

Bringing Activity Home

| | <p>PE</p>  | <p>Art</p>  | <p>Music</p>  | <p>Media</p>  | <p>Health</p>  |
|----------------------|---|--|--|--|---|
| <p>Week 1</p> | <p>Go for a walk or bike ride with family for at least 30 minutes. Record your time/ miles.</p> <p>_____</p> | <p>Go on a Virtual Museum Tour of one of the exhibits at the Louvre https://www.louvre.fr/en/visites-en-ligne</p> | <p>You can do this every week. Go into Quaver through your Launchpad. Put in the class code NGEFD. Click on any of the icons including assignments. Have fun!</p> | <p>Find 3 books: [K-3] Point out the different parts (covers, spine, etc.). [3-6] Create their spine labels (fiction or non-fiction, first 3 letters of the author's last name).</p> | <p>Help prepare or cook a meal that includes all of the food groups.</p> |
| <p>Week 2</p> | <p>Crank up the music and boogie down. Find a household drum and sticks for Drum Fit.</p> | <p>Find a mirror and draw a self-portrait of yourself using your left hand and another with your right and see what difference you can find between the two.</p> | <p>Pick a few words from a book you are reading this week. Can you drum the words to turn them into rhythms? Can you make up your own rhythm poem??</p> | <p>Choose a fiction book, either in your house or on Sora, and read 2 or more chapters.</p> | <p>Eat at least one serving of fruit and vegetables each day.</p> |
| <p>Week 3</p> | <p>When watching TV, do exercises during the commercials. (<i>yoga, plank, curl-ups, push-ups</i>)</p> | <p>Check out Children's Book Writer and Illustrator Rob Biddolph's #DrawwithRob videos on youtube and draw with Rob!</p> | <p>Everyone LOVES Just Dance! Can you choose a song and make your own Just Dance video to share with us?? (Maybe we will do YOUR dance in class! :)</p> | <p>Using pen and paper or Google Docs, write a summary of the book from Week 2 and include why you liked or disliked it.</p> | <p>Drink at least 5 cups (8 oz. each) of water each day.</p> |
| <p>Week 4</p> | <p>Spend at least 30 mins following an online workout. (<i>GoNoodle, Adventure to Fitness, Fitness Blender</i>)</p> | <p>Have a color scavenger hunt in your house and find objects of different colors to make a color wheel</p>  <p>wheel</p> | <p>Make your own musical instrument from items you find around the house (make sure to ask your grown-ups first). We can start our own homeschool orchestra!</p> | <p>Find a non-fiction book and read 2 or more chapters or sections.</p> <p>Using pen and paper or Google Docs, write down 3 or more facts that you learned.</p> | <p>Design a balanced meal plan for you and your family.</p> |

Mrs. Rehrer's office hours are: Monday, Tuesday and Friday 9:00am-Noon; Wednesday, Thursday 1-4pm Phone: 321-701-3776

Email: rehrer.heather@brevardschools.org

Mr. Hitchcock - Monday -Friday 9:00am-10:00am and 1:00 pm- 3:00pm email: Hitchcock.chad@brevardschools.org phone:
(321).701.3754

Mrs. Jackson's hours are: Monday-Friday 9:00am-11:00am and 1pm-2pm Phone 321-351-8351 Email:

Jackson.mary@brevardschools.org

Ms. Walters - 321-701-4131 walters.leslie@brevardschools.org