# Verner Elementary School- Grade K

# Special Area Lessons for the week of March 30, 2020

Class	Lesson/Activity for the Week
	This week, students will be looking at the elements of a story. They should go
Library	to our newly created RSD Literacy website
	(https://sites.google.com/view/rsdliteracy/home). Once there, 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.
Phys Ed	Physical Education
	Lesson Plans for Kindergarten, First & Second 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. You child may only have Phys Ed scheduled once
	a week,
	but please encourage them to do more!
	Warm-up Activities
	Pick <b>one</b> 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
	<u>Stretch</u>
	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

#### **Fundamental Activities**

Pick **one** of these activities to practice for at least 20 minutes <u>twice this</u> <u>week</u>:

### **Balancing**

- 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

**Ball 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

  Cick with a partner kick at a target.
- 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 activity you chose, the amount of time you participated,

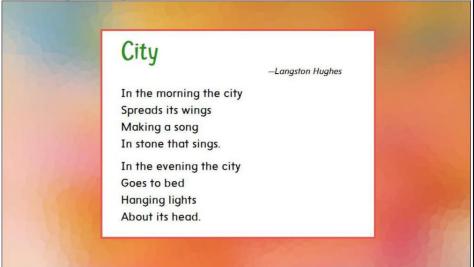
how you did during the activity and maybe even a photo of you doing it (email it to me!)

Music

Around The Town

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 *piano* (soft) and something that is *forte* (loud).

Read this poem to your child.



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!

- <u>Disney's Fantasia</u> I only show Igor Stravinsky's *Rite of Spring* (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!
- <u>Disney Shorts</u> Not strictly music like the Fantasias, but great short cartoons!
- Singin' in the Rain Good, clean family fun.

Art with Mrs. Benard

For Grades Kinder & 1st

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!

Art

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





Recycled Egg Carton Crafts for Kids thesprucecrafts.com



### **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 <a href="https://www.youtube.com/watch?v=bRoHt2nAiGA">https://www.youtube.com/watch?v=bRoHt2nAiGA</a>

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