




Lomax Elementary Specials Outreach Learning

May 18 – May 22, 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 have logged on for their first time, **please do not worry about making up past assignments**. If you log on and complete the survey, you do not have to email me your child's work log. We really miss our students and I cannot wait to get back in the gym. Thank you for your support and understanding. – Michael Peralez

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. Peralez Peralezm@lpisd.org

Music Teacher: Mr. Ortiz Ortizc@lpisd.org

Grades

Assignments for the week of May 18 – May 22, 2020 are due on Monday, May 25, 2020 by 8:00 a.m via completed fitness Survey or emailed fitness log.

Music

Objective(s):

K – 5th: The students will use tools in Quaver to explore ways to create their own music.

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:

- **Creation Time:** **PLEASE SEE NOTES ABOVE** Select Quaver Assignment titled *Creation Time (Pk-1) – Wk 8* and work through the slides this week.
- There are instructions in the lesson, but feel free to reach out to Mr. Ortiz for any questions.
- If you would like more fun ways to create music after this lesson, you may explore this website: <https://musiclab.chromeexperiments.com/>

***Please see the Enrichment Activity Below**

Assessment(s): Adult observation of lesson participation. Complete the short quiz on the very last slide to confirm participation.

2nd – 5th:

- **Create Your Own Song:** **PLEASE SEE NOTES ABOVE**

Select Quaver Assignment titled *Create Your Own Song (Grades 2-5 Week 8)* and work through the slides this week.

- There are instructions in the lesson, but feel free to reach out to Mr. Ortiz for any questions.
- If you would like more fun ways to create music after this lesson, you may explore this website: <https://musiclab.chromeexperiments.com/>

Assessment(s): Adult observation of lesson participation. Complete the short quiz on the very last slide to confirm participation.

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:

Daily Work Out Videos or Daily Chores or Outdoor Activities

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

Movement Activities

[Pick a Character Fitness Challenge](#)

[Super Mario Work Out](#)

[Fortnite Dance Workout](#)

[Fitness Circuits](#)

[Would You Rather Fitness Challenge](#)

Fitness Games

[Full Name Workout](#)

[Tic Tac Toe](#)

[Work Out Bingo](#)

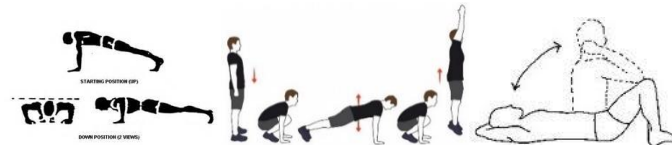
[Healthy Living Scavenger Hunt](#)

Music	Physical Education
<p>Enrichment: Write A Song:</p> <ul style="list-style-type: none"> • Write down a list of some ways we can show kindness to each other. • Using this list, write a short song about the ways we can show kindness to each other. This is can be as short as 3-5 sentences long or as long as you would like. • If you would like for 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 a video of you singing the song to Mr. Ortiz (Ortizc@lpisd.org). • When Mr. Ortiz finishes working on your song, he will email it to your parents for you to keep and enjoy. • Have fun! 	<p align="center"><u>Weekly Fitness Log</u></p> <p>Student Name: _____</p> <p>Grade Level: _____</p> <p>Week Of: _____</p> <p><u>Monday</u> Daily Work Out Or 30 Minutes of Chores Or Outdoor Activities (example: Bike Riding, Gymnastics, Playing)</p> <p><u>Tuesday</u> Daily Work Out Or 30 Minutes of Chores Or Outdoor Activities (example: Bike Riding, Gymnastics, Playing)</p> <p><u>Wednesday</u> Daily Work Out Or 30 Minutes of Chores Or Outdoor Activities (example: Bike Riding, Gymnastics, Playing)</p> <p><u>Thursday</u> Daily Work Out Or 30 Minutes of Chores Or Outdoor Activities (example: Bike Riding, Gymnastics, Playing)</p> <p><u>Friday</u> Daily Work Out Or 30 Minutes of Chores Or Outdoor Activities (example: Bike Riding, Gymnastics, Playing)</p> <p><u>Daily Water Cup Consumption:</u></p> <p><u>Monday:</u> 1 2 3 4 5 6 7 8</p> <p><u>Tuesday:</u> 1 2 3 4 5 6 7 8</p> <p><u>Wednesday:</u> 1 2 3 4 5 6 7 8</p> <p><u>Thursday:</u> 1 2 3 4 5 6 7 8</p> <p><u>Friday:</u> 1 2 3 4 5 6 7 8</p> <p><u>Saturday:</u> 1 2 3 4 5 6 7 8</p> <p><u>Sunday:</u> 1 2 3 4 5 6 7 8</p>

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.