

Verner Elementary School- Grade 3

Special Area Lessons for the week of March 30, 2020

Class	Lesson/Activity for the Week
Library	<p>In our last library class, students had to decipher a secret message. Many enjoyed it so much, they asked to do it again! This week's secret message is the assignment. Students should go to our newly created RSD Literacy website (https://sites.google.com/view/rsdliteracy/home). Once there, hover over the home button, find Grades 3-4, click on the drop-down arrow and click on Library Assignments. There they will find the secret code (hints will be provided the farther they scroll down the webpage). After they decode the message, they will need to go to the Grade 3-4 Read Alouds page and listen to the first two chapters of <i>I Survived the Sinking of the Titanic</i>. The video is embedded on the page, so students will not need to go to YouTube. IF they enjoy the story, they can continue listening to the author read it. In their notebook, they should write the title of the book and give it a star rating (defined on the webpage).</p>
Music	<p>The Nature of Sound</p> <p>We recently learned about haikus. The format for a haiku is five syllables, seven syllables, five syllables. Here is the example we saw:</p> <p>Above the chorus, Listen! A single cricket Shakes a golden bell.</p> <p>Write two haikus: one about sounds you hear or music and one about anything you want!</p> <p>Listen to The William Tell Overture and notice the many dynamic levels used. How many levels do you hear?</p> <p><i>fff</i> – fortississimo/extremely loud <i>ff</i> – fortissimo/very loud <i>f</i> – forte/loud <i>mf</i> – mezzo forte/medium loud <i>mp</i> – mezzo piano/medium soft <i>p</i> – piano/soft <i>pp</i> – pianissimo/very soft <i>ppp</i> – pianississimo/extremely soft</p>

	<p>For extra fun, share some quality family time by watching a movie! Here are some of my recommendations. I'll be sure to add more over the coming weeks. To my knowledge, these movies are available on some type of platform (Disney+, Netflix, Amazon Prime) and are free or just a few dollars to rent. The great thing about the first three listed here is that they come in short segments, so you don't have to carve out a whole night for them!</p> <ul style="list-style-type: none"> • <u>Disney's Fantasia</u> – I only show Igor Stravinsky's <i>Rite of Spring</i> (the dinosaurs), but there are other great pieces in there. • <u>Disney's Fantasia 2000</u> – The kids have seen most of this, but they love it! • <u>Disney Shorts</u> – Not strictly music like the Fantasias, but great short cartoons! • <u>Singin' in the Rain</u> – Good, clean family fun.
Phys Ed	<p style="text-align: center;"><u>Physical Education</u> <u>Lesson Plans for Third & Fourth Grades</u></p> <p><i>*Note to parents/guardians – while I feel that is beneficial to your child's overall health and well-being to be physically active each day, not to mention helpful to their cognitive learning as well, it may not be possible to get out and do some of these activities every day. You child may only have Phys Ed scheduled once a week, but please encourage them to do more! At the bottom of this activity guide, I have listed some resources that you and/or your child may want to take a look at.</i></p> <p><u>Warm-up Activities</u></p> <p>Pick one of these activities to do <u>at least one day</u> for 20 <u>consecutive</u> minutes:</p> <p>Walk or jog outside Jump rope Ride your bike Dance to your favorite music Climb up & down your stairs</p> <p><u>Stretch</u></p> <p>Do the following stretches after your warm-up activity:</p> <p>Touch your toes Squat down then jump up Twist your body Make your arms swing in a circle Cross your arms like scissors</p>

Jumping jacks
Push-ups
Crunches

Fundamental Activities

Pick **one** of these activities to practice for at least 20 minutes a day, at least once this week:

Balancing

- Yoga poses that will help your balance: tree, bridge, warrior, dancer, flamingo
- Challenge yourself by timing how long you can balance yourself on one foot or in different poses

Fitness Stations

- Set up a series of stations you can go through for 5 minutes each

Examples:

Push-ups, crunches, squats, shoulder raises, planks, lunges, shoulder press

Sports Skills (get outside for most of these activities)

- Throwing – point, step & throw at your target

Throw with a partner, throw at a target

- Catching – reach & squeeze with your hands

Bounce & catch, toss & catch, throw & catch

- Rolling – step, bend & swing your arm

Set up a little bowling challenge game

- Kicking – step, swing your leg & kick middle of the ball

Kick with a partner, kick at a target

- Striking – swing back, keep your eye on the ball, swing through the ball

(you can use a bat or a racquet of any kind)

Hit off a tee, hit soft toss, pitch and hit

Assessment

Please note in your journal the activity you chose, the amount of time you participated,

how you did during the activity and maybe even a photo of you doing it (email it to me!)

Additional Resources

pecentral.org – challenges tab

	<p>pegames.org – weekly challenges, warm-ups & fitness circuits tabs</p> <p>physedgames.com – fitness, warm-up and fun tabs</p> <p>peuniverse.com – any of the videos</p>
Art	<p>Art with Mrs. Benard</p> <p>For Grades 2nd & 3rd</p> <p>Use an empty cereal box and any materials that you have to create a project of your choice! Most materials stick best to the less shiny boxes. Feel free to look online for ideas!</p> <p>You can use any materials that you have including glue, paint, markers, cereal, glitter, yarn, beads, pipe cleaners, eyeballs, fabric or any other materials you may have at home!</p> <p>You will name your project and write a short story about it. The short story should include why to choose to make this particular project and what used to make it. have fun with your story!</p> <p>You may have family members work with you!</p> <p>Be sure your name is on.</p> <p>Completed projects will be due upon return to school.</p> <p>Bring to art class at your regular scheduled time.</p> <p>Incomplete projects that are not turned in may result in an "I" for incomplete on your report card.</p> <p>Have Fun!</p> <p>Thank you, Mrs. Benard</p>



School Counseling

Hello 2nd & 3rd Grade Parents and Students,

As always, Guidance is here to support the Verner Elementary School Families, more so now than ever! I will be updating the School Counseling Webpage to include support services and Guidance lessons for you to access. You can continue to email or call me as needed.

In the Springtime, we usually begin our Career lessons with the students.

If you have time and would like to use this activity, **please know that it is optional.**

Watch the videos on I **want to be:**

<https://www.youtube.com/watch?v=LHn887lZAdc>

<https://www.youtube.com/watch?v=0Sd2URRIKAQ>

Answer the question:

If I could do anything, I imagine myself in the future being? And why? Students can discuss this with you, draw a picture, or even dress up and take a picture and send it to me or save for later. Again, this is an optional activity created to increase career awareness and have fun!

In addition, I will be posting mindfulness lessons on YouTube for students to practice. These lessons are provided through the Mindful Schools Curriculum. Your child is NOT required to do these activities and mindfulness is a great coping skill!

	<p>Children can watch these videos at this link: https://www.youtube.com/watch?v=bRoHt2nAiGA</p> <p>Please contact me if you have any questions or concerns, Mrs. Ketler (jketter@rsd.k12.pa.us or 412-828-1800 x3025).</p>
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