



*Music and PE
Choice Board*

Kinder, 1st and 2nd

*****Week 2*****

This week - continue to work on the choice board from last week. Did you get a BINGO last week? Try for a different bingo this week or go all out and get black out!

Check out our new websites!!

Mrs. Smith - Music

sites.google.com/banks.k12.or.us/mrssmithmusic/home

Mr. Tufts – PE

sites.google.com/banks.k12.or.us/bespe/home

10 Arm Circles Forward, and 10 arm Circles backwards	Create a dance to your favorite song	Run around your house 2 times	Sing one of our music class songs to someone in your home. (or your pet or stuffed animal)
Do the “Turkey Tango!”	Do 20 “SKI” jumps	Choose your favorite song and sing it in a different style. (pirate, opera, rapper, country etc.)	Push up challenge! How many pushups can you do in 1 minute.
Draw a picture of your favorite exercise and do it 20 times	Sing our school song	Do 10 Jumping jacks in each room of your house	Create a musical instrument out of household items such as cans, boxes, milk jugs, utensils, rubber bands etc.
Listen to a song without words and draw a picture of how it makes you feel.	Create an obstacle course in your house! (with your parent’s permission)	Play freeze dance with any music you like. Take turns pausing the music.	Play a game of tag with a family member outside





*Music and PE
Choice Board*

3rd, 4th, 5th

*****Week 2*****

This week - continue to work on the choice board from last week. Did you get a BINGO last week? Try for a different bingo this week or go all out and get black out!

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Mrs. Smith - Music
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Mr. Tufts – PE
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20 Arm Circles forward, and 20 Arm Circles backwards	Create a dance to your favorite song	Run around your house 4 times	Fill a few glasses with different amounts of water. Use a pencil or spoon to tap the glasses and make a song
Listen to 1 song you like and 1 song you don't like. List 3 things these songs have in common and 3 things that are different	Count the number of Toilet Paper rolls in your house. Do that many Squats!	Choose your favorite song and sing it in a different style. (pirate, opera, rapper, country etc)	Read a book while marching in place
Do 10 Jumping jacks in each room of your house	Create a musical instrument out of household items such as cans, boxes, milk jugs, utensils, rubber bands etc.	Play a game of tag outside with a family member.	Write new lyrics to your favorite song
Listen to a song that makes you feel calm. What about the song makes you feel that way?	Push up challenge! How many pushups can you do in 1 minute.	Play freeze dance with any music you like. Take turns pausing the music.	Crab walk around the house for 20 seconds

