

Name: _____

Grade: _____ Classroom Teacher: _____

Game Rules:

Move your self-portrait game piece along the game board as you complete each task.

Students should complete one task per missed school day (not including Spring Break)

Parents: Please initial each square after completion. This game board should be returned to your child's teacher once school resumes.

If there are any questions please email your child's teacher:

Art-

Dana Castrigano- dcastrigano@twinsburgcsd.org

Jennifer Ball- jball@twinsburgcsd.org

Music

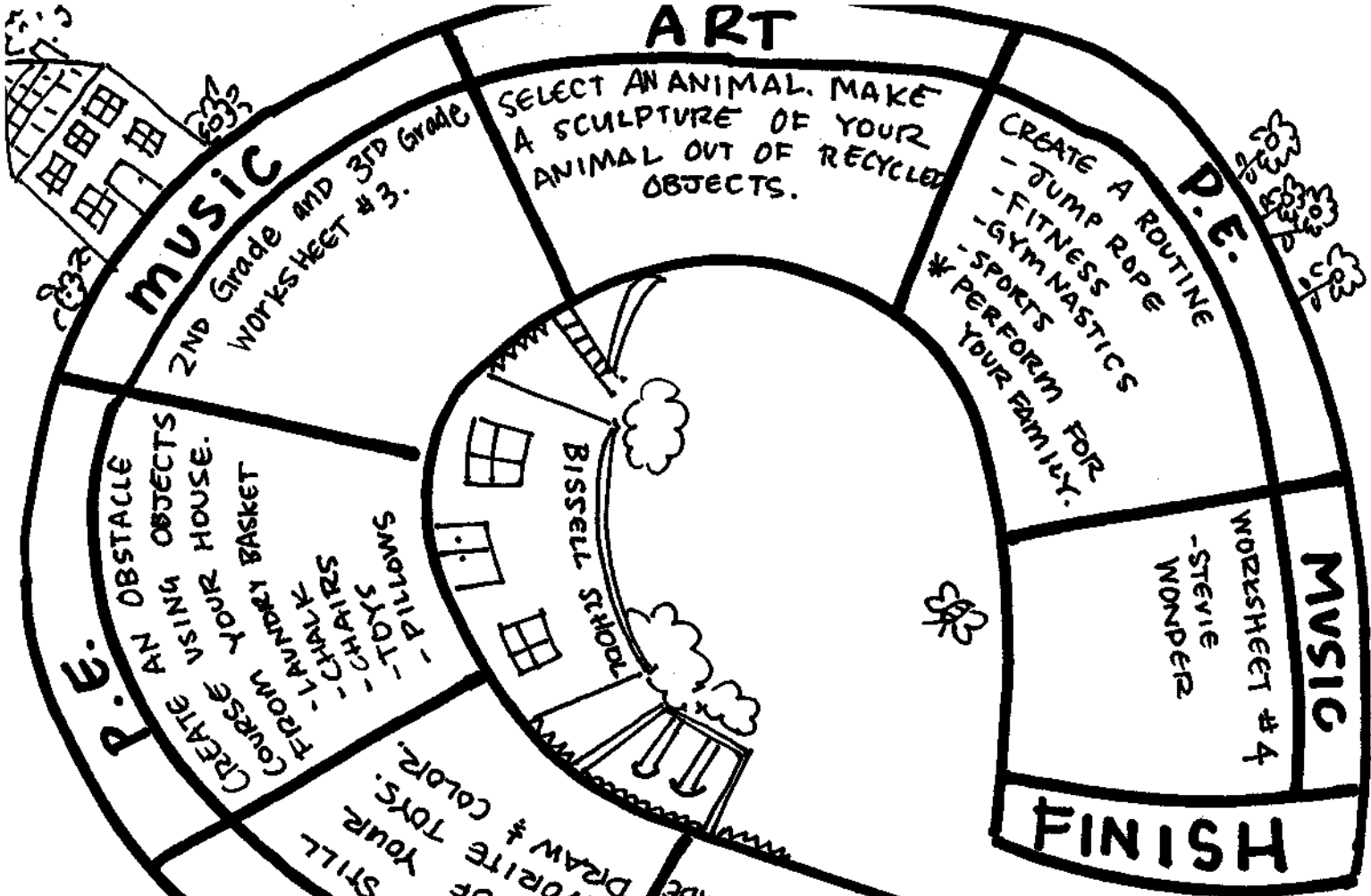
Kate Thomas- kjthomas@twinsburgcsd.org

Sally Petite- spetitte@twinsburgcsd.org

PE

Rachael Miller - rmiller@twinsburgcsd.org

Dominic Schwed- DSCHWED@twinsburgcsd.org



Student: _____ Grade: _____ Teacher: _____
Total Days Completed _____ Parent Signature: _____

The *Jumping through March/ April* take-home fitness challenge is all about jumping and building core strength. This daily exercise routine consists of two parts.

Part One – JUMPING

- **Choose either to complete jumping jacks or jump rope.** Both exercises are an awesome way to increase your heart rate. If you are just learning to jump rope, you can begin each workout with jump rope, and then finish with jumping jacks. Combining the exercises is perfectly fine.
- **Choose Level 1 or Level 2.** Each level consistently increases in repetitions each day. Notice that level 2 is more challenging than 1. You may switch levels at any point based on your level of fitness. Remember, if you find that you're barely breaking a sweat, increase the repetitions at your own rate each day.
- **Complete the number of repetitions on the calendar each day.** For example, on March 17th, you will complete 25 jumping jacks/rope turns for level 1 or 75 jumping jacks/rope turns for level 2. If you miss a day, simply pick up where you left off.

Part Two – PLANK CHALLENGE

- **Hold a plank pose for as long as you can each day.** You can choose either a traditional low plank or a high plank.
- **Try to increase your maximum time each day.** Throughout the month your core strength will increase as long as you put in the work and push yourself!
- **Log your time.** Each day you complete the plank challenge, be sure to add your time to the calendar so you can track your progress.

***Turn in your calendar to your PE teacher at the end of the month to earn a fitness charm/ fun prize. Good luck!**

Jumping through March / April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div></div> <div>Level 1</div> <div>Level 2</div> </div>						
50 Plank _____ (time) Parent Initial: _____	55 105 Plank _____ (time) Parent Initial: _____	25 75 Plank _____ (time) Parent Initial: _____	30 80 Plank _____ (time) Parent Initial: _____	35 85 Plank _____ (time) Parent Initial: _____	40 90 Plank _____ (time) Parent Initial: _____	45 95 Plank _____ (time) Parent Initial: _____
22 50 100 Plank _____ (time) Parent Initial: _____	23 55 105 Plank _____ (time) Parent Initial: _____	17 60 110 Plank _____ (time) Parent Initial: _____	18 65 115 Plank _____ (time) Parent Initial: _____	19 70 120 Plank _____ (time) Parent Initial: _____	20 75 125 Plank _____ (time) Parent Initial: _____	21 80 130 Plank _____ (time) Parent Initial: _____
29 85 135 Plank _____ (time) Parent Initial: _____	30 90 140 Plank _____ (time) Parent Initial: _____	24 95 145 Plank _____ (time) Parent Initial: _____	25 100 150 Plank _____ (time) Parent Initial: _____	26 105 155 Plank _____ (time) Parent Initial: _____	27 110 160 Plank _____ (time) Parent Initial: _____	28 115 165 Plank _____ (time) Parent Initial: _____
5 120 170 Plank _____ (time) Parent Initial: _____	6 125 175 Plank _____ (time) Parent Initial: _____	7 130 180 Plank _____ (time) Parent Initial: _____	8 135 185 Plank _____ (time) Parent Initial: _____	9 140 190 Plank _____ (time) Parent Initial: _____	10 145 195 Plank _____ (time) Parent Initial: _____	11 150 200 Plank _____ (time) Parent Initial: _____
12 155 205 Plank _____ (time) Parent Initial: _____	13 160 210 Plank _____ (time) Parent Initial: _____	14 165 215 Plank _____ (time) Parent Initial: _____	15 170 220 Plank _____ (time) Parent Initial: _____	16 175 225 Plank _____ (time) Parent Initial: _____		

Directions: Read the article. Write three (3) interesting facts you learned on the back. If you have access, you can look up Leonard Bernstein and listen to some of his music.

Mrs. Thomas

Leonard Bernstein

August 25, 1918 - October 14, 1990

Modern Period

Born in USA

Leonard Bernstein was born in Lawrence, Massachusetts, and grew up in the Boston area. His father sold wigs and beauty supplies, and wanted his oldest son to take over the business. But after Leonard -- or Lenny, as all his friends called him -- composed the class song for his high school graduation, he went on to Harvard and majored in music.

Leonard Bernstein got his big break when he was the 25-year-old assistant conductor of the New York Philharmonic. At the last minute, he stepped in to conduct a concert in Carnegie Hall that was broadcast live over the radio all across America. The audience loved him, and the event made front page headlines in the newspaper.

When Bernstein was eventually named music director of the New York Philharmonic, he was the first American to become permanent conductor of a major American orchestra. Leonard Bernstein used television, which was brand new at the time, to bring classical music to a very wide audience through his "Young People's Concerts."

Bernstein also loved to compose musical theater. His musicals include "On The Town," "Wonderful Town," and "West Side Story."

Work Sheet

Directions:





Mrs. Thomas' students--sing two (2) of your favorite songs for a family member.

Mrs. Petite's students--practice Waka Waka and Jump with the words below for a family member.





Work Sheet 3

NAME: _____

2nd grade only

Use  ,  ,  , and  to create a 8 beat (2 measure) composition.

Put 4 beats in each box.

 = 1 beat  = 1 beat  = 2 beats  = 1 beat
ta ti ti ta-a rest

Work Sheet 3

3rd grade:

Practice your recorder for 15 minutes. Write down what songs you practice below, and perform one for a family member. You do not need to fill all lines, but you do, great!

Work sheet 4

Directions: Listen to "Sir Duke" by Stevie Wonder (link below). After listening, write three (3) sentences of your opinion of the song. Did you like it, dislike it, both? Tell us what you thought.

<https://www.youtube.com/watch?v=s6fPN5aQVDI>

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2nd Grade Lyrics

Waka Waka (This Time For Africa)

You're a good soldier
Choosing your battles
Pick yourself up, dust yourself off
Get back in the saddle

You're on the front line
Everyone's watching
You know it's serious , We're getting closer
This isn't over

The pressure's on
You feel it
You got it all
Believe it

When you fall get up, oh oh
If you fall get up, eh eh
Tsamina mina zangalewa
'Cause this is Africa

Tsamina mina, eh eh
Waka waka, eh-a eh
Tsamina mina zangalewa
This time for Africa

Listen to your heart
This is our motto
Your time to shine
Don't wait in line
y vamos por todo

People are raising
Their expectations
Go on and feed them
This is your moment
No hesitation

Today's your day
I feel it
You paved the way
Believe it

You get down get up, oh oh
You get down get up, eh-a eh

Tsamina mina zangalewa
This time for Africa

Tsamina mina, eh eh
Waka waka, eh-a eh
Tsamina mina zangalewa
Anawa a a

Tsamina mina, eh eh
Waka waka, eh-a eh
Tsamina mina zangalewa
This time for Africa

Oh oh hey-y hey
hep ha-na na
Oh oh hey-y hey
hep ha-na na

Oh oh hey-y hey
hep ha-na na
Oh oh hey-y hey
hep ha-na na

Tsamina mina, eh eh
Waka waka, eh-a eh
Tsamina mina zangalewa
Anawa a a

Tsamina mina, eh eh
Waka waka, eh-a eh
Tsamina mina zangalewa
This time for Africa

Jambo, eh eh
jambo, eh eh
Tsamina mina zangalewa
Anawa a a

Jambo, eh eh
jambo, eh eh
Tsamina mina zangalewa
This time for Africa

This time for Africa
This time for Africa
This time for Africa
This time for Africa

Jump

I get up
And nothing gets me down
You got it tough
I've seen the toughest all around

And I know
now, just how you feel
You've got to roll
With the punches to get to what's real

So can't you see me standing here
I've got my back against the record machine
I ain't the worst that you've seen
Oh can't you see what I mean?
Might as well jump
Might as well jump
Go ahead, jump
Go ahead and jump

How are you? Now how you been?
You say you don't know
You won't know
until you begin

So can't you see me standing here
I've got my back against the record machine
I ain't the worst that you've seen
Oh can't you see what I mean?
Might as well jump
Might as well jump
Go ahead, jump
Go ahead and jump

(x3)