



## **Spell it - Music** (Week 5 All grades K-5)

*Spell your NAME. Do the activity or answer the question next to each letter in your name.*

- A** is for AUDIENCE. It's your turn to be the audience. Go outside and listen. What do you hear?
- B** is for BABY SHARK. Yep – sing it!
- C** is for CONDUCTOR. The conductor directs the orchestra. Pretend you are a conductor while you listen to a piece of music.
- D** is for DYNAMICS. Dynamics are how loud or quiet music is. Sing our school song as quiet as you can.
- E** is for ENTERTAIN. Entertain someone with a song or dance.
- F** is for FLOSS. Do the floss dance.
- G** is for GUITAR. Play an air guitar!
- H** is for HUM. Hum a song. Can someone name that song?
- I** is for INSTRUMENT. What is your favorite instrument? Tell someone why you like it.
- J** is for JINGLE. A jingle is a short tune made to be easily remembered. Sing your favorite commercial jingle.
- K** is for KETTLE DRUM. A Kettle Drum is a very large drum that is played in an orchestra. What “family” of instruments does the Kettle Drum belong to? (see the letter P below)
- L** is for LISTEN. Listen to your favorite music.
- M** is for MARACAS. Find something in your house that shakes and play it like a maraca.
- N** is for NOTE. Draw some music notes.
- O** is for ORCHESTRA. What is the leader of an Orchestra called? (see the letter C above)
- P** is for PERCUSSION. Percussion instruments are any instruments that you hit, shake or scrape to make them play. Name a percussion instrument. (see letters K and M above)
- Q** is for QUARTET. A quartet is when 4 people sing or play instruments together. Can you name 4 instruments?
- R** is for RHYTHM. Tap a rhythm using two pencils on a table. (Pretend like you are playing drums)
- S** is for SING. Sing your favorite song.
- T** is for TEMPO. Tempo is the speed of music. Sing “Mary had a little lamb” as fast as you can.
- U** is for UKULELE. If you have one – play it. If not, play air ukulele.
- V** is for VOICE. Use your whisper voice to say the ABC's
- W** is for WHISTLE. Whistle a tune.
- X** is for XYLOPHONE. Draw or find a picture of a xylophone.
- Y** is for YO-YO MA. Yo-Yo Ma is a famous musician. What instrument does he play? (hint: it rhymes with jello)
- Z** is for ZITHER. A zither is an instrument similar to a harp. Name 2 other instruments that have strings.

*Don't forget to check out Mrs. Smith's website for more music ideas:*

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



# 'SPELL IT'- Physical Education (Week 5 - All grades K-5)

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**Spell your NAME, Do the activity or Answer the question next to each letter in your name**

**A** is for Air Squats, do as many as you can in 30 seconds!

**B** is for Burpees, do as many as you can in 30 seconds!

**C** is for Cardiovascular, get your heart rate up for 10 minutes!

**D** is for Dynamic Warm-up, what is your favorite way to warm up?

**E** is for Exercise, ask a family member what their favorite exercise is!

**F** is for Fun, do something active and have fun!

**G** is for GO! get outside and play a game

**H** is for High knees, do 20 high knees

**I** is for Isolate, grab an object and do 10 arm curls, isolate your bicep!

**J** is for Jumping Jacks, do as many as you can in 1 minute!

**K** is for Knee Slaps, do as many as you can in 30 seconds!

**L** is for Lunges, do 10 walking lunges!

**M** is for Mountain Climbers, do as many as you can in 20 seconds.

**N** is for Name, Your favorite P.E. activity! Explain it to a family member.

**O** is for Overhead stretch, do an overhead arm stretch for 20 seconds.

**P** is for Push-ups, do as many as you can in 1 minute!

**Q** is for Quad stretch, hold a quad stretch for an 8 count

**R** is for Run in place, run in place for 1 minute!

**S** is for Stretch, do your favorite stretch.

**T** is for Table top, hold a table top position for as long as you can!

**U** is for Utensil, what is your favorite healthy food that requires a utensil?

**V** is for Velocity, run as fast as you can for 10 seconds!

**W** is for Wall sits, hold a wall sit for 20 seconds!

**X** is for X-games, what is your favorite eXtreme sport?

**Y** is for Yoga Pose, hold your favorite yoga pose for 30 seconds!

**Z** is for Zig Zag, go run in a zigzag pattern!

**Don't forget to check out the P.E. website for more ideas!**

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