




## Lomax Elementary Specials Outreach Learning

### April 14 – April 17, 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 - Follow these steps to login to Quaver:**

1. Go to <https://www.quavermusic.com/>
2. Click on the login tab at the top right corner.
3. Enter Username: **LaPorte2020** and Password **LaPorte2020** to login.
4. Click on this assignments icon , and select from the assignments found in the left column.

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 [Perezm@lpisd.org](mailto:Perezm@lpisd.org)

Music Teacher: Mr. Ortiz [Ortizc@lpisd.org](mailto:Ortizc@lpisd.org)

#### **Grades**

[Assignments for the week of April 14 – April 17, 2020 are due on Monday, April 20, 2020 by 8:00 a.m.](#)

## Music

### Objective(s):

**K – 1<sup>st</sup>:** The student will move to a familiar song. The student will listen and move to music containing the Sol Mi sounds (high and low pitches).

**2<sup>nd</sup> – 5<sup>th</sup>:** 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 – 1<sup>st</sup>:**

1. **Move and sing along with the video:** See if you can keep up as it gets faster <https://youtu.be/zBttxAMxaXE>
2. **Helping + Sol Mi:** Select Quaver Assignment titled *Helping + Sol Mi (Pk-1) – Wk 4* and work through the slides this week.

**Assessment(s):** Adult observation of lesson participation.

**2<sup>nd</sup> – 5<sup>th</sup>:**

1. **Woodwind Family (Grades 2 – 5) - Week 4:** Select Quaver Assignment titled *Woodwinds Family(Grades 2-5 Week 4)* and work through the slides this week.
2. **Ligeti Woodwind Quintet** – Listen to this beautiful piece of music and see if you can name the instruments and describe the different sounds: <https://youtu.be/ZhNORRlLhDg>

**Assessment(s):** Adult observation of lesson participation.

## Physical Education

### Objective(s):

Kinder- 4<sup>th</sup> 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.

5<sup>th</sup> 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 Peralez'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](#)

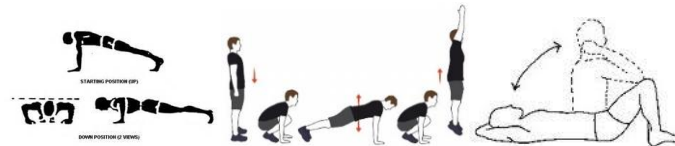
[Healthy Living Scavenger Hunt](#)

Music	Physical Education
	<div>Weekly Fitness Log</div> <div>Student Name: _____</div> <div>Grade Level: _____</div> <div>Week Of: _____</div> <div>Monday</div> <div>Daily Work Out Or 30 Minutes of Chores</div> <div>Tuesday</div> <div>Daily Work Out Or 30 Minutes of Chores</div> <div>Wednesday</div> <div>Daily Work Out Or 30 Minutes of Chores</div> <div>Thursday</div> <div>Daily Work Out Or 30 Minutes of Chores</div> <div>Friday</div> <div>Daily Work Out Or 30 Minutes of Chores</div> <div>Daily Water Cup Consumption:</div> <div>Monday: 1 2 3 4 5 6 7 8</div> <div>Tuesday: 1 2 3 4 5 6 7 8</div> <div>Wednesday: 1 2 3 4 5 6 7 8</div> <div>Thursday: 1 2 3 4 5 6 7 8</div> <div>Friday: 1 2 3 4 5 6 7 8</div> <div>Saturday: 1 2 3 4 5 6 7 8</div> <div>Sunday: 1 2 3 4 5 6 7 8</div>

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](mailto: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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