



Physical Education

ACTIVITY LOG

Registro De Actividad Física De 2 Semanas

Use este registro para registrar su actividad física durante las próximas dos semanas. Pídele a un adulto que verifique con su firma que hiciste las varias actividades físicas del día.

Semana 1:

Día	Actividad 1	Actividad 2	Actividad 3	Total
<i>Ejemplo:</i>	jugar afuera 35 minutos	caminar con la familia 15 minutos	Los quehaceres 10 minutos	60 minutos
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

Semana 2:

Día	Actividad 1	Actividad 2	Actividad 3	Total
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

Ejemplos de los quehaceres: limpia el cuarto, recoge los juguetes, devuelve los platos, trapea, espolvorea, etc.



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2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 35 Mins	Walk 15 Mins	House Chores 10 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

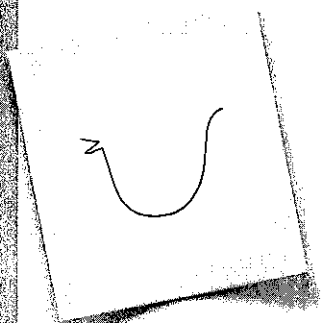
House chores examples: clean room, pick up toys, put dishes away, dust, mop, etc.

Art/Library Week of March 23-27th

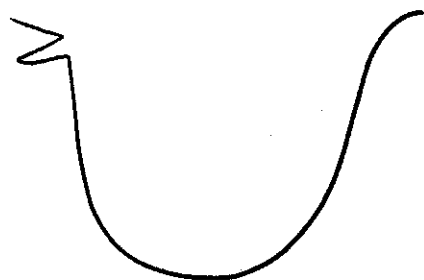
Please choose one or two of these activities to do this week. You can email me with your projects, take a picture of them, or return them with your packets if you would like.

A	R	T	G	O
Make a drawing of your favorite food.	Read for 20 minutes.	Draw a Daffodil (Instructions included)	Draw yourself!	Pick up 5 random objects around your house. Set them up together in an interesting way and draw.
Scribble Art: Scribble on the paper while counting to 10. Now add patterns or color to make this an artwork!	Make a sculpture using found/recycled objects. Folded newspaper, junk mail, toilet paper or paper towel tubes. Be creative!	Zentangle: Draw a simple shape, animal, or letters. Add lines to break up space. Now add patterns in each of the spaces to make it a work of art.	Make a list of your favorite books. Write a little about your very favorite book.	Pick up 5 random objects around your house. Set them up together in an interesting way and draw.
Write a letter to your favorite artist or author, telling them why you like their art or books.	Make a collage. Cut out pictures from magazines, junk mail, newspapers, add scrap paper or found objects to add color and interest.	Plan your outfit using a color scheme. Monochromatic (all one color), Complimentary (opposite colors on the color wheel), analogous (Colors close together on the color wheel)	Draw what you see out a window.	Draw Yourself as a cartoon character or Superhero. What is your super power? Draw the character or make a cartoon.
Teach someone else how to draw something we have done in class. Can be a parent, sibling, or friend.	Write why libraries and books are important to you.	Write a story!	Design a t-shirt. A funny saying, your name, or just a neat picture you would put on it. Color it if you can.	Three marker/crayon challenge. Draw a picture, and color only using three colors.
Build (out of found objects) or draw a castle.	Draw a Dragon (instructions included)	Draw your lunch. What are you eating? Can be something fun, crazy, or gross, be creative! You can also write about it.	Create a color Wheel with found objects. Red, Orange, Yellow, Green, Blue, Violet.	Write about spending the day with your favorite book character. Draw something you would do with them.

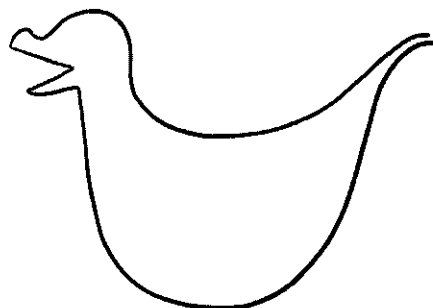
How to Draw a Dragon



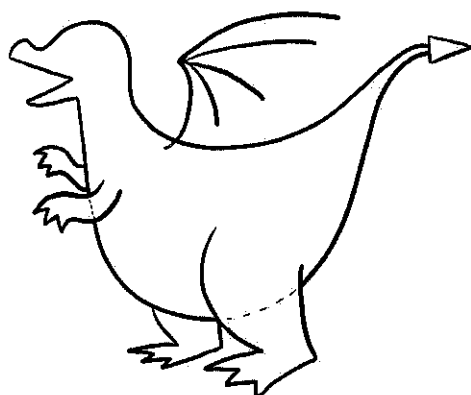
Start in the middle of the page!



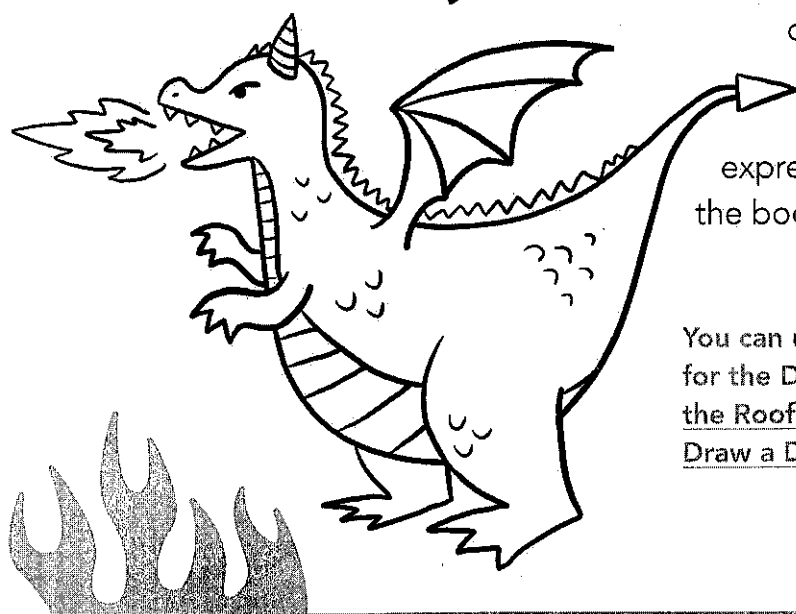
1. Start with a sideways "V" for the mouth, followed by a large "U" shape to form the belly and tail. Connect the bottom of the mouth to the "U" for the chin.



2. From the top of the "V" draw a small bump for the nose, and a large bump for the head. Continue the line in a shallow "U" shape until it reaches the tail.



3. Add a triangle for the tip of the tail. Draw a set of wide legs at the bottom (erase where the dotted line is.) Draw a small set of arms below the mouth (erase where the dotted line is.) At the top of the body, draw an outline for the wing.

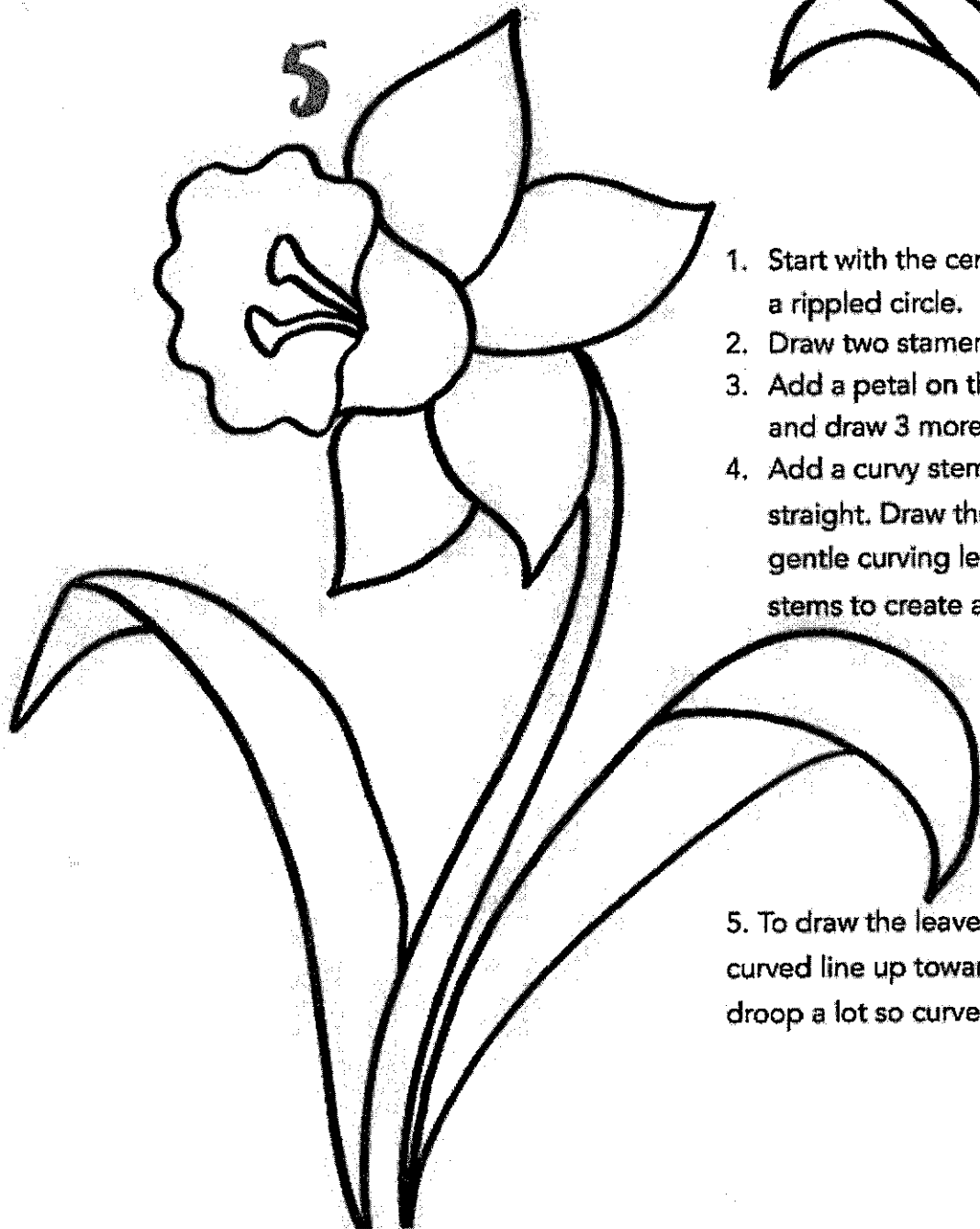


4. At this point you can finish the wing by connecting the ends with small curved lines. You can complete your dragon however you would like. Horns can be added to the head, sharp teeth added in the mouth, expressive eyes, small "U" shaped scales all over the body, and even fire coming out of the mouth!

You can use this guide for the DSS Dragon on the Roof & How to Draw a Dragon lessons!



How to Draw a Daffodil



1. Start with the center of the daffodil by drawing a rippled circle.
2. Draw two stamens. And a sideways letter "U".
3. Add a petal on the top part of the letter "U" and draw 3 more overlapping petals.
4. Add a curvy stem. Daffodil stems are rarely straight. Draw the first line of the stem like a gentle curving letter "S". Draw the side of the stems to create a shape.

5. To draw the leaves, start at the stem and draw a curved line up towards the sky. Daffodil leaves droop a lot so curve the leaf downwards.

Name _____

It is music and dancing that make me at peace with the world.

-Nelson Mandela

Music 3rd and 4th

Mrs. Kelm: nancy.kelm@k12.sd.us, 605-997-2780

March 23-27

Directions: Please complete each listening activity this week. Record your answers on this sheet, the backside, or another piece of paper. You can listen to any style of music, but I encourage you to listen to different styles than you normally would listen to (for example: classical, jazz, country, folk, instrumental).

1. What is the name of the piece you listened to?

Who is the composer/artist?

Describe the tempo (fast, slow, medium)?

How does the music make you feel (happy, sad, excited)?

What instruments do you hear?

Names something this song makes you think of or reminds you of.

2. What is the name of the piece you listened to?

Who is the composer/artist?

Draw a picture or write a story about this piece of music (use the backside or another sheet of paper).