</p> <p><a href="#">Trolls September Dance</a></p> <p>Today we're going to complete a series of Health-Related Fitness Challenges.</p> <p><a href="#">Directions: Complete each activity at the corresponding station.</a></p>
<p>Explore the different</p>	<p>Use strips of paper</p>	<p>Build a paper rocket</p>	<p>I can develop my</p>

<p>activities in the <a href="#">Chrome Music Lab</a>! Which one is your favorite? Why?</p>	<p>and glue to create a 3D sculpture of a playground. Create using a variety of lines to make your design. Zig-zag, spiral, arch, etc. <a href="#">Example video here</a></p> 	<p>and test how well it works using these steps:</p> <ol style="list-style-type: none"> <li>1. Step 1 - Cut out a <b>paper</b> square that's has the same length as the straw.</li> <li>2. Step 2 - Roll the <b>paper</b> square around the straw.</li> <li>3. Step 3 - Tape the <b>paper</b> roll.</li> <li>4. Step 4 - Cut out a circle from the <b>paper</b>.</li> <li>5. Step 5 - Cut a triangle out of the circle.</li> <li>6. Step 6 - Fold the circle into a cone shape</li> </ol>	<p>cardiorespiratory endurance at home.</p> <p><b>CARDIORESPIRATORY ENDURANCE</b></p> <p>The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.</p> <p><a href="#">Trolls September Dance</a></p> <p><a href="#">TEACHER'S COPY</a></p> <p>Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec.</p> <p><a href="#">Beginning Cat Chair Child</a></p>
<p>With permission, practice playing rhythms on different items around your house. Which of these "found sounds" is your favorite? Why?</p>	<p>Look and draw outside your window. What do you see?</p> 	<p>Read a book about a wild animal. You can go to MackinVIA, Sora, or myOn to locate a book. Draw a picture of the animal you've read about.</p>	<p>I can develop my muscular strength at home to improve overall fitness.</p> <p><b>MUSCULAR STRENGTH</b></p> <p>The maximum amount of force a muscle can produce in a single effort.</p> <p><a href="#">Trolls September Dance</a></p> <p>Today we're going to complete a series of Invisible Dumbbell Challenges.</p> <p><a href="#">Invisible Dumbbells</a></p> <p>Sun Salutation #2 Perform with family following the peer</p>

			<p>coaching cards.</p> <p><a href="#">Peer Teaching Activity</a> <a href="#">Card 1: Sun Salutations</a> <a href="#">Stand in mountain pose</a> <a href="#">and inhale. Exhale.</a> <a href="#">Hands to heart center</a> <a href="#">or prayer. Inha</a></p>
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