



*Music and PE
Choice Board*

Kinder, 1st and 2nd

*****Week 2*****

This week - continue to work on the choice board from last week. Did you get a BINGO last week? Try for a different bingo this week or go all out and get black out!

Check out our new websites!!

Mrs. Smith - Music

sites.google.com/banks.k12.or.us/mrssmithmusic/home

Mr. Tufts – PE

sites.google.com/banks.k12.or.us/bespe/home

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| 10 Arm Circles Forward, and 10 arm Circles backwards | Create a dance to your favorite song | Run around your house 2 times | Sing one of our music class songs to someone in your home. (or your pet or stuffed animal) |
| Do the “Turkey Tango!” | Do 20 “SKI” jumps | Choose your favorite song and sing it in a different style. (pirate, opera, rapper, country etc.) | Push up challenge! How many pushups can you do in 1 minute. |
| Draw a picture of your favorite exercise and do it 20 times | Sing our school song | Do 10 Jumping jacks in each room of your house | Create a musical instrument out of household items such as cans, boxes, milk jugs, utensils, rubber bands etc. |
| Listen to a song without words and draw a picture of how it makes you feel. | Create an obstacle course in your house! (with your parent’s permission) | Play freeze dance with any music you like. Take turns pausing the music. | Play a game of tag with a family member outside |





*Music and PE
Choice Board*

3rd, 4th, 5th

*****Week 2*****

This week - continue to work on the choice board from last week. Did you get a BINGO last week? Try for a different bingo this week or go all out and get black out!

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| <p>20 Arm Circles forward, and 20 Arm Circles backwards</p> | <p>Create a dance to your favorite song</p> | <p>Run around your house 4 times</p> | <p>Fill a few glasses with different amounts of water. Use a pencil or spoon to tap the glasses and make a song</p> |
| <p>Listen to 1 song you like and 1 song you don't like. List 3 things these songs have in common and 3 things that are different</p> | <p>Count the number of Toilet Paper rolls in your house. Do that many Squats!</p> | <p>Choose your favorite song and sing it in a different style. (pirate, opera, rapper, country etc)</p> | <p>Read a book while marching in place</p> |
| <p>Do 10 Jumping jacks in each room of your house</p> | <p>Create a musical instrument out of household items such as cans, boxes, milk jugs, utensils, rubber bands etc.</p> | <p>Play a game of tag outside with a family member.</p> | <p>Write new lyrics to your favorite song</p> |
| <p>Listen to a song that makes you feel calm. What about the song makes you feel that way?</p> | <p>Push up challenge! How many pushups can you do in 1 minute.</p> | <p>Play freeze dance with any music you like. Take turns pausing the music.</p> | <p>Crab walk around the house for 20 seconds</p> |

