

EAST GUERNSEY

LOCAL SCHOOLS

Grade Level: K-6 Specials

Team Members: Tom Strasser, Mike Legats, Kerry Jones, Liz Hanna, Cheryl Moore, Danielle Fannin

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Gym	Art	Computers	STEM	Music
<p>Goal - 45-60 min of physical activity per day Doesn't have to be all at once. Please ask parent permission!</p> <p>With parent permission, go for a walk around your house and look at the colors in the sky at different times of the day.</p> <p>Run a couple laps around your house.</p>	<p>Find all the different shades of a color that you can find in your house. Make a list.</p> <p>If you have internet access and parent permission www.mcharpermanor.com gives live art sessions everyday at 1:00pm The teachers are from Cincinnati.</p>	<p>Library</p> <p>If you have library book at home, read your book and put it back in your backpack for safekeeping</p>	<p>With parent permission, take a walk in the backyard. Make a sketch of something you see.</p> <p>With parent permission fix a broken toy, instead of throwing it away.</p>	<p>Listen to a song. Draw a picture or write about how the song makes you feel.</p> <p>Make a list of things you see in your house. Write the rhythm of the word using music notes.</p> 
<p>Jog or walk fast for 30 minutes.</p> <p>Run in place as fast as you can for 30 sec - rest 1 min. - repeat 3x</p>	<p>Try looking at items from a different perspective (get down on the floor and look up at the ceiling) how does the table look, the windows, etc.</p>	<p>Read to a parent.</p> <p>Have a parent or sibling read to you.</p>	<p>Make a paper airplane and fly it. Record your distance data.</p>	<p>Turn on some music and practice tapping your foot or clapping your hands to keep the beat of the music.</p>
<p>Challenge a sibling or parent to a 30 second sit-up or plank contest.</p> <p>Jump rope 2-3 minutes each day.</p>	<p>Try drawing flowers for our Georgia OKeefe projects.</p>	<p>With parent permission, take an AR test.</p> <p>See link from computers for more details.</p>	<p>With parent permission, build a toy raft out of materials found around the house and see if it floats</p>	<p>Create a dance using your favorite song. Remember the folk dances we've been doing!</p>

