



Music and PE Scavenger Hunt

(Week 6 - All grades K-5)

| FIND this..... | then | DO this..... |
|---|-------------|-----------------------------|
| <input type="checkbox"/> Any device that plays music | ⇒ | 10 High Knees |
| <input type="checkbox"/> A bird singing | ⇒ | 10 Arm Circles |
| <input type="checkbox"/> Headphones or earbuds | ⇒ | 5 Lunges |
| <input type="checkbox"/> Wind blowing in the trees | ⇒ | Jog in place for 20 seconds |
| <input type="checkbox"/> Music playing anywhere in your house | ⇒ | 15 second Wall Sit |
| <input type="checkbox"/> Something that makes a sound when you shake it. | ⇒ | 10 Half Jacks |
| <input type="checkbox"/> Someone willing to sing you a song | ⇒ | 15 second Plank |
| <input type="checkbox"/> A musical instrument (or a picture of an instrument) | ⇒ | 20 Jumping Jacks |

Don't forget to check out our websites for more Music and PE activities:

<https://sites.google.com/banks.k12.or.us/mrssmithmusic/home>

<https://sites.google.com/banks.k12.or.us/bespe/home>