Physical Education

P.E. Choice Board!

**Objective:** Choose 3 or more activities from the P.E. choice board per week. Once you have completed your activities, fill out the activity log sheet below. You can email your completed activity log sheet back to a coach (emails are listed below) or send it to the teams app for PE, or back to your classroom teacher with your other assignments and they can forward it to us. This is a 2-week assignment.

**Dates:** March 23rd - April 3rd.

**Grading:** Completed assignments of 3 activities will be worth 100 points. Any activity done over the minimum of 3 activities will be worth 10 extra points! Only a maximum of 4 activities will be graded for a total of 110 points per week.

**Note:** Try to choose 3 different activities in week 2. You should always stretch before and after a workout, drink plenty of water and try to be active for 60 minutes a day. You can do activities/sports not listed on the choice board and add it to your activity log if you like, but they will not be counted as extra credit. If weather permits, go outside and play. If stuck in the house, stay active by dancing or exercising during commercial breaks of your favorite tv show! Be creative!

P.E. Choice Board
Click the blue links to see your activity!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using the <strong>Alphabet Fitness</strong> sheet, create</td>
<td>Improve your <strong>Basketball Dribbling Drills</strong> Do each drill for 30 seconds</td>
</tr>
<tr>
<td>a 20 min. fitness circuit using your name.</td>
<td>then switch hands!</td>
</tr>
<tr>
<td>To make the workout longer try doing your</td>
<td>Work on your <strong>Soccer Skills</strong> by practicing these drills at home!</td>
</tr>
<tr>
<td>first and last name, or even adding your</td>
<td>Don’t have a soccer ball, use any ball you have!</td>
</tr>
<tr>
<td>middle name!</td>
<td>Enjoy a game of <strong>Playing Cards Fitness</strong></td>
</tr>
<tr>
<td>Have you tried this version of the **Whip/Nae</td>
<td>Know how to do the <strong>Cupid Shuffle</strong>? Learn here! Next, create your own</td>
</tr>
<tr>
<td>Nae? Give it a try with this class! Create</td>
<td>dance with a minimum of 3 sequences of an 8 count!</td>
</tr>
<tr>
<td>your own version and practice it!</td>
<td></td>
</tr>
<tr>
<td>Workout with the family with **Walk 15 Family</td>
<td>Play this board game. You can play alone or with any family member</td>
</tr>
<tr>
<td>Mile with Nick</td>
<td>Walk at Home See if you</td>
</tr>
<tr>
<td>Play this board game. You can play alone or</td>
<td>Click the link and do it with a family member or by yourself.</td>
</tr>
<tr>
<td>with any family member <strong>Fitness Fun Board</strong></td>
<td>2 by 2 fitness</td>
</tr>
<tr>
<td><strong>Game</strong></td>
<td>Try a <strong>Color Workout</strong> See if you can do more than 1 color in a day. I</td>
</tr>
<tr>
<td></td>
<td>bet you can’t do all 4!</td>
</tr>
</tbody>
</table>
If you do not have a device, you can access an alternate (non-digital and printable) PE Choice Board HERE.

Physical Education Activity Log Sheet
Click Here for Printable Activity Log

<table>
<thead>
<tr>
<th>Week Activities/Dates Completed</th>
<th>Example:</th>
</tr>
</thead>
</table>
| Week 1: (March 23rd – March 27th) | - Alphabet Fitness/March 24th  
- Basketball Drills/March 25th  
- Soccer Skills/March 26th  
- Playing Cards Fitness/March 27th  
- Playing outside/March 23rd, 25th, 27th |

March 23rd-March 27th

March 30th-April 3rd

*In the example above, the student would get 110 points for week 1 because they completed 4 activities from the choice board.

For more at home physical activities check out the Open Ed link below: OPEN ED

*If you have any questions or concerns or need more at home fitness activities, don’t hesitate to contact us.

Best,
Coach Pharr, White, Hammond, Charles
Oakley ES
Physical Education Teachers
pharra@fultonschools.org
whiteP2@fultonschools.org
murphyl@fultonschools.org
Art

Visual Arts Standard: VA3.CR.3
Assignment: Visual/Verbal Journal Sketchbook
***Graded Assignment***

Materials: Students may use pencils, coloring pencils, crayons and/or markers in a sketchbook or on a piece of paper

Directions:
• Using different types of lines (straight, curvy, zigzag, thick, thin, bumpy, wavy, castle) create a drawing that includes an animal playing a musical instrument.
• Write a list of words that describe your animal, where your animal is, what type of instrument your animal is playing & how your animal is feeling.
Completion Verification Survey: For parents to fill out
https://forms.office.com/Pages/ResponsePage.aspx?id=mLHcDGmBcEu6n9p-O6cAwgBID-QAA-9NvAnvxOxtuJUMVFUvjdQWkFVRk5FNFpSSzRGMUhJUFFOMC4u

Please contact Ms. Hewitt with any questions. hewittm@fultonschools.org

Music

Do both activities below. Spend at least 45 minutes on music this week. Once complete, parents please fill the survey music assignment completion (will send via email and dojo also). This will serve as proof of completion.

Activity #1 Chrome Music Lab

Click the link below and choose 3 of the music “experiments” to explore. Have Fun!!

MusicLab

Activity #2 Instruments of the Orchestra

Click on at least three instruments from each of the four instrument families to learn more (Woodwinds, Strings, Percussion, and Brass).

Instruments of the Orchestra

Please contact Mr. Johnson with any questions. Johnsona12@fultonschools.org
**Project Title:** Let's Get Digital

**Driving Question:** How can we become SUPER Digital Citizens in order to raise awareness about the importance of online safety and support balance with digital learning?

**Project Summary:** With the present climate around the world, remote learning has become a whirlwind. While some people are totally on board there are some essential skills of online learning that we must make sure students are aware of. Let's take a deep dive into the importance of online safety and digital learning in order to become SUPER Digital Citizens that leave flawless digital footprints. (Students will be gathering research through Nearpod lessons from Common Sense Education).

*3rd-Our Digital Citizenship Pledge*

In this Common Sense Education lesson on Digital Citizenship & Literacy, students create and pledge to adhere to shared norms for being in an online community. They examine the definition of community both in-person and online.

**Click/View this link**
https://share.nearpod.com/vsph/XvF476stMu

**or Join with this CODE at join.nearpod.com or nearpod app**
**Code: JQBVZ**

**Keyboarding Practice**
www.typing.com/student

*Parents may sign students up for FREE account or just let them practice freely*

Please contact Ms. Singleton with any questions.
Singletonn@fultonschools.org
S.T.E.M.
Beverly HR, Wang HR, Lundy HR

S3L2. Obtain, evaluate, and communicate information about the effects of pollution (air, land, and water) and humans on the environment.

![Third Grade STEM Learning Choice Board](image)

Directions: Pick one activity each week to complete from the chart below. All links will direct you to YouTube and easily accessible via a phone or tablet.

Please reach out to Ms. Booker at BookerT@fultonschools.org if you have any questions.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read the book <a href="#"><em>One Plastic Bag One Plastic Bag: Isatou Ceesay and the Recycling Women of the Gambia</em></a>. Go on a plastics hunt around your house. Create a list of everything you find that's made of plastic. Write a paragraph about how the items you found can be harmful to our environment.</td>
<td>Create an upcycled “trash to treasure” product using various plastic materials. Use the Engineering Design Process (Ask, Imagine, Plan, Create, Improve) to complete this task. Share your creation using Flipgrid. The password is Oes3@2020.</td>
</tr>
<tr>
<td>Watch the video about <a href="#"><em>Plastic Pollution</em></a>. Then, respond to the Six Hats questions via Padlet.</td>
<td>Watch the video about reducing, reusing, and recycling. Create a song, skit, poster, or commercial about the importance of recycling. Share your creation using Flipgrid. The password is Oes3@2020.</td>
</tr>
</tbody>
</table>
TAG
*ONLY TAG STUDENTS ARE REQUIRED TO COMPLETE THIS ASSIGNMENT*

Creative Thinking Menu 3rd Grade Georgia Habitats

Directions: Choose at least 3 activities from each of the creative processes to complete. Lightly color in the box that you are completing from each category. Do your work on notebook paper. Be sure to include your name and creative process at the top of each sheet. Refer to the “Creative Thinking Rubric” for scoring and expectations. Be sure to score yourself at the bottom of the paper once you finish. Please contact Mrs. Curry with any questions. CurryL@fultonschools.org

**All work needs to be turned in with this paper.**

<table>
<thead>
<tr>
<th>Fluency</th>
<th>Flexibility</th>
<th>Originality</th>
<th>Elaboration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Make a long list of marine animals.</td>
<td>1. How might an otter feel if it became a family pet? How would his life change?</td>
<td>1. Design a new creature. What adaptations would it have in order to survive in its environment?</td>
<td>1. Pick a letter from the word migration. Create a picture with the letter you choose. Be sure to give it a creative title and lots of details.</td>
</tr>
<tr>
<td></td>
<td>2. Make a long list of things that are green.</td>
<td>2. Design an 'opposite' habitat for an animal. What adaptations would your animal have to make?</td>
<td>2. Draw a picture representation of the phrase &quot;survival of the fittest.&quot;</td>
</tr>
<tr>
<td>2. How many words can you make using the letters from the word camouflage? You can only use the letters given.</td>
<td>3. What might happen if Georgia’s state bird, the Brown Thrasher, lost its ability to fly?</td>
<td>3. Design a super hero animal. What does it get from its food source that gives it superpowers? What are its super powers?</td>
<td>3. Pretend you are a zoologist. Another animal has just gone extinct. Tell how you feel. Be elaborate in your writing.</td>
</tr>
<tr>
<td>4. How many words can you make using the letters from the word adaptations? You can only use the letters given.</td>
<td>5. If we gradually lost the ability to speak, do you think anything would change about our behavior or our bodies? Explain.</td>
<td>5. Design a new animal that uses mimicry to help it survive.</td>
<td>5. Print the word HABITAT. Add details to make it into an interesting picture that represents different kinds of habitats.</td>
</tr>
<tr>
<td>5. Make a long list of items that could have an animal print design?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

My rating based on the rubric

Fluency ___________ Flexibility ___________ Originality ___________ Elaboration ___________