


Byron-Bergen Central School District
Instructional Pacing Guide
May 18th - 29th

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

Monday, May 18th	Tuesday, May 19th	Wednesday, May 20th	Thursday, May 21st	Friday, May 22nd
<p>PE</p> <p>Meditation Monday</p> <p>The links below are examples of yoga videos or you can simply search “kids yoga” using Youtube</p> <p>Great for younger kids: Cosmic Kids Yoga</p> <p>Good for older kids and adults: FitnessBlender Yoga Videos</p>	<p>MUSIC</p> <p>“The Beat Goes On”</p> <p>Have some fun exploring with beat and rhythm with Drumbit. It is a very easy to use drum machine. You can choose from various drum kits, create and edit your drum patterns. It’s great for all ages (parents too 😊)</p> <p>https://drumbit.app/</p> <p>If you’d like to see a demonstration on how to use the app, click the link below.</p> <p>https://www.youtube.com/watch?v=vaSpdQYtwWo</p> <p>If you created something and you want to share it out, either email or reach out with flipgrid. We’d love to hear a title of what you created and what you</p>	<p>PE</p> <p>Walk/ Jog Wednesday</p> <p>Take a 15+ minute walk and/or jog outside or inside depending on weather</p>	<p>IBL</p> <p>Try one or more of the activities below. I would really enjoy seeing your results!</p> <p>cschroth@bbschools.org</p> <p>Launch a Soda Straw Rocket</p> <p>Create a paper rocket that can be launched from a soda straw – then, modify the design to make the rocket fly farther!</p> <p>https://www.jpl.nasa.gov/edu/learn/project/make-a-straw-rocket/</p> <p>Code your own Project using Scratch (You do not need to make an account.)</p> <p>Design your own pong</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 Sport can also be found when searching on YouTube.</p>

	<p>thought of the app. ktischer@bbschools.org rlancia@bbschools.org</p> <p>Flipgrid http://www.flipgrid.com/bbeesmusic</p>		<p>video game, make a musical instrument, or animate the letters in your name. Use the video tutorials to help you get started.</p> <p>https://scratch.mit.edu/projects/editor/?tutorial=all</p>	
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Monday, May 25th	Tuesday, May 26th	Wednesday, May 27th	Thursday, May 28th	Friday, May 29th
<p>MEMORIAL DAY</p>	<p>ART</p> <p>Have someone you need to celebrate? Create a paper bag crown or hat! You will need a large paper bag, scissors, a pencil, scrap papers, glue, and crayons or markers. Watch the video to learn how!</p> <p>https://youtu.be/V-QncuH7PEw</p> <p>Create a found object drawing! Find some interesting object in your</p>	<p>PE</p> <p>Walk/ Jog Wednesday</p> <p>Take a 15+ minute walk and/or jog outside or inside depending on weather</p>	<p>MUSIC</p> <p>“It’s in the Stars”</p>  <p>Gustav Theodore Holst (1874 – 1934) was an English composer, arranger and teacher. Best known for his orchestral suite The Planets.</p> <p>Listen to an excerpt of “Jupiter” and create your own “Planet Theme”. Pick</p>	<p>PE</p> <p>Fun Friday</p> <p>Fortnite Fitness: https://www.youtube.com/watch?v=4v6Zcc1_tR0&t=18s</p> <p>GoNoddle: 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</p>

	<p>house that reminds you of something else. You will need your object, paper and a pencil to start. Watch the video to learn how!</p> <p>https://youtu.be/0Nt8C0xbDDI</p> <p>Share your results on FlipGrid the grid is coniglioart the password is BirdsRule! , twitter @mrsconigs or email mconiglio@bbschools.org</p>		<p>a planet or invent your own. You can use your own instrument or an app. You can use chrome music lab again as well.</p> <p>Jupiter- Holst https://www.youtube.com/watch?v=iHHKGUZEBs</p> <p>Chrome Music Lab https://musiclab.chromeexperiments.com/Experiments</p> <p>Check out what's in the night sky at the Planetarium https://www.youtube.com/watch?v=ZJpCHVu5jGQ</p> <p>If you want to share out anything click below ☐</p> <p>ktischer@bbschools.org rlancia@bbschools.org</p> <p>Flipgrid http://www.flipgrid.com/bbesmusic</p>	<p>fitness routines. The site is designed for elementary students. Prime Coaching Sport can also be found when searching on YouTube.</p>
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