

Verner Elementary School- Grade K

Special Area Lessons for the week of March 30, 2020

Class	Lesson/Activity for the Week
Library	<p>This week, students will be looking at the elements of a story. They should go to our newly created RSD Literacy website (https://sites.google.com/view/rsdliteracy/home). <u>Once there</u>, hover over the dropdown menu where it says home and find Grades K-2. There is a subpage for Library Assignments. This week children can listen to one of two stories, <i>The Hula Hoopin' Queen</i> or <i>Enemy Pie</i> (both YouTube videos are embedded on the site, no need to leave the webpage). There are questions to think about as they listen to the story. Afterwards, they should write in their notebook which story they picked and give it a star rating. If you need help, please email me at lmadden@rsd.k12.pa.us.</p>
Phys Ed	<p style="text-align: center;"><u>Physical Education</u> <u>Lesson Plans for Kindergarten, First & Second 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!</i></p> <p><u>Warm-up Activities</u> Pick one of these activities to do <u>at least twice this week</u> for at least 20 minutes: Walk or jog outside Jump rope Ride your bike Dance to your favorite music Climb up & down your stairs Skip, hop or gallop around Play a tag game if you have a few people at home to play with you</p> <p><u>Stretch</u> Do the following stretches after your warm-up activity:</p>

	<p>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</p> <p><u>Fundamental Activities</u> Pick one of these activities to practice for at least 20 minutes <i><u>twice this week</u></i>:</p> <p>Balancing</p> <ul style="list-style-type: none"> • Balance yourself in different ways for 1 minute at a time • Balance yourself on something – a book, a step, a pillow • Balance something on you – a beanbag, a ball, a book • Balance something on something else – stack plastic cups, a ball on a plate, stack coins <p>Ball Skills (get outside for most of these activities)</p> <ul style="list-style-type: none"> • Throwing – point, step & throw at your target <p>Throw with a partner, throw at a target</p> <ul style="list-style-type: none"> • Catching – reach & squeeze with your hands <p>Bounce & catch, toss & catch, throw & catch</p> <ul style="list-style-type: none"> • Rolling – step, bend & swing your arm <p>Set up a little bowling challenge game</p> <ul style="list-style-type: none"> • Kicking – step, swing your leg & kick middle of the ball <p>Kick with a partner, kick at a target</p> <ul style="list-style-type: none"> • Striking – swing back, keep your eye on the ball, swing through the ball <p>(you can use a bat or a racquet of any kind) Hit off a tee, hit soft toss, pitch and hit</p> <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>
Music	Around The Town

	<p>What sounds do you hear in your neighborhood? Maybe you can go for a walk and make note of what you hear! Draw a picture of something that is <i>piano</i> (soft) and something that is <i>forte</i> (loud).</p> <p>Read this poem to your child.</p> <div data-bbox="496 390 1427 919" style="border: 1px solid #ccc; padding: 10px; background-color: #f9f9f9;"> <p style="color: #4CAF50; font-weight: bold; font-size: 1.2em;">City</p> <p style="text-align: right; font-style: italic;">—Langston Hughes</p> <p>In the morning the city Spreads its wings Making a song In stone that sings.</p> <p>In the evening the city Goes to bed Hanging lights About its head.</p> </div> <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 <i>Fantasia</i></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 <i>Fantasia 2000</i></u> – The kids have seen most of this, but they love it! • <u>Disney Shorts</u> – Not strictly music like the <i>Fantasias</i>, but great short cartoons! • <u><i>Singin' in the Rain</i></u> – Good, clean family fun.
<p>Art</p>	<p>Art with Mrs. Benard</p> <p>For Grades Kinder & 1st</p> <p>Use an egg carton and any materials that you have to create a project of your choice! Most materials stick best to the paper ones. Feel free to look online for ideas!</p>

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

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.

Have Fun!

Thank you, Mrs. Benard



Recycled Egg Carton Crafts for Kids
thesprucecrafts.com



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School Counseling

Hello Kindergarten and First Grade Parents and Students, Guidance is here to support the Verner Elementary Families, more so now than ever! I will be updating the School Counseling Webpage to include support services and Guidance lessons for you to access. You can continue to email or call me as needed.

In the Springtime, we usually begin our Career lessons with the students. If you have time and would like to use this activity, please know that it is optional.

Watch the videos on **Community Helpers:**

<https://www.youtube.com/watch?v=jt2q1cHsH6E>

Answer the question:

If I were a Community Helper, who would I be? And why?

Students can discuss this with you, draw a picture, or even dress up and take a picture and send it to me or save for later. Again, this is an optional activity created to increase career awareness and have fun!

Lastly, I will be posting videos of mindfulness lessons. These lessons are part of the Mindful Schools Curriculum. Your student is NOT required to do these lessons and mindfulness is a great coping skill. I think the kids will enjoy seeing me and hearing my voice! You can send me pictures or videos of your child being mindful!

The videos will be on YouTube and the introductory lesson can be found at <https://www.youtube.com/watch?v=bRoHt2nAiGA>

Please contact me if you have any questions or concerns, Mrs. Ketler at Jketler@rsd.k12.pa.us or 412-828-1800 x3025