




Lomax Elementary Specials Outreach Learning

April 20 – April 24, 2020

PE – Dear Parents, we are working to improve our online teaching process for specials. My main focus is to make sure that our students are physically active for at least 30 - 60 minutes a day. I have attached a fitness log for this week to keep track of your child's workout. I am aware that some families don't have printers, but do not worry. Just send me an email with your child's name and let me know that their weekly work outs have been completed. We really miss our students and I cannot wait to get back in the gym. Thank you for your support and understanding. – Michael Perez

Music - **Students will have to login to Quaver using Clever this week:**

1. Login to Clever as usual
2. Select the Quaver Music app
3. Select NO you do not have an account
4. If asked, select *Without Flash*
5. This will bring you to the student dashboard
6. Click on this assignments icon , and select from the assignments found in the left column.

For directions with more details and pictures, click here: <https://bit.ly/2RKlm6l>

If your child receives Special Education, Section 504, or Dyslexia services, services will be addressed weekly by your child's teacher via email.

If there are any questions, please feel free to email your child's teacher at:

PE Coach: Mr. Perez Peralezm@lpisd.org

Music Teacher: Mr. Ortiz Ortizc@lpisd.org

Grades

[Assignments for the week of April 20 – April 24, 2020 are due on Monday, April 27, 2020 by 8:00 a.m.](#)

Music

Objective(s):

K – 1st: The student will move to a familiar song. The student will listen and move to music containing the high and low sounds.

2nd – 5th: The student will listen to and learn about the different instruments and techniques in the woodwind family.

ELPS: 2F – listen to and derive meaning from a variety of media such as audio tape, video, DVD, CD ROM to build and reinforce concepts and language attainment.

Weekly Activities:

K – 1st:

1. **Move and sing along with the video:** See if you can keep up as it gets faster <https://youtu.be/zBttxAMxaXE>
2. **High & Low Review:** **PLEASE SEE NOTES ABOVE** Select Quaver Assignment titled High & Low Review (*Pk-1*) – Wk 5 and work through the slides this week.

***Please see the Enrichment Activity Below**

Assessment(s): Adult observation of lesson participation.

2nd – 5th:

1. **Brass Family:** **PLEASE SEE NOTES ABOVE**

Select Quaver Assignment titled *Brass Family (Grades 2-5 Week 5)* and work through the slides this week.

Assessment(s): Adult observation of lesson participation.

***Please see the enrichment activity below.**

Physical Education

Objective(s):

Kinder- 4th grade – 3: Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge. The student is expected to:
(A) describe and select physical activities that provide opportunities for enjoyment and challenge.

5th Grade – 3: Physical activity and health. The student exhibits a health-enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge. The student is expected to:
(A) participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.

ELPS: 2F – listen to and derive meaning from a variety of media such as audio tape, video, DVD, CD ROM to build and reinforce concepts and language attainment.

Weekly Activities:

Coach Perez's Weekly Fitness Log – see below

The options below can be used for their daily fitness workout.

Daily Movement Activity Options

[Justice League Work Out](#)

[The Avengers Work Out](#)

[Fortnite Dance Workout](#)

[Star Wars Sith Work Out](#)

[Star Wars Jedi Work Out](#)

Daily Fitness Game Options

[Full Name Workout](#)

[Tic Tac Toe](#)

[Work Out Bingo](#)

[Healthy Living Scavenger Hunt](#)

Music

Physical Education

Enrichment:

Write A Song:

- Write down some of your favorite things to do.
- Write a short song about some of your favorite things to do.
- If you would like Mr. Ortiz to record a video singing your song and add instruments to it, ask an adult to help you email the words of your song or video of you singing the song to Mr. Ortiz (Ortizc@lpsd.org).
- Have fun!

Weekly Fitness Log

Student Name: _____

Grade Level: _____

Week Of: _____

Monday

Daily Work Out Or 30 Minutes of Chores

Tuesday

Daily Work Out Or 30 Minutes of Chores

Wednesday

Daily Work Out Or 30 Minutes of Chores

Thursday

Daily Work Out Or 30 Minutes of Chores

Friday

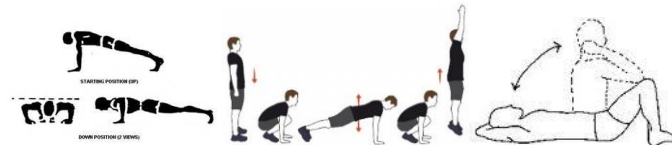
Daily Work Out Or 30 Minutes of Chores

Daily Water Cup Consumption:Monday: 1 2 3 4 5 6 7 8Tuesday: 1 2 3 4 5 6 7 8Wednesday: 1 2 3 4 5 6 7 8Thursday: 1 2 3 4 5 6 7 8Friday: 1 2 3 4 5 6 7 8Saturday: 1 2 3 4 5 6 7 8Sunday: 1 2 3 4 5 6 7 8

Dear Parents,

Here is a fitness log for some basic exercise skills that I would like the kids to work on. Please make sure they are using proper form to the best of their ability. Here is a chart to keep log of how many they can do correctly.

	Monday	Tuesday	Wednesday	Thursday	Friday
Push-Ups					
Burpees					
Sit-Ups					



Assessment(s):

- Complete your daily fitness activity of choice using Coach Peralez's Weekly Fitness Log above
- On Friday, please complete the following survey as your weekly grade. *use the link below*
- [Fitness Log Survey](#)

How to log into the Fitness Log Survey:

1. Click on the Fitness Survey link above.
2. Log on using your student's email
 - Username: lastname.firstname@student.lpsd.org
 - Password: lplunch#
3. This will take you directly to the survey. Please answer all the questions accordingly, and then press submit to receive credit for this week's workout log.

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