

May 11, 2020

Hello Meadowview Hawks!

We hope you are doing well and enjoyed our MAPEL activities from last week. We miss you! Please continue to check out our [Meadowview At Home Learning](#) page each Monday for a new letter. Click on MAPE to find our MAPEL letter.

Mr. Chapman, Mrs. Kohls, Mr. Quam & Mrs. R (Rudebusch)

<p>MUSIC with Mrs. R – May 11th, 2020 If you would like to share your creations with me, please do so! I MISS YOU! 😊 lrudebusch@ecasd.us</p>	<p>Grade</p>
<p>In this video, have fun meeting the orchestra.</p> <p>Create an instrument flower.</p>	<p>K – 2nd</p>
<p>Learn about the different instrument families: string family, woodwind family, brass family, percussion family. Listen to the orchestra play Star Wars.</p> <p>Go on an instrument family scavenger hunt in your house. Can you find a household item that could be identified in an instrument family? Could you design your own instrument?</p> <p>How well do you know your instruments?</p> <p>Continue to practice recorder. Log into Canvas and select the assignment you are working on. Check At Home Learning for instructions.</p>	<p>3rd – 5th</p>
<p>Bonus: With parent permission, have fun discovering, listening, playing, performing, conducting, and composing music with the San Francisco Symphony. Challenge: Click on “Perform” and choose an instrument to perform. Can you play Twinkle, Twinkle on a woodwind, string, brass and percussion instrument? Click on “Compose.” Learn all the tricks to becoming a composer. Can you complete a tune? Can you compose your own composition?”</p>	<p>K – 5th</p>

AT-HOME LEARNING DIRECTIONS: K-5th
Choose from the options below (choose one or both) to explore Form. I would love to see what you have made, please send images to my email.
bquam@ecasd.us

THIS WEEK'S ELEMENT OF ART FOCUS IS **FORM**

ART CHOICE #1:
TIN FOIL SCULPTURES

Grab some tinfoil and explore smushing, bending and shaping it into different objects! If you would like to add to your sculpture think about painting it or coloring it with Sharpie markers if you have them.



Inspiration Artist: Toshihiko Mitsuya --

Click [here](#) to see him working with aluminum foil FORMS! Click [here](#) to watch Toshihiko creating a large sculpture.

Want to learn more about FORM? Check out these ideas!

Check out [Brett Kern](#) making slip cast dinosaurs.

Air Dry Clay Recipe:
¼ cup salt
¼ cup water
½ cup flour

Mix all ingredients together in a bowl. Place an old box or newspaper on your table to play with the clay. Smush the clay between your hands. If the clay is too sticky, add a little more flour. Have fun creating different shapes and sculptures. Put it in a plastic bag to reuse or leave it out overnight to dry and then you could add color with paint or markers.

#2

ArtHub for Kids:
How to [Draw a Rubik's Cube](#).

ART CHOICE #2:
CARDBOARD TUBE SCULPTURES

Save up empty toilet paper and paper towel rolls and see what you can create with them. Try bending, cutting and gluing things to them. Could you build a city or make a family of animals? What other ideas do you have?



BONUS RESOURCES

Want to learn more about FORM? Check out these ideas!

Listen to ***Captain Invincible and the Space Shapes*** written by Stuart J Murphy.

Tromploi is a technique of painting that fools the eye into seeing IMPLIED or FAKE FORM. Watch this [video](#) to see examples!

PHY. ED. with Mr. Chapman – May 11th, 2020

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can! I hope that you all are staying "safer at home", finding ways to be helpful at home, and finding time to play and have some fun. Remember you can email me a picture or video of something you are doing to stay active at bchapman@ecasd.us
I really miss seeing your faces! Take care!

Grade

Activity: Alphabet Action Challenge

Skills: Strength, Cardiovascular Endurance

How to play:

- "A,B,C Push Ups"- Push up position, right hand to left shoulder = A, left hand to right shoulder=B, continue through to Z
- "Row Your Boat Push Ups"- Same as "A,B,C Push Ups" only sing "Row, Row, Your Boat" and alternate hand to shoulder reciting a word to the song for each shoulder
- "Spell Your Name Jumping Jacks"- Arms Up Leg Apart=First letter of name, Arms Down Legs Together= Second letter of name, continue
- "A,B,C Mountain Climbers"- Mountain Climber position is down on hands & feet. One foot forward-one back and switch to other foot forward-other back. Hands stay shoulder width apart. Every time switch feet recite letters of alphabet, words to songs
- "Rope Jumping"- imaginary jump rope. 25 jumps in a row, side to side over a line, scissors jumps=one forward one back.

****Bonus Activities:**

- If you have an object and appropriate space at home, practice rolling!
- Did you do these activities last week? If you did you can do them again. If you did not here is your chance to get some underhand toss and catch practice. Take a pair of socks, put them together and roll down the top of the socks to make a ball. Try these different skills, by standing in a safe space, making sure that your toss is just a little higher than your head and your eyes are watching the sock ball.

TOSS with one hand, CATCH with both hands...10 times

TOSS with one hand, CATCH with that same hand...10 times

TOSS with the other hand, CATCH with that same hand...10 times

TOSS with one hand, clap one time, CATCH with both hands...10 times

TOSS with one hand, clap two times, CATCH with both hands...10 times

How many times can you clap before you CATCH the sock ball?

Now sit down and try these same skills.

- Find something that you can use as a target...garbage can, box, bowl, bucket, laundry basket, etc. Find a safe space, put your target on the floor, stand in front of your target, and using your "favorite" hand, step with your opposite foot and underhand toss the sock ball to the target. Each time you make it, take an extra step back from the target. Try tossing to a bucket that a partner is holding, your partner needs to catch the ball in the bucket.

K – 2nd

Activity: Room to Room

Skills: Fitness

How to play: An excuse to run in the house!! Put the list on the kitchen table, and start by running to the first item on the list. You must come back to the table before moving to the next item on the list. ENJOY!

1. Bedroom - make your bed.
2. Laundry room - 20 calf raises
3. Mailbox - 20 Jumping Jacks
4. Run around the outside of your house 3 times.
5. Bathroom - wash your hands for 20 seconds `(don't forget soap!)
6. Living Room - 15 squats
7. Parent - Say what you like best about them.
8. Stairs - 10 flights (up and down is ONE!)

**Bonus Activities :

- If you have an object and appropriate space at home, practice rolling!
- Did you do these activities last week? If you did you can do them again. If you did not here is your chance to get some underhand toss and catch practice. Take a pair of socks, put them together and roll down the top of the socks to make a ball. Try these different skills, by standing in a safe space, making sure that your toss is just a little higher than your head and your eyes are watching the sock ball.

TOSS with one hand, CATCH with both hands...10 times

TOSS with one hand, CATCH with that same hand...10 times

TOSS with the other hand, CATCH with that same hand...10 times

TOSS with one hand, clap one time, CATCH with both hands...10 times

TOSS with one hand, clap two times, CATCH with both hands...10 times

How many times can you clap before you CATCH the sock ball?

Now sit down and try these same skills.

- Find something that you can use as a target...garbage can, box, bowl, bucket, laundry basket, etc. Find a safe space, put your target on the floor, stand in front of your target, and using your "favorite" hand, step with your opposite foot and underhand toss the sock ball to the target. Each time you make it, take an extra step back from the target. Try tossing to a bucket that a partner is holding, your partner needs to catch the ball in the bucket.

3rd – 5th

<p style="text-align: center;">LIBRARY with Mrs. Kohls – May 11th, 2020</p> <p>I miss all of you! 😊 Please feel free to email me about books you are reading or anything you'd like to share with me. I would love to hear about it.</p> <p style="text-align: center;">akohls@ecasd.us</p>	Grade
<p>Read one of your favorite books!</p>	K – 5 th
<p>PBS Kids has a wide variety of games and activities with your favorite characters https://pbskids.org/</p>	K – 5 th
<p>Scholastic Kids Press - Read articles for Scholastic written by kids like you! https://kpcnotebook.scholastic.com/</p>	3 rd – 5 th
<p>Farm Tours - Have you ever wondered what really happens on a farm? Check out this link to learn more: https://www.farmfood360.ca/</p>	K – 5 th