



## Jennie Reid Elementary Specials Outreach Learning

### April 27 – May 1, 2020

A Message from Mrs. Weeden: <https://youtu.be/ejW-XzdIYZo>

A Message from Mrs. Basile: <https://youtu.be/4M0rCEzo-E0>

A Message from Mrs. English: <https://www.smores.com/f209y-roadrunner-s-united?ref=email>

A Message from Nurse Cox: <https://youtu.be/1JBuBktoFdE>

**A Note from Ms. Arisco:** Q: Where did the music teacher leave her keys?      A: In the piano!

If you haven't logged into Quaver through Clever yet please follow these steps:

1. Log into: Clever
2. Click: Quaver icon
3. Click: "No, you do not have an account"
4. If prompted, select the option Without Flash
5. Click: Assignments

Ms. Arisco's email office hours are: 9:00am-1:00pm M-F with additional hours on Wednesdays from 5:00pm-7:00pm [Ariscoj@lpisd.org](mailto:Ariscoj@lpisd.org)

**A Message from Coach Arriazola:**

Hey Roadrunners, click the link to watch my virtual message! <https://www.youtube.com/watch?v=VMLJetBhJ9I>

Make it a great week! GO ROADRUNNERS! -Coach A.

PE virtual office hours: Monday – Friday 9 AM – 1 PM and additional hours Wednesday only from 5 PM – 7 PM. Contact by e-mail at [Arriazolaa@lpisd.org](mailto:Arriazolaa@lpisd.org) or by phone call and text through the Remind App. To sign up for Remind notifications text @coachjrepe to 81010.

**A Little Byte from Mrs. Miller:**

Mrs. Miller here, logging in to say **HELLO!**

At the beginning of the school year, I told you we would begin learning about coding after spring break. Since we are not in the lab learning together, I wanted to share a fun site to help guide you through the process. It is a free, and school approved site I think you will enjoy! The site is called **Code.org**. Computer science learning for all grade levels are available on this site, and you will have an opportunity to make your own game, app, or computer drawing. I know you will have lots of fun learning and creating on this site. I cannot wait to hear about or see all the amazing things you create! Mrs. Miller's email office hours are: 9:00am-1:00pm M-F [Millersh@lpisd.org](mailto:Millersh@lpisd.org)

*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.*

PE – Please feel free to email quiz scores, bonus writing answers, pictures or videos of you and your family being physically active!

Music- Please feel free to email pictures of your musical endeavors at home!

Music	Physical Education
<p><b><u>Grades K-5 Objective:</u></b>  <b>We will</b> explore world music (focus on India).  <b>I will</b> perform an Indian song.  (2B, 3A) ELPS: .2F</p> <p><b>Weekly Activities:</b> New login protocol. Please read carefully- it is different!</p> <ol style="list-style-type: none"> <li>1. Log into: Clever</li> <li>2. Click: Quaver icon</li> <li>3. Click: “No, you do not have an account”</li> <li>4. If prompted, select the option Without Flash</li> <li>5. Click: Assignments and then choose “World Music-Hello!” and then launch</li> <li>6. Take a tour of Ms. Arisco’s music room at home!  <a href="https://youtu.be/bdA1xxKEaVE">https://youtu.be/bdA1xxKEaVE</a></li> </ol> <p><b>Assessment(s):</b> Complete the checklist provided in the lesson.</p> <p><b>Enrichment:</b> Music Journal -  *This week’s entry:  How many instruments can you name?  Which ones would you like to learn how to play?</p>	<p><b><u>Grades K – 5 Objective:</u></b>  <b>We will</b> demonstrate key elements in manipulative skills such as throwing and catching.  <b>I will</b> apply movement and balance concepts to a foam rolling warm up and developing throwing and catching techniques. (TEKS: K.1H, 1.1H, 3.1F,5.1K)</p> <p><b><u>Weekly Activities:</u></b> Monday – Friday  To complete the foam rolling warm up below you can use one of the following items:  1) foam roller 2) tennis ball, baseball or any other hard sports ball 3) wooden dowel rods  4) rolling pin 5) baseball or softball bat</p> <p><b><u>Foam Rolling Warm Up:</u></b> Click the link below to watch an example.  <a href="https://www.youtube.com/watch?v=PYblx21XtFY">https://www.youtube.com/watch?v=PYblx21XtFY</a>  (1) upper to middle back (hug yourself to separate shoulder blades) (2) shoulder stretch (keep roller at upper to middle back, elbows straight, alternate arms overhead one at a time)  (3) glutes (sit on one side, cross the opposite leg over the knee, do both sides) (4) side of leg (between knee and hip, do both legs) (5) hamstring (from back of knee to bottom of glute, do both legs) (6) calf and ankle (point toe away from you and towards you as you roll back and forth, do both legs)</p> <p><b><u>Throwing and Catching Activities</u></b>  <b>Throwing a Baseball or Softball:</b> <a href="https://www.youtube.com/watch?v=8HVlFRXMBuc">https://www.youtube.com/watch?v=8HVlFRXMBuc</a>  <b>Throwing a Football:</b> <a href="https://www.youtube.com/watch?v=tX63amD2FY0">https://www.youtube.com/watch?v=tX63amD2FY0</a>  <b>Throwing a Frisbee with Coach Dylan:</b> <a href="https://www.youtube.com/watch?v=4WHh3uzux0k">https://www.youtube.com/watch?v=4WHh3uzux0k</a></p> <p><b><u>Assessment(s):</u></b> <u>Daily Self Evaluation Discussion with Your Household</u>  Talk to a trusted family member about how you feel you did today. Be honest and rate your daily performance <b>Excellent, Good, Ok, or Need More Effort.</b></p> <p><b><u>On-line Assessment Activity:</u></b> Log in to Brain Pop by clicking the link below.  <a href="https://www.brainpop.com/">https://www.brainpop.com/</a></p> <p><b>Use the below login and password for Brain Pop:</b>  <b>Log in:</b> jrelpisd  <b>Password:</b> lpisd</p> <ol style="list-style-type: none"> <li>1. Click the <u>Health &amp; SEL</u> icon (clipboard with heart) at top right of the main menu.</li> <li>2. Click the <u>Sports &amp; Fitness</u> icon (person running) from the Health menu.</li> <li>3. Click the <u>Baseball, Football, OR Basketball</u> icon from the Sports &amp; Fitness menu.</li> <li>4. Watch one video then complete the ten question <u>Graded Quiz</u> from the Quiz menu.</li> <li>5. Once complete you can click <u>Email Your Results</u> and e-mail them to Coach A.</li> </ol> <p><b><u>Coach A’s Push Up Challenge:</u></b> Complete 20 Push Ups Daily – Click the link for an example!  <a href="https://www.youtube.com/watch?v=Mr2xIPE9hz8">https://www.youtube.com/watch?v=Mr2xIPE9hz8</a></p> <p>*TIP: A stack of towels or pillows can be used as an unstable push up surface.</p>