

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 Mario y el Oso (Mario and the bear) https://drive.google.com/file/d/1FHilWGCNuXELJem5lpTCsk491AIU-Zls/view?usp=sharing Go to onlinefreespanish.com and go to beginner level 1 and do lesson 10 (shapes) and write down and draw the shapes that were in the story. Write your favorite shapes in Spanish with "Me gusta.." 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; Stretch your arms: Reach up and bend side to side; Warm up your neck: Look right and left, Look up and down; March in place, March in place clapping your hands, Skip in Place, Skip in place slapping your hands <u>Dancing using space</u> Walk like different animals: Penguin, Cat, Spider, Bear; Shapes: Create different shapes with your body: Circle, Triangle, Square, Rectangle; Free dance: Play Freeze dance; Open dance, dance the way the music sounds: Slow, Fast, Happy, Sad
Thursday 3/19	Music	-Students are currently learning their music for the Spring Show! Vocal Warmup -Take 3 big yawns/sighs to warm up your voice - Imagine that your voice is a Police Siren or a FireTruck, try to make your voice just like those sounds. SHOW MUSIC -Bare Necessities: https://www.youtube.com/watch?v=iGBOYBoAWWo&t=81s -Under the Sea: https://www.youtube.com/watch?v=nQV7DKBqGdk -I Wanna Be Like You https://www.youtube.com/watch?v=up3JhYO_Aw
Friday 3/20	Art	https://sites.google.com/lexrich5.org/nres-amvirtualartsclassroom/home 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 Ricitos de Oro (Goldilocks) https://drive.google.com/file/d/1sXyL3MiuZiPDACFJcF2wyQLFEUTM76GC/view?usp=sharing Go to onlinefreespanish.com and do lesson 11 (colors) and lesson 16 (numbers 1-10). Write down your top 3 favorite colors in Spanish with "me gusta..." (I like...) Handouts are available for those without online access.
Wednesday 3/25	Dance/Theater	<u>Sitting/standing exercises</u> Flex and Point your feet 10 times, Draw shapes with your feet by rolling your ankles;

		<p>Touch your toes, Butterfly Stretch, Open legs to middle split and stretch right and left and middle; Reach up and bend side to side; Warm up your neck: Look right and left, Look up and down, Roll your neck in a circle right and left; March in place, March in place clapping your hands, Skip in Place, Skip in place slapping your hands, Walk forward 4 steps and take one step side to side</p> <p><u>Dancing using space</u> Walk like different animals: Rabbit, Frog, Dog, Deer; Create different shapes with your body: Circle, Triangle, Square, Rectangle; Play Freeze dance, When frozen make a shape with your body or stay on one foot when you freeze; Open dance, dance the way the music sounds or how the music makes you feel: Slow, Fast, Happy, Sad</p>
Thursday 3/26	Music	<p>-Students are currently learning their music for the Spring Show! Vocal Warmup -Take 3 big yawns/sighs to warm up your voice - Imagine that your voice is a Police Siren or a FireTruck, try to make your voice just like those sounds. SHOW MUSIC -Bare Necessities: https://www.youtube.com/watch?v=iGBOYBoAWWo&t=81s -Under the Sea: https://www.youtube.com/watch?v=nQV7DKBqGdk -I Wanna Be Like You: https://www.youtube.com/watch?v=up3JhYO_Aw</p>
Friday 3/27	Art	<p>https://sites.google.com/lexrich5.org/nres-amvirtualartsclassroom/home Handouts are available for those without online access.</p>

Monday 3/30	P.E	<p>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.</p>
Tuesday 3/31	Spanish	<p>Continue to practice Spanish at websites: onlinefreespanish.com, www.123teachme.com/learn_spanish/spanish_vocabulary_for_children_b, or spanishspanish.com Handouts are available for those without online access.</p>