

Verner Elementary School- Grade 5

Special Area Lessons for the week of March 30, 2020

Class	Lesson/Activity for the Week
Library	<p>This week for library, students will have an @home book talk. Students will need to go to our newly created RSD Literacy website (https://sites.google.com/view/rsdliteracy/home). Once there, they should hover over the Home button, find grades 5-6, click the drop-down arrow, then click on Library Assignments. There, they will find a Google Slide presentation embedded on the page. They should click through the book talk and watch the trailer for each of the books. Then, they need to write each title in their notebook and give it a star rating (as defined on the website).</p>
Music	<p>It's Great To Syncopate!</p> <p>Klezmer - Often, immigrants bring a musical style that catches on with Americans. A style that began with the Eastern European Jews and is still popular today is klezmer. Klezmer bands play traditional music for celebrations, dances, and weddings. The main instruments in a klezmer band are violin, clarinet, accordion, and drums. Other instruments are also used.</p> <p>Go to YouTube and search Hava Nagila. The first one to pop up should be by natyadriazola. Try to follow along to the Hebrew words. What do you notice about the tempo (speed) of the song as it goes on?</p> <p>Now search for God Bless America Lyrics. Sing along to this song by one of America's most famous immigrants, Irving Berlin!</p> <p>For extra fun, share some quality family time by watching a movie! Here are some of my recommendations. I'll be sure to add more over the coming weeks. To my knowledge, these movies are available on some type of platform (Disney+, Netflix, Amazon Prime) and are free or just a few dollars to rent. The great thing about the first three listed here is that they come in short segments, so you don't have to carve out a whole night for them!</p> <ul style="list-style-type: none"> • <u>Disney's Fantasia</u> – I only show Igor Stravinsky's <i>Rite of Spring</i> (the dinosaurs), but there are other great pieces in there. • <u>Disney's Fantasia 2000</u> – The kids have seen most of this, but they love it!

	<ul style="list-style-type: none"> • <u>Disney Shorts</u> – Not strictly music like the Fantasias, but great short cartoons! • <u>Singin' in the Rain</u> – Good, clean family fun.
<p>Phys Ed</p>	<p style="text-align: center;"><u>Physical Education</u> <u>Lesson Plans for Fifth & Sixth Grades</u></p> <p><i>*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. You child may only have Phys Ed scheduled once a week, but please encourage them to do more! 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.</i></p> <p><u>Warm-up Activities</u> Pick one of these activities to do <u>at least one day</u> for at least 20 <u>consecutive</u> minutes: Walk or jog outside Jump rope Ride your bike Dance to your favorite music Climb up & down your stairs</p> <p><u>Stretch</u> Do the following stretches <u>immediately</u> after your warm-up activity: Twist and touch Squats Jump lunges Shooting stars Mountain climbers Mule kicks Burpees</p> <p><u>Fundamental Activities</u> Pick one of these activities to practice for at least 20 minutes <u>at least one day this week</u>:</p> <p>Balancing</p> <ul style="list-style-type: none"> • Yoga poses that will help your balance: tree, bridge, warrior, dancer, flamingo,

	<ul style="list-style-type: none"> • Challenge yourself by timing how long you can balance yourself <p>Fitness Stations</p> <ul style="list-style-type: none"> • Set up a series of stations (4 or 5) you can go through for 5 minutes each <p>Examples: Push-ups, crunches, squats, shoulder raises, planks, lunges, shoulder press, wall sits or any others you may want to challenge yourself with</p> <p>Sports Skills (get outside for most of these activities)</p> <ul style="list-style-type: none"> • Pass & catch with a partner or off a wall (if possible) Any sport you like where there is passing – football, basketball, volleyball, hockey, baseball/softball, frisbee, lacrosse • Hit with a partner or off a wall (if possible) Any sport you like where you hit a ball – baseball/softball, tennis, badminton, ping pong • Shoot to score on your own Any sport you like where you can score a goal – basketball, soccer, hockey, lacrosse <p>Make up your own sport or game using the available equipment</p> <ul style="list-style-type: none"> • Make the rules for the game • Practice the skills of the game • Play the game <p><u>Assessment</u> Please note in your journal the activity you chose, the amount of time you participated, how you did during the activity and maybe even a photo of you doing it (email it to me!)</p> <p><u>Additional Resources</u> 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</p>
Art	Art with Mrs. Benard Grades 4th and 5th

Using a sturdy piece of paper make a Love Bomb! Think creativity, you can find sturdy paper in a cereal box, the flat portion of a shirt box or a piece of poster board!

You can use any materials that you have including glue, paint, markers, cereal, beans, rice, sequin, paper scraps, glitter, yarn, beads, pipe cleaners, eye balls, fabric or any other materials you may have at home!

Leave the heart or ANY simple shape you choose empty and paint all around the heart/shape with glue or glue stick. Then throw on your love bomb of items! They will only stick where there is glue! Or you can carefully arrange the items in patterns.

You will name your project and write a short story about it. The short story should include why to chose to make this particular project and what used to make it. Have fun with your story!

You may have family members work with you!

Be sure your name is on.

Completed projects will be due upon return to school.

Bring to art class at your regular scheduled time.

Incomplete projects that are not turned in may result in an "I" for incomplete on your report card. See Pictures below!

Have Fun! Thank you, Mrs. Benard

LOVE bomb



School Counseling

Hello Parents & Students,

Your School Counselors wanted to reach out to you and let you know we are here to support you through this very challenging time. Please do not hesitate to reach out to us if you or your child in need of support, has a concern, or wants to share an idea. During the school

day we are available for these conversations and we want you to know that we are here during the closure as well.

When we left school on March 13th, we sent home a packet with school guidance lessons for your student to complete. That packet will be collected when we return to school. Please keep it in a safe place along with the other assignments that were sent home by their teachers. The packet is posted on our webpage on the district/school website.

While we understand your student may or may not have completed the packet yet, we are attaching a career interview activity to be completed as part of their school guidance special area class. Please have your child complete this and turn it in when we return to school. This document may be printed and completed by hand, it may be documented in your child's journal provided by the school, or your child can do a video interview and email it to their school counselor (rgross@rsd.k12.pa.us or jketler@rsd.k12.pa.us).

In addition, we are providing Mindfulness lessons conducted by Mrs. Ketler. We will be using the Mindful Schools Curriculum that Mrs. Ketler has been trained to teaching. These videos are intended to be viewed two times a week with practice in between viewings. Although these are not required, mindfulness is a great coping skill shown to have benefits in self-regulation, focus, attention, and improving general health.

The first video can be found on YouTube at <https://www.youtube.com/watch?v=bRoHt2nAiGA>.

In the information section of the video, there will be questions for your child to reflect.

We are also posting a coping skills sheet that will compliment this lesson for your child (and you) to learn the coping skills that work best for you! They can print this activity, draw it in their journal, or talk with you about it. Knowing what skills we have and learning what skills work for us can help us to self-regulate better during easy and challenging times. It will also be posted on our individual web page.

As always, we are here to support you and your children.

Tenth Street Families contact Mrs. Gross at rgross@rsd.k12.pa.us or [412-828-1800 ext 2025](tel:412-828-1800)

Verner Families contact Mrs. Ketler at jketler@rsd.k12.pa.us or [412-828-1800 ext 3025](tel:412-828-1800)

Career Interview

Name _____ Grade _____

Date _____

Choose an adult family member or family friend and interview them about their career/job path. Use the questions below as a guide to help with your conversation. You may write your answers on paper or in your journal. You may also do a virtual interview document by sending a video to your school counselor

rgross@rsd.k12.pa.us or jketler@rsd.k12.pa.us). If you use this form, please keep your answers with your other school counselor lessons that were sent home.

Person you are interviewing _____

1. When you were my age, what did you want to be when you grew up?
2. Did you discuss careers when you were in Elementary School? If so, what did you talk about?
3. What advice did you get from your parents about working, jobs, or careers
4. What influenced your decision, over the years, about your career choice through-out your life? Was it money? Education? Job availability? Location?
5. List all of the jobs/careers you have had.
6. What kind of training or post-secondary education did you have?
7. If you could go back in time and change your career decisions, what would you do differently?
8. What do you think are the most important skills to have for life-long learning?
9. What advice would you give me about my career decisions and choices?
10. If I had to start a job today, what careers do **YOU** think would match the skills that I currently have?