

Directions: Choose one activity from each special area your student would normally attend today. Cross the item off when completed.

CUSD #66 Elementary Specials Choice Board

Art	Music	PE		
<p>Make a treasure map. Take it to the next level by adding color.</p>	<p>Music is both sound and silence. See if you can sit silently for 5 minutes. Set a timer. What did you learn while you were quiet and listening?</p>	<p>Listen to or sing your favorite song. Pick 1 exercise, try to do it for the whole song. Do it again with a different song and different exercise. How many rounds can you complete? Have someone join you if possible.</p>		
<p>Design a maze using household materials. (Clothes, towels, toys, books, boxes) Will your maze be a miniature maze perfect for an action figure or as big as you?!</p>	<p>Grades K-2 Sing a song to a family member. It can even be a song you learned in music class!</p> <p>Grades 3 and 4 Only Practice your program songs.</p> <p>Here is a link to the WV google slides if you want to use them: https://bit.ly/3Up8dk5 Lincoln program practice slides: 3rd grade 4th grade</p>	<div style="border: 1px solid black; padding: 10px;"> <h3 style="text-align: center; margin: 0;">SPELL YOUR NAME</h3> <p style="text-align: center; margin: 0; color: red;">AND DO THE WORKOUT!</p> <hr style="width: 50%; margin: 5px auto;"/> <table style="width: 100%; font-size: small;"> <tr> <td style="width: 50%; vertical-align: top;"> A: 15 PUSHUPS B: 50 JUMPING JACKS C: 20 CRUNCHES D: 10 BURPEES E: 60-SECOND WALL SIT F: 20 ARM CIRCLES G: 20 SQUATS H: 30 JUMPING JACKS I: 60-SECOND PLANK J: 20 MOUNTAIN CLIMBERS K: 40 CRUNCHES L: 12 BURPEES M: 15 JUMP SQUATS </td> <td style="width: 50%; vertical-align: top;"> N: 10 PUSHUPS O: 20 LUNGES (TOTAL) P: 10 TRICEP DIPS Q: 20 JUMPING JACKS R: 60-SECOND PLANK S: 30 BICYCLE CRUNCHES T: 60-SECOND WALL SIT U: 40 HIGH KNEES V: 30 SQUATS W: 15 TRICEP DIPS X: 10 MOUNTAIN CLIMBERS Y: 12 JUMPING LUNGES Z: 30 CRUNCHES </td> </tr> </table> </div>	A: 15 PUSHUPS B: 50 JUMPING JACKS C: 20 CRUNCHES D: 10 BURPEES E: 60-SECOND WALL SIT F: 20 ARM CIRCLES G: 20 SQUATS H: 30 JUMPING JACKS I: 60-SECOND PLANK J: 20 MOUNTAIN CLIMBERS K: 40 CRUNCHES L: 12 BURPEES M: 15 JUMP SQUATS	N: 10 PUSHUPS O: 20 LUNGES (TOTAL) P: 10 TRICEP DIPS Q: 20 JUMPING JACKS R: 60-SECOND PLANK S: 30 BICYCLE CRUNCHES T: 60-SECOND WALL SIT U: 40 HIGH KNEES V: 30 SQUATS W: 15 TRICEP DIPS X: 10 MOUNTAIN CLIMBERS Y: 12 JUMPING LUNGES Z: 30 CRUNCHES
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<p>Design a birthday cake. The more details the better for this celebration! Challenge yourself to take it to the next level by adding a background.</p>	<p>Make up a silly song about the worst food ever.</p>	<p>Grab a ball or a pair of socks. See how many times in a row you can throw it into a box, bowl, or backpack. Try different distances, overhand and underhand throws.</p>		
<p>Make a squiggle and then turn it into a drawing.</p>	<p>Kitchen Band! Create a band out of things you find in your kitchen. Rock out to the radio with it!</p>	<p>Play rock paper scissors with an adult or sibling. The winner each round gets to pick 5 repetitions of an exercise for the other person. See who can get to 10 first.</p>		
<p>Choose a guided drawing video from Art for Kids Hub on YouTube. Share it to your art teacher if you wish. https://www.youtube.com/@artforkidshub</p>	<p>Be the music teacher! Run your own music class for a family member or toy.</p>	<p>Your activity choice! Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to safely move your body. Do that for at least 15 minutes.</p>		

Have questions or want to share a picture/movie of your creations? Send us an e-mail!

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