

MEMORIAL ELEMENTARY “Specials” Choice Board – Take 2

	MUSIC	PE
DAY 1	<p>Go to www.youtube.com and listen, sing, and dance to</p> <p>The Learning Station</p> <ul style="list-style-type: none"> - Boom Chicka Boom - The Crocodile Song - Apples and Bananas - Wishy Washy Washerwoman - Five Little Monkeys - Hokey Pokey - Head, Shoulders, Knees, and Toes <p>(PICK THREE)</p>	<p>“Stations” (while playing upbeat music) 30 seconds each</p> <ul style="list-style-type: none"> - Jog in place - Sit-ups - Jumping Jacks - Frog Jumps - Planks - Push up position and hold body up (Make a “bridge”)
DAY 2	<p>Movie Night with Mom and Dad</p> <p>Watch – The Sound of Music Mary Poppins, or The Wizard of Oz</p> <p>DON'T FORGET THE POPCORN!</p>	<p>“Bowling”</p> <ul style="list-style-type: none"> - Use milk jugs or 2 liter pop bottles - Roll any type of ball to knock them down
DAY 3	<p>“Musical Instruments at Home”</p> <p>Find some things around the house that make fun sounds like car keys, pots and pans, buckets, pencils for “drumsticks”, etc. While playing one of your favorite songs, use the things you found to DRUM along to the song.</p>	<p>“Move and Freeze”</p> <p>Have your parents play music. When the music is playing your parents can tell you to do the following movements:</p> <ul style="list-style-type: none"> - Skip, gallop, walk, run, or slide <p>When the music STOPS, Freeze!</p>
DAY 4	<p>“Musical Chairs”</p> <p>If you have 3 or more family members at home who are able, play a game of musical chairs switching out who controls the music each time. 😊</p>	<p>“Parachute” Activity</p> <p>Using a flat bed sheet as a parachute with 1-3 other people, gently toss objects up and down together using “up and down” motions. For example, put stuffed animals, balloons, light weight balls, or small pillows to name a few.</p>
DAY 5	<p>Go to https://pbskids.org/games/music/</p> <p>Find your favorite game and have fun!</p>	<p>“Pinball” (outside)</p> <p>Using “bowling pins” from Day 2, scatter pins around the yard and throw ball OVER HAND at the pins to knock them down.</p>

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