



Music and PE



****Week 3****

School Song Challenge

This week we have a school wide music and PE challenge:
Choreograph some moves to go with our school song!

BES School Song

We're the Braves this is our school
Yes we know our school rules
We're respectful, safe and kind
Responsible most all the time
We are BES
We are BES
We are BES
The Best!!!

These could be hand motions, dance moves, tae- kwon- do moves, cheerleading moves, exercises (like jumping jacks etc.) - Be creative!

Optional additions:

Add instrumental accompaniment
Create some new verses to add to the song
(make sure they are school appropriate and positive!)
Change the melody (sing it to any tune) or sing it as a rap
Slow it down or speed it up.

*Mrs. Smith will post a video of the school song on her music website (just in case you forgot how it goes ☺) See her website address at the bottom of this page.

We would love to see what you come up with!
If you would like to share – you can send a video to:

Mrs. Smith
janines@banks.k12.or.us

OR

Mr. Tufts
jasont@banks.k12.or.us

-Or to your classroom teacher through your online classroom platform.

Check out our websites for more music and PE activities:

Mrs. Smith - Music

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

Mr. Tufts – PE

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