

Byron-Bergen Central School District
Instructional Pacing Guide
May 4th - 15th

Grade Level/ Courses: **SPECIALS for GRADES 3 - 6**

Monday, May 4th	Tuesday, May 5th	Wednesday, May 6th	Thursday, May 7th	Friday, May 8th
<p>PE</p> <p>Meditation Monday</p> <p>Search for a kids yoga video on YouTube or use one of these resources:</p> <p>Great for younger kids: Cosmic Kids Yoga</p> <p>Good for older kids and adults: FitnessBlender Yoga Videos</p>	<p>IBL</p> <p>Try one or more of the activities below. I would really enjoy seeing your results! cschroth@bbschools.org</p> <p>Create a Wall Marble Run</p> <p>Build a marble run using recyclable materials. Use physics to safely move your marble or ball through your track to the floor. Can it stay on your track for 20 seconds before hitting the floor?</p> <p>https://www.sciencebuddies.org/stem-activities/wall-marble-run#summary</p> <p>Tower Challenge</p> <p>Find two pieces of computer or notebook paper and 10 inches of</p>	<p>PE</p> <p>Walk/ Jog Wednesday</p> <p>Take a 15+ minute walk and/or jog with an adult outside or inside depending on weather.</p>	<p>ART</p> <p>Take a virtual National Park Tour</p> <p>https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park</p> <p>https://earth.google.com/web/data=CiQSIhlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQ</p> <p>Find a beautiful view and pause the video and draw what you see! Watch my video with tips below!</p> <p>https://youtu.be/quUJh56HtGg</p> <p>Share it on FlipGrid coniglioart password BirdsRule! Or twitter @mrsconigs or email mconiglio@bbschools.org</p> <p>Create a Nature Mandala!</p> <p>Gather some objects from</p>	<p>PE</p> <p>Fun Friday</p> <p>Fortnite Fitness: https://www.youtube.com/watch?v=4v6Zcc1_tr0&t=18s</p> <p>GoNoodle: https://family.gonoodle.com/</p> <p>Pick your favorite Just Dance Video and bust a move</p> <p>For some sport skill and fitness development search primecoachingsports.com. The homepage has excellent “How to Teach” videos that will assist in developing your child’s fundamental and some sport specific skills as well as fitness routines. The site is designed for elementary students. Prime Coaching Sports can also be found when searching in YouTube.</p>

	<p>tape. Build the tallest tower that you can in 10 minutes. See if you can beat your record in 5 minutes.</p> <p>Hour of Code Activity: Select one of the many coding/programming activities on this site. https://hourofcode.com/us/learn</p>		<p>your yard such as stones, pine cones, and leaves. Find a spot to build a mandala!</p> <p>Watch my video here: https://youtu.be/uu8y3qY0QjU</p> <p>Share your results!</p>	
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Monday, May 11th	Tuesday, May 12th	Wednesday, May 13th	Thursday, May 14th	Friday, May 15th
<p>MUSIC</p> <p>Experiment with Chrome Music Lab</p> <p>Chrome Music Lab is a tool to explore music and its connections to science, math, art and more.</p> <p>You don't need an account. Just click the link below and have some fun.</p> <p>https://musiclab.chromeexperiments.com/Experiments</p>	<p>PE</p> <p>Tuesday TABATA, Fitness Blender or "PE with Joe"</p> <p>TABATA: Air Squats, Push-ups, Sit-ups, Mountain Climbers, Holding Plank, Jumping Jacks, Lunges, Star Jumps (other options: Leg Lifts, Ski Jumps, Burpees, Scissors, Spaghetti & Meatballs, Mario Jumps, Toe Touches, High Knees, Tuck Jumps, Fast Feet)</p> <p>Optional links to use: https://www.youtube.com/wat</p>	<p>IBL</p> <p>Try one or more of the activities below. I would really enjoy seeing your results! cschroth@bbschools.org</p> <p>Bridge Challenge</p> <p>Design a bridge using recyclable materials that has a span of 8 inches and can support a rock the size of your fist.</p> <p>Puzzle Challenge</p> <p>Design your own puzzle using paper or light cardboard. Give it to different people in your family to solve. Keep track</p>	<p>PE</p> <p>Thursday TABATA, Fitness Blender or "PE with Joe"</p> <p>TABATA: Air Squats, Push-ups, Sit-ups, Mountain Climbers, Holding Plank, Jumping Jacks, Lunges, Star Jumps (other options: Leg Lifts, Ski Jumps, Burpees, Scissors, Spaghetti & Meatballs, Mario Jumps, Toe Touches, High Knees, Tuck Jumps, Fast Feet)</p> <p>Optional links to use: https://www.youtube.com/wat</p>	<p>ART</p> <p>Create a toy shadow drawing!</p> <p>You will need a pencil, some paper, hard plastic toys with some cool shapes, and a flashlight.</p> <p>Watch the video and create your own drawing. https://youtu.be/Hg90KOkmF1Q</p> <p>Share it on FlipGrid coniglioart password BirdsRule! Or twitter @mrsconigs or email mconiglio@bbschools.org</p> <p>Read about the science</p>

<p>Keep <i>Sharing your Music</i>. Mr Lancia and I have enjoyed seeing so many faces and performances on Flipgrid.</p> <p>http://www.flipgrid.com/bbeesmusic</p> <p>“Music is life. That’s why our hearts have beats” -Cecily Morgan</p>	<p>ch?v=MKVe4Zs6KRk</p> <p>https://www.youtube.com/watch?v=PDq-IPbd_Bg</p> <p>Great workouts for younger kids are Glenn Higgins Fitness or search Little Sports Videos on Youtube</p> <p>Good for older kids or adults Fitnessblenders Youtube Channel</p> <p>“PE With Joe” – Daily follow along at home workouts</p>	<p>of how long it takes them to solve. Make a bar graph of your results.</p> <p>Boat Challenge</p> <p>Build a boat out of paper. Place it in water to see if it floats. Add pennies until it sinks. Build a new boat and try to break your record.</p> <p>Hour of Code Activity:</p> <p>Select one of the many coding/programming activities on this site. https://hourofcode.com/us/learn</p>	<p>ch?v=MKVe4Zs6KRk</p> <p>https://www.youtube.com/watch?v=PDq-IPbd_Bg</p> <p>Great workouts for younger kids are Glenn Higgins Fitness or search Little Sports Videos on Youtube</p> <p>Good for older kids or adults Fitnessblenders Youtube Channel</p> <p>“PE With Joe” – Daily follow along at home workouts</p>	<p>behind shadows here:</p> <p>https://www.sciencelearn.org.nz/resources/2771-light-and-shadows</p> <p>Create a Negative Space Shadow hand drawing to share with your loved ones.</p> <p>You will need the sun or a strong light source, paper, a pencil and something to color with.</p> <p>Watch the video below where I show you how to create your drawing:</p> <p>https://youtu.be/Fd9aVttxRo</p> <p>Watch this fun video to see what shadow animals you can create with your hands!</p> <p>https://youtu.be/Kz8wP2RYy64</p> <p>Share it on FlipGrid coniglioart password BirdsRule! Or twitter @mrsconigs or email mconiglio@bbschools.org</p>
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