

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

Grade Level/ Courses: **SPECIALS for UPK - Grade 2**

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>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. My son and I have enjoyed using this site.</p> <p>https://musiclab.chromeexperiments.com/Experiments</p> <p>Keep Sharing your music. I have enjoyed seeing so many faces and performances on</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>IBL</p> <p>Try one or more of the activities below (with adult help). 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>Four Groups Challenge</p> <p>Look around your house and randomly pick 20 different objects. Find a way to organize everything into 4 different groups. Show what you did to</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 fitness routines. The site is designed for elementary students. Prime Coaching Sports can also be found when searching in YouTube.</p>

	<p>Flipgrid.</p> <p>http://www.flipgrid.com/bbeesmusic</p> <p>“Music is life. That’s why our hearts have beats” -Cecily Morgan</p>		<p>someone and see if they can figure out how you grouped the objects. You might think about size, shape, color, or how they are used to group them.</p> <p>Seed Challenge</p> <p>Find 5 seeds, place them in a ziplock bag with a damp paper towel. Place them around your home in different places. Observe what happens over time. Did any of them grow?</p>	
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Monday, May 11th	Tuesday, May 12th	Wednesday, May 13th	Thursday, May 14th	Friday, May 15th
<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.</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,</p>	<p>MUSIC</p> <p>“Playdoughing with Music”:)</p> <p>Grab your playdough or clay and make some music with it. You could create music symbols, instruments, a short tune, etc.</p> <p>If you don’t have some at home, you can make your</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,</p>	<p>IBL</p> <p>Try one or more of the activities below (with adult help). I would really enjoy seeing your results! (cschroth@bbschools.org)</p> <p>Tower Challenge</p> <p>Find two pieces of computer or notebook paper and 10 inches of</p>

<p>https://youtu.be/Hg90KOkmF1Q</p> <p>Share it on FlipGrid coniglioart password BirdsRule! Or twitter @mrsconigs or email mconiglio@bbschools.org</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/Fd9aVttxxRo</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>	<p>Scissors, Spaghetti & Meatballs, Mario Jumps, Toe Touches, High Knees, Tuck Jumps, Fast Feet)</p> <p>Optional links to use:</p> <p>https://www.youtube.com/watch?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>own. Click the link below if you would like to see a simple, 3 ingredient way to make playdough. This is how I made it with my mom when I was little.</p> <p>Homemade playdough</p> <p>https://www.youtube.com/watch?v=oAIAM6BF0fs</p> <p>I'd love to see what you created. Share it with me through my flipgrid or email.</p> <p>http://www.flipgrid.com/bbeesmusic</p> <p>ktischer@bbschools.org</p> <p style="text-align: center;">“Music can change the world” -Beethoven</p>	<p>Scissors, Spaghetti & Meatballs, Mario Jumps, Toe Touches, High Knees, Tuck Jumps, Fast Feet)</p> <p>Optional links to use:</p> <p>https://www.youtube.com/watch?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>tape. Build the tallest tower that you can in 10 minutes. See if you can beat your record in 5 minutes.</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 of how long it takes them to solve your puzzle.</p>
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Create recycled flowers

with your used boxes in the recycle bin.

You will need paper, scissors, a pencil, something to color with, empty cereal or other boxes, glue or tape, and old bottle tops. You do not need to use felt for the grass, try coloring the grass or using magazine paper for the bottom of the picture.

Watch how here:

<https://youtu.be/dIKggYapidk>

Share it on FlipGrid
coniglioart password
BirdsRule! Or twitter
@mrsconigs or email
mconiglio@bbschools.org

