# Digital Learning Day Activities for Music, PE, Art and STEM

**Directions: Pick ONE of the following activities to do PER DAY**

## MUSIC

- Log into QuaverMusic.com and spend 20-30 minutes experimenting in the different quaver rooms.
- Check your assignment page in the Quaver Music and complete any of the activities/lessons that I have assigned to your class.
- Make a list of 3 (Italian) musical terms for different tempos (fast, medium, slow) and 5 (Italian) musical terms for different dynamic levels (loud, medium loud, medium soft, soft, very loud, very soft)
- Create and write out your own rhythms. Play them.
- Make your own instrument out of materials you have in your home. Get creative. Give your instrument a name.
- Go to Youtube and search for a "Just Dance" video and dance along.
- Click on the link - https://www.youtube.com/watch?v=tbbKjDjMDok - and sing along.
- Click on the link - https://www.youtube.com/watch?v=2V9dPe5WXgs - and complete the rhythm activity.

## PE

- **ONLINE: GO TO YOUTUBE AND SEARCH ANY OF THE FOLLOWING EXERCISE VIDEOS.**
    - 1 – Yoga For Kids
    - 2 – 9 Min Exercise for Kids – Home Workout
    - 3- 11 Fun Exercise Routines for Kids at Home
    - 4 -  Kids Workout 1 Beginners
    - 5 – Kids HITT Workout 2
- **IF NO ONLINE ACCESS: Choose 1 of the following activities to perform each day.**
    - 1 – Go outside and walk, run or jog for 12 minutes. You can also use a treadmill or stair climber if you have one.
    - 2 - Perform the following exercises 10 times and repeat these exercises 3 times.
    - 10 – Jumping Jack.
    - 10 – Sit-up.
    - 5-10 Push – Up.
    - 10 Mountain Climbers
    - 3 – Perform 10 Standing Stretching Exercises for Flexibility.
    - Perform 10 Sitting Stretching Exercises for Flexibility
    - Play outside for 15 minutes. Write down a brief description of what activity you did while outside.

## ART

- Using materials you have in your house, create a color wheel. If you have paper and art materials such as crayons, paint, or markers, you may draw and color a color wheel. You may also search through your house and find items in every color and arrange them in a wheel. You might also cut pictures from magazines and glue or arrange them in the correct order on the wheel. Have fun and be creative with the materials you choose for your color wheel!

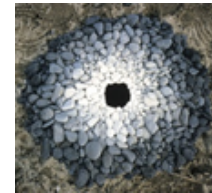 (Kindergarten, 1st and 2nd Grade)           (3rd, 4th and 5th Grade)

- Value: The lightness or darkness of a color. Tint: A color with white added (light). Shade: A color with black added (dark).



    Search your house for objects such as toys, household items, tools, or other items in various tints and shades of **one color** (for example, all red items, or all blue items). Put the items in order from darkest to lightest. (Hint: Sometimes light red is called pink.)

- **Andy Goldsworthy Inspired Art:** Andy Goldsworthy (born 26 July 1956) is a British sculptor, photographer and environmentalist who produces site-specific sculptures and land art situated in natural environments. He lives and works in Scotland. Mr. Goldsworthy spends a lot of time in nature, collecting natural materials and arranging them into sculptures or interesting designs at the location where they were found. Most of his creations are not meant to stay in place permanently. See the examples below.



    You may not be able to go outside, but you likely have collections of like objects in your house that you could arrange in interesting designs. What about Lego pieces, popsicle sticks, a box of toothpicks, coins, or small toys of the same color? Arrange your objects in interesting design.
- Draw a self portrait.

## STEM

Choose one of the following per day:

- Click on the following link: [http://graciecodes.com/](http://graciecodes.com/)  The different choices are on the left side in a drop down menu:
    - Code your name using the GoBot and Letters Mat.  It works just like our BeeBots in STEM.  (Make sure you click the X to clear your previous coding!)
    - Code math problems using the GoBot and Numbers Mat.  It works just like our BeeBots in STEM.  Make sure you click the X to clear your previous coding.
    - Code a maze to work through using the Gracie's Classroom Mat.  It works just like our BeeBots in STEM.  Make sure you click the X to clear your previous coding.
    - If no internet is available, create your own maze on paper like GoBot Grid Mat with coding to go from a starting point to a finishing point.
- Complete 15 minutes of Scratch, Jr., Typing Club, or Code.org (3rd-5th).  Links are in the STEM Google Classroom
- Build a structure using Legos, K-nex, or other building materials.
- Build a snowman outside.
- Create a maze in the snow.