

# Grades K-5

## Specials eLearning Packet

In this packet there are  
3 lessons for each special:

-MUSIC

-ART

-PE

Your student may pick any ONE activity to do each eLearning day as their specials activity.  
(ex: eLearning day 5: student picks->Music Activity 2)

After Completion of activity:

Please check off your student's activity on the eLearning Day Verification Form.

If there are any questions please contact:

PE- Ms. Scherf at: [scherfk@newton.k12.in.us](mailto:scherfk@newton.k12.in.us)

MUSIC- Mrs. Bridgeman at:

[bridgemane@newton.k12.in.us](mailto:bridgemane@newton.k12.in.us)

ART- Mrs. Zamora at: [zamoraj@newton.k12.in.us](mailto:zamoraj@newton.k12.in.us)

**South Newton Elementary School**  
**Mrs. Bridgeman's Music**  
**eLearning Activities**

**MUSIC Activity 1:**

- Our voice is its own instrument. We can make our voice change to create different pitches and sounds. Everyone knows the song “Twinkle, Twinkle, Little Star”. Sing that song in your regular singing voice. Now, make some fun changes. Try singing that same song in 3 of the following ways. Be silly! Music is FUN!
  - Monster Voice
  - British Voice
  - Under the Sea Voice
  - Robot Voice
  - Baby Voice
  - Monkey Voice

**Music Activity 2:**

- Rhythm is all around us! And we tap along to the beat on the table, with our feet, or swaying our shoulders. Find something in your house that would make a great drum. Listen to a song and COMPOSE (create your own music) a drum solo. If you want to write the rhythm down and share it with the class -- that would be a great performance time to share your rhythm!!

**Music Activity 3:**

- Music is all around us! We love listening to our favorite songs. They make us HAPPY or SAD or make us JUMP UP AND DANCE or LAY DOWN AND RELAX.
  - What is your favorite song? Draw a picture of your favorite song and write a sentence about WHY you love this song. Draw on your own scrap paper.

**South Newton Elementary School**  
**Mrs. Zamora's Art**  
**eLearning Activities**

**ART Activity 1:**

- A still life is a drawing or painting of objects up close that cannot move. Often objects used to create a still life were everyday objects or items that could tell a story. The most common still life artworks we see are of fruit in a bowl or objects on a table. -You are now a still life artist! Choose 3 objects from around your house and draw them grouped together to make your own still life. (ex:a teddy bear,a hat and a banana) Draw on your own scrap paper.

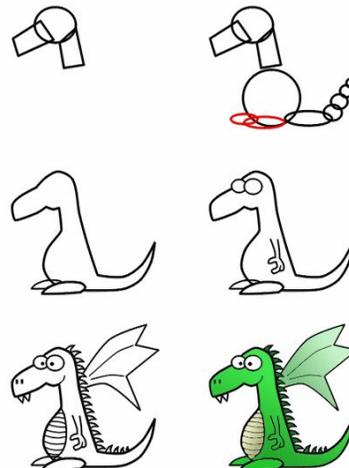
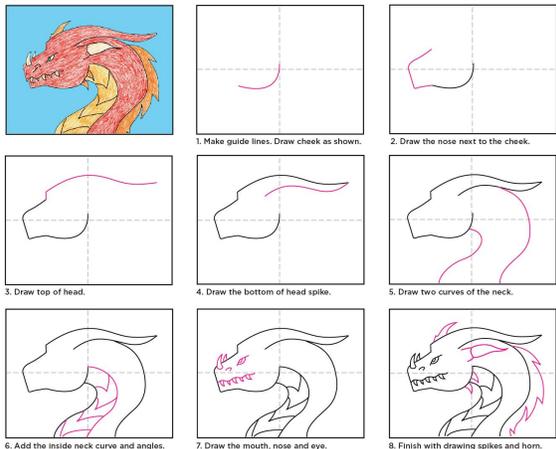
**ART Activity 2:**

- Art is all around you and artists like to use all kinds of different materials to create their art! If you have permission from your parent or guardian and you are able to go outside, collect items you find around the yard- twigs, leaves, rocks, and grass to create an outdoor artwork. Use these items to create different lines, shapes, and patterns. You can also work in the snow or sand drawing or building a sculpture. If you can not go outside find items inside your house to build with, and create lines, shapes, and patterns.

**ART Activity 3:**

- Visit the website **Art for Kids Hub** and choose a drawing lesson to follow:  
<https://www.artforkidshub.com/how-to-draw/>

If you do not have internet access choose one of the below drawings to follow along with or draw your own dragon. Draw on your own scrap paper.



**South Newton Elementary School  
Ms. Scherf's Physical Education  
eLearning Activities**

**P.E. Activity 1:**

During your favorite TV show(s), when each commercial comes on, perform a fitness exercise for the entire length of that commercial. If you want, think about changing the exercise during each commercial. TV shows should be at least 30 minutes in length.

**Example of activities: running in place, burpees, push-ups, sit ups, squats, jumping jacks, lunges, etc.**

**P.E. Activity 2:**

If your parents or guardian gives you permission, go outside and shovel or play in the snow. If you cannot go outside, draw a picture of yourself shoveling or playing in the snow. Write a sentence or two (or tell an adult) about why shoveling and playing in the snow are healthy activities.

**P.E. Activity 3:**

Go to one of the following Youtube videos and complete a workout. Or complete the following workout that is provided.

10 Jumping Jacks	10 Push-Ups
Run in Place (Count to 20)	10 Sit-Ups
15 Squats	5 Burpees
10 Lunges (each leg)	

<https://www.youtube.com/watch?v=etYhiq9hM8A>

[https://www.youtube.com/watch?v=K4DnPhR9\\_mo](https://www.youtube.com/watch?v=K4DnPhR9_mo)

<https://www.youtube.com/watch?v=3KReaoKLA-4>