



# Music and PE - "Show and Tell"

(Week 7 - All grades K-5)

We would love to know what you have been doing to stay active and musical while you have been at home. Below are some ideas of ways you can "Show and/or Tell" us about the PE or Music activities you have been doing:

1. Write a couple of sentences describing the PE or Music activities you have done.  
OR
2. Take a picture of a PE or Music activity you have done.  
OR
3. *Draw* a picture of a PE or Music activity you have done.  
OR
4. Make a video of a PE or music activity you have done

**\*\*Instrument Show and Tell.** Many of you have asked to have an instrument show and tell day at school. This is a great opportunity for you to show me the instruments you have at home without having to bring them in to school. Take a picture or make a video of your instrument!

## Email your Music or PE "Show and Tell" to:

Mrs. Smith  
[janines@banks.k12.or.us](mailto:janines@banks.k12.or.us)

OR

Mr. Tufts  
[jasont@banks.k12.or.us](mailto:jasont@banks.k12.or.us)

- OR submit to your classroom teacher through your online classroom platform.

\*You can choose Music **OR** PE – you don't have to do both. (Of course, if you **want** to do both - we are totally cool with that! 😊)

\*These submissions will not be shared out. These are just for Mrs. Smith and Mr. Tufts to connect with you and see what you have been doing to stay active and musical. 😊

*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>