

Verner Elementary School- Grade4

Special Area Lessons for the weeks of April 6 and April 13

For Library and Guidance please select one item from each column of the chart to complete by April 17th.

Library-Choose One!	Guidance – Choose One!
<p>Go to: https://sites.google.com/view/rsdliteracy/home On the 3-4 tab, find the library assignments. Watch the presentation on Haiku. Then, write a Haiku in your notebook. Go outside if you need to find inspiration!</p>	<p>Acquire a Skill : Research shows when you write openly about how you are feeling, it can make difficult feelings fade. Write about something that is challenging and write about your experience of this exercise in your journal. https://ggia.berkeley.edu/practice/expressive_writing</p>
<p>Find a nice day and read outside. In your notebook, write the title of the book you read and let me know if you liked reading outside.</p>	<p>Build a Habit: Awe is a feeling induced by experiences that expand our typical way of seeing the world. Noticing AWE creates happiness. Watch this video and journal about your experience. https://ggia.berkeley.edu/practice/awe_video</p>
<p>April 15th is Titanic Remembrance Day. Check out World Book Online. The link is on the 3-4 page. The username is riverviewsd and the password is raiders. Look up the Titanic and write 3 facts you discovered.</p>	<p>Listen to Another: Think of a person who has really helped you. Write them a "real" letter telling them exactly what they have done to help you. Be very specific what they have done. Call or video chat with this person to tell them why they are important to you. You can watch some examples of sharing a letter here. https://www.youtube.com/watch?v=aqLXGiqT2ZE</p>
<p>Make a list in your notebook of five books you would like to read or reread. If you get stuck, you can always check our library catalog from home. Go to the school website, select library, our school, and then click catalog across the top of the page.</p>	<p>Exercise Your Mind and Body: Every day this week challenge yourself by doing a plank. Make sure you check your form with the attached video. Start the first day at a 30 second plank and add time each day to see how long you can hold it after seven days. Record your progress in your notebook. https://www.youtube.com/watch?v=F7GQkpljUXg</p>

For Art, PE and Music, please complete the assignment below.

Art	<p>Virtual Art Show Week!</p> <p>I would love it if you take pictures of yourself with the two art projects you have made so far! If you have not made them yet, please make them this week! Feel free to add more than 2 projects if you like. You may also include anything else you have made at home during the break! Please send your email to me:</p>
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kbenard@rsd.k12.pa.us

I will be setting up a show and would like to share your work! You may add edit effects, your name, and please have a picture of yourself in at least one of the pictures so we can all get to see each other!

Please only send 1 email and you may have up to 3 images!

Thank you so much and have fun! I can't wait to get our Virtual Art Show together!

Thank you, Mrs. Benard

Phys Ed

Physical Education

Lesson Plans for Third & Fourth Grades

****Note to parents/guardians – while I feel that is beneficial to your child's overall health and well-being to be physically active each day, not to mention helpful to their cognitive learning as well, it may not be possible to get out and do some of these activities every day. Please do not feel obligated to do so, just use your best judgement on the amount of activity they may need, no pressure! At the bottom of this activity guide, I have listed some resources that you and/or your child may want to take a look at.***

Warm-up Activities

Pick **one** of these activities to do at least one day for 20 consecutive minutes:

- Walk or jog outside
- Jump rope
- Ride your bike
- Dance to your favorite music
- Climb up & down your stairs

Stretch

Do the following stretches after your warm-up activity:

- Touch your toes
- Squat down then jump up
- Twist your body
- Make your arms swing in a circle
- Cross your arms like scissors
- Jumping jacks
- Push-ups

Crunches

Fundamental Activities

Pick **one** of these activities to practice for *at least* 20 minutes a day, *at least* once this week:

Balancing

- Yoga poses that will help your balance: tree, bridge, warrior, dancer, flamingo or any others you may know or discover
- Challenge yourself by timing how long you can balance yourself on one foot or in different poses

Fitness Stations

- Set up a series of stations you can go through for 5 minutes each

Examples: Push-ups, crunches, squats, shoulder raises, planks, lunges, shoulder press, wall sits

Sports Skills (get outside for most of these activities)

- Throwing – point, step & throw at your target
Throw with a partner, throw at a target
- Catching – reach & squeeze with your hands
Bounce & catch, toss & catch, throw & catch
- Rolling – step, bend & swing your arm
Set up a little bowling challenge game
- Kicking – step, swing your leg & kick middle of the ball
Kick with a partner, kick at a target
- Striking – swing back, keep your eye on the ball, swing through the ball
(you can use a bat or a racquet of any kind)
Hit off a tee, hit soft toss, pitch and hit

Assessment

Please note in your journal the activities you chose, the amount of time you participated, how you did during the activity and maybe even a photo of you doing it if you would like, not a requirement though. I have gotten a lot of photos & videos this past week, it was awesome to see you playing...you can email them to me at kkrajca@rsd.k12.pa.us

Additional Resources

- pecentral.org** – challenges tab
- pegames.org** – weekly challenges, warm-ups & fitness circuits tabs
- physedgames.com** – fitness, warm-up and fun tabs
- peuniverse.com** – any of the videos

Band Instrument Assignments, Tenth Street and Verner- April 6-17
Beginning players. Continue to practice the warm-up sequence (#1-10) .
Practice your group's most recent lesson assignment.

<p>Band Instruments</p>	<p>Practice exercise #15. Clap each measure while counting aloud. Be sure that each Half-note lasts for 2 full beats. With a pencil, circle each Half-rest on the page.</p> <p>If your group has begun Whole-notes, identify and circle each whole-note in exercises 20-25.</p> <p>Second-and third-year players:</p> <p>Begin each practice session with a full warm-up, using long-notes from exercises 1-10.</p> <p>Drum students should use combinations of bounce-strokes and tap-strokes.</p> <p>Use other long note exercises if you like-be creative and compose your own long-tone exercise!</p> <p>Continue to practice “Achieve”. Remember to observe all dynamic markings.</p> <p>Practice “Olympic Theme” carefully, counting each of the multiple rests-they are trickier than they appear!</p> <p>In a notebook or on a piece of paper, share your understanding of why it is important to warm-up.</p>
<p>Beginning Orchestra Lessons</p>	<p>Beginning orchestra students will continue string instrument lessons using Zoom meetings. The lessons will take place once a week on <u>Tuesdays from 9:30 to 10:00 AM</u>. The link to join the Zoom lesson will be sent to parents every week via email. If a student was unable to join us for our most recent Zoom lesson (or will miss a future lesson), I will continue to record every lesson and email parents with a link to it. If any student is missing any of the following please email Mr. Libell (jlbell@rsd.k12.pa.us):</p> <ul style="list-style-type: none"> • assigned practice pages from the Essential Elements book • ensemble music • play along links for our ensemble music <p>This week’s assignment (from our 3/31/20 Zoom Lesson):</p> <p>Practice Two Terrific Tunes and pg. 18 of Essential Elements Book 1 (learning how to read music notes without letter names).</p>
<p>Music</p>	<p>The sound of the flute is produced by blowing across a hole, like blowing across the mouth of a bottle.</p> <p>Fife – Similar to a piccolo, this flute is small with a high pitch. The sound is shrill because of the narrow bore. It is used in military and marching bands.</p> <p>Native American Flute – Typical Native American flutes have five or six holes. They are constructed of wood, bamboo, river reed, or bone.</p> <p>African Flute – Flutes from Africa are made from materials such as reed, bamboo, gourd, wood, bone, and horn. The simplest flute has only one pitch. There are orchestras containing single-pitch flutes of different lengths.</p> <p>Chinese Flute – Chinese flutes are often made of bamboo. Different types include transverse flutes and end-blown flutes.</p> <p>Listen to the dizi, a transverse flute.</p> <p>Irish Tin Whistle or Penny Whistle – This type of flute is a simple, metal, six-holed instrument. It is used in folk music from Ireland.</p> <p>Go to YouTube and search How It’s Made Wooden Flute and How’s It’s Made Flute. How are they made differently?</p>