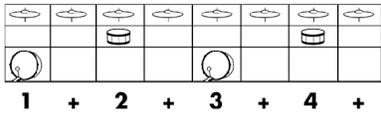


## Related Arts Calendar for School Closings

Each day, students will complete the assignment designated for that Related Arts Area. Each assignment will last no longer than 20 minutes. Each area has provided two choices for students to complete. Please only choose ONE option per day per subject. These assignments will count towards students' Related Arts Third Nine Weeks grade.

Monday 3/16	P.E	Champions, here is a list of suggestions to keep you active during your time away from school. Have a dance party, take a hike, jump rope w/ friends, walk your pet, take a bike ride, go for a short jog, find a local park and play. If you are interested, we have free frisbees at NRES for our families.
Tuesday 3/17	Spanish	Watch the video of Mientras Duermes (While you sleep) and draw a picture of Mr. Potato Head with the new arms and legs he borrowed. <a href="https://drive.google.com/file/d/1eXTK8WLsJEBzX9hb6IX85K4iPVFqNnRe/view?usp=sharing">https://drive.google.com/file/d/1eXTK8WLsJEBzX9hb6IX85K4iPVFqNnRe/view?usp=sharing</a> Optional: Play 20 minutes of Spanish vocab games at: <a href="http://interactivesites.weebly.com/spanish.html">http://interactivesites.weebly.com/spanish.html</a> , <a href="http://onlinefreespanish.com">onlinefreespanish.com</a> , or <a href="https://www.digitaldialects.com/Spanish.htm">https://www.digitaldialects.com/Spanish.htm</a>  Handouts are available for those without online access.
Wednesday 3/18	Dance/Theater	<u>Sitting/standing exercises</u> Flex and Point your feet 10 times; Touch your toes, Butterfly stretch, Open legs to middle split and stretch right and left; Warm up your neck: Look right and left, Look up and down; Isolate the shoulders move them up and down, Isolate the ribs and move them side to side and front to back; Reach up and bend side to side; Warm up your back: Twist side to side, Reach arms up and arch back to look at the ceiling <u>Dancing using space</u> Walk 4 step forward then one step side to side, Walk 4 steps forward then jump side to side, Walk 8 steps then use levels (up/down) as you step side to side; Create different shapes with your body: Circle, Triangle, Square, Rectangle; Open dance: dance the way the music sounds: Slow, Fast
Thursday 3/19	Music	<u>Get Coordination:</u> -Right hand (hi-hat) on right knee -Left hand (snare) on left knee -Right foot (bass drum) stomp on beat BEAT 6  <b>1 + 2 + 3 + 4 +</b>
Friday 3/20	Art	<a href="https://sites.google.com/lexrich5.org/nres-amvirtualartsclassroom/home">https://sites.google.com/lexrich5.org/nres-amvirtualartsclassroom/home</a> Handouts are available for those without online access.

Monday 3/23	P.E	Champions, here is a list of suggestions to keep you active during your time away from school. Have a dance party, take a hike, jump rope w/ friends, walk your pet, take a bike ride, go for a short jog, find a local park and play. If you are interested, we have free frisbees at NRES for our families.
Tuesday 3/24	Spanish	Watch the video of Mirringa Mirronga (Mirringa Mirronga, the dishonest cat) <a href="https://drive.google.com/file/d/0B99lvbhtWJAJTmxnY3U3NjZiSzg/view?usp=sharing">https://drive.google.com/file/d/0B99lvbhtWJAJTmxnY3U3NjZiSzg/view?usp=sharing</a> Go to <a href="http://spanishspanish.com">spanishspanish.com</a> and click on the vocabulary links in blue for food. Write out what food you eat today in Spanish for breakfast, lunch, and dinner. Optional: Practice Spanish at online sites listed for day one or on your phone download and practice Spanish at Duolingo app: <a href="https://www.duolingo.com/">https://www.duolingo.com/</a>

		Handouts are available for those without online access.																								
Wednesday 3/25	Dance/Theater	<p><u>Sitting/standing exercises</u> Flex and Point your feet 10x; Touch your toes, Butterfly Stretch, Open legs to middle split and stretch right and left; Warm up your neck: Look right and left, Look up and down; Isolations: Isolate the shoulders move them up and down, Isolate the ribs side to side and front and back; Reach high up to the sky and bend side to side; Twist side to side, reach arms up and arch back to look at the ceiling</p> <p><u>Dancing using space</u> Walk 4 steps forward then one step side to side, Walk 4 steps forward then jump side to side, Walk 8 steps then use levels (up/down) as you step side to side; Create different shapes with your body using arms and legs: Circle, Triangle, Square, Rectangle; Create Levels as you dance: Use floorwork, Jumps, lateral movement, circular movement; Open dance: dance the way the music makes you feel: Happy, Sad; Choreography: Come up with 2 eight counts of original Hip-Hop choreography</p>																								
Thursday 3/26	Music	<p><u>Get Coordination:</u> -Right hand (hi-hat) on right knee -Left hand (snare) on left knee -Right foot (bass drum) stomp on beat BEAT 6</p> <table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p><b>1 + 2 + 3 + 4 +</b></p>																								
																										
																										
																										
Friday 3/27	Art	<p><a href="https://sites.google.com/lexrich5.org/nres-amvirtualartsclassroom/home">https://sites.google.com/lexrich5.org/nres-amvirtualartsclassroom/home</a> Handouts are available for those without online access.</p>																								

Monday 3/30	P.E	Champions, here is a list of suggestions to keep you active during your time away from school. Have a dance party, take a hike, jump rope w/ friends, walk your pet, take a bike ride, go for a short jog, find a local park and play. If you are interested, we have free frisbees at NRES for our families.
Tuesday 3/31	Spanish	<p>Write out what you eat for breakfast, lunch, and dinner today in Spanish. Go to: <a href="https://www.123teachme.com/learn_spanish/spanish_vocabulary_for_child_ren">https://www.123teachme.com/learn_spanish/spanish_vocabulary_for_child_ren</a> or <a href="https://www.digitaldialects.com/Spanish.htm">https://www.digitaldialects.com/Spanish.htm</a> and play games in Spanish about foods. Optional: Play on the Spanish app Duolingo.</p> <p>Handouts are available for those without online access.</p>