# 3<sup>rd</sup> Grade Specials Choice Board

**March 30<sup>th</sup> - April 3<sup>rd</sup> & April 13<sup>th</sup> - April 17<sup>th</sup>**

Directions: Choose one activity to complete each day. Pick from the specials you would have that day.

For example, if you go to music on Monday, do a music activity on Monday.

<table>
<thead>
<tr>
<th>P.E. 🏋️‍♂️</th>
<th>Music 🎵</th>
<th>Art 🎨</th>
<th>Media 📝</th>
<th>Counseling 🛏️</th>
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</thead>
</table>
| **Technology**
Fitness Workouts!  
*Perform a pulse check before beginning. Is your heart beating fast or slow? Explain.*
| **Music**
Warm-Up:
- Jog in Place for 90 seconds.
Then, perform 4 different stretches learned in class for 20 seconds each.
| **Art**
Activity:
Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Fitness Workout Videos. Choose and participate in two of the Fitness Workout Videos.
| **Media**
Celebrate Women’s History Month with Pebble Go. Learn how women throughout history have made great accomplishments despite many challenges, such as not being treated the same as men.
| **Counseling**  
Emotions!
*Watch the video clip from Rocket Kids about Emotions*  
*What emotion or emotions are you feeling right now?*  
*How can you measure your emotions?*  
*Do emotions change or stay the same?*  
*“There are no good or bad emotions.” Do you agree or disagree? Why?*

1. Explore the Chrome Music Lab. Choose any 2 music experiments to explore.

   **Chrome Music Lab**

   Post about your experiment in Teams. Go to the class notebook and find your name. Write about your experiments under the music journal.

2. Watch [this video](#) and follow the steps to draw a tiger. Add colors and details.

   **Post your picture in Teams and comment on someone else’s picture.**

3. Complete the [Share What You Learned activity](#).

   Email a picture of your work if you’d like to Mrs. Bauer bauera@fultonschools.org
<table>
<thead>
<tr>
<th>pulse feel different than before exercising?</th>
<th>*Why do you think your heart rate changes when you exercise?</th>
<th>*Can you name another place on your body to find your pulse?</th>
</tr>
</thead>
</table>

**No Technology Fitness Workouts!**

**Warm-Up:**
- Jog in Place for 90 seconds. Then, perform 4 different stretches learned in class for 20 seconds each.

Go to the Physical Education Microsoft Teams page, click on the files tab, then click No Technology Workouts. Choose and participate in 1-2 of the No Technology Workouts.

Questions:
- *What does health-related fitness mean?*
- *Can you name the five health-related fitness components?*

| 2. Practice these rhythm patterns with the video of *In the Hall of the Mountain King*  
Try adding some household items for instruments like pencils or tapping on a table. | 2. Draw yourself as a superhero in a setting of your choice. Make sure to show what powers you have  
Post your picture in Teams and comment on someone else’s picture. | MackinVia  
There are many e-books and databases that can be accessed in MackinVIA.  
Login to MackinVia using these instructions: *MackinVia Login Instructions.docx*  
Explore our e-book collection. Read or listen to a book that interests you.  
Explore databases such as Britannica and Kids Infobits. These are safe and trustworthy sites to use for research. | How Does Our Body Show Our Feelings?  
*Watch the video clip from *Inside Out*  
*How does a person’s face change based on their emotion?*  
*How does a person’s body change based on their emotion?*  
*Which of these emotions are you feeling the most right now?* |
<table>
<thead>
<tr>
<th>Exercise or Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jog in Place</td>
<td>Perform 90 seconds to warm up. Then, perform 4 different stretches for 20 seconds each.</td>
</tr>
<tr>
<td>Perform 2 Just Dance videos</td>
<td>Watch this video and follow along to draw a dragon. Post your picture in Teams and comment on someone else’s picture.</td>
</tr>
<tr>
<td>Turn on your favorite song and have a family dance party</td>
<td>Go to the class notebook and find your name. Write about your interviews under the music journal.</td>
</tr>
</tbody>
</table>

**Activity:**
- Perform 2 Just Dance videos (video game or on YouTube).
- Turn on your favorite song and have a family dance party for 3 minutes!
- Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Dance Videos. Choose and participate.

**3. Let’s Dance!**

**Warm-Up:**
- Jog in Place for 90 seconds. Then, perform 4 different stretches learned in class for 20 seconds each.

**Activity:**
- Perform 2 Just Dance videos (video game or on YouTube).
- Turn on your favorite song and have a family dance party for 3 minutes!
- Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Dance Videos. Choose and participate.

**Interview Family Members:**
- Interview family members about their musical backgrounds and interests. What is their favorite song right now and why? What instruments do they play? What does music mean to them? Record the responses and answer the questions yourself in teams or on paper. Go to the class notebook and find your name. Write about your interviews under the music journal.

**3. Watch this video and follow along to draw a dragon.**

**Feelings Activity:**
- Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw a picture of yourself showing each emotion.

**myON:**
- myON is a website where you can access over 6,000 e-books and a daily news articles. *Remember this website from Read to the Final Four?

**Watch this video as a reminder how to use myON.**

**2. Login to myON**  
School Name: Get Georgia Reading  
Username: fultoncounty  
Password: read

**3. Read or listen to one book that interests you.**

**4. Read or listen to one of the daily news articles.**
Take the quiz to check for understanding. Tell a parent or friend what you learned.
in 2 of the dance videos.

Questions:
* How can dancing improve your fitness level?
* What was the easiest dance move to perform? The most difficult?
* What could you do to make the dance better?
Share your responses with a family member or in Teams.