

Monday 01/23/2023	Tuesday 01/24/2023	Wednesday 01/25/2023	Thursday 01/26/2023	Friday 01/27/2023
End of Quarter 2	Breakfast Duty 8:00am - 8:30am	Breakfast Duty 8:00am - 8:30am	Breakfast Duty 8:00am - 8:30am	Breakfast Duty 8:00am - 8:30am
Breakfast Duty 8:00am - 8:30am	Band/Choir 7 & 8 8:35am - 9:30am	Band/Choir 7 & 8 8:35am - 9:30am	Band/Choir 7 & 8 8:35am - 9:30am	Band/Choir 7 & 8 8:35am - 9:30am
Band/Choir 7 & 8 8:35am - 9:30am	Lesson / Instruction	Lesson / Instruction	Lesson / Instruction	Lesson / Instruction
Objectives:	1. New Class:	1. New Class:	1. New Class:	1. New Class:
<ol style="list-style-type: none"> 1. Create original music piece including musical notation and perform 	<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> <ol style="list-style-type: none"> 1. Selecting instruments (pick one and stick with it) 2. Select a cubby and put your name on it 3. If your going to take your instrument home to practice I have forms that need to be filled out by parents 2. Go over <u>Procedures</u> (arriving and exiting) <ol style="list-style-type: none"> 1. Come in quietly! 2. Select a chair and a music stand 3. Get your instrument and music book and begin practicing pieces 1 - 10 in your book 4. Practice while waiting for further instruction 5. We will review 1 -10 and proceed with songs in book 	<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> 2. Go over <u>Procedures</u> (arriving and exiting) 3. Talk About <u>What Students will be Expected to do Before Year's End</u> 4. <u>Assessment</u> - Test for Current Music Knowledge 5. Distribute <u>Music Survey</u> 6. <u>Discuss instruments/ interests/experience</u> 7. Distribute <u>Instruments and Music Books</u> 8. Hand out <u>Rental Forms</u> 	<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> 2. Go over <u>Procedures</u> (arriving and exiting) 3. Talk About <u>What Students will be Expected to do Before Year's End</u> 4. <u>Assessment</u> - Test for Current Music Knowledge 5. Distribute <u>Music Survey</u> 6. <u>Discuss instruments/ interests/experience</u> 7. Distribute <u>Instruments and Music Books</u> 8. Hand out <u>Rental Forms</u> 	<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> 2. Go over <u>Procedures</u> (arriving and exiting) 3. Talk About <u>What Students will be Expected to do Before Year's End</u> 4. <u>Assessment</u> - Test for Current Music Knowledge 5. Distribute <u>Music Survey</u> 6. <u>Discuss instruments/ interests/experience</u> 7. Distribute <u>Instruments and Music Books</u> 8. Hand out <u>Rental Forms</u>
Lesson / Instruction				
<ol style="list-style-type: none"> 1. Imagine - <ul style="list-style-type: none"> • Generate musical ideas for various purposes and contexts. 2. Plan and Create - <ul style="list-style-type: none"> • Select and develop musical ideas for defined purposes and contexts 3. Evaluate and Refine - <ul style="list-style-type: none"> • Evaluate and refine musical ideas to create musical work(s) according to assigned rubric 4. Generate rhythmic, melodic and harmonic phrases and harmonic accompaniments if possible <ul style="list-style-type: none"> ◦ Include introduction, transition, and coda 				
Band/Choir 6 9:33am - 10:25am		Band/Choir 6 9:33am - 10:25am	Band/Choir 6 9:33am - 10:25am	Band/Choir 6 9:33am - 10:25am
Objectives:		Lesson / Instruction	Lesson / Instruction	Lesson / Instruction
		1. New Class:	1. New Class:	1. New Class:
		<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> 2. Go over <u>Procedures</u> (arriving and exiting) 3. Talk About <u>What Students will be</u> 	<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> 2. Go over <u>Procedures</u> (arriving and exiting) 3. Talk About <u>What Students will be</u> 	<ol style="list-style-type: none"> 1. Go over <u>Rules of the Classroom</u> 2. Go over <u>Procedures</u> (arriving and exiting) 3. Talk About <u>What Students will be</u>

1. Create original music piece including musical notation and perform

Lesson / Instruction

- Imagine** -
 - Generate musical ideas for various purposes and contexts.
- Plan and Create** -
 - Select and develop musical ideas for defined purposes and contexts
- Evaluate and Refine** -
 - Evaluate and refine musical ideas to create musical work(s) according to assigned rubric
- Generate rhythmic, melodic and harmonic phrases and harmonic accompaniments if possible**
 - Include introduction, transition, and coda

Prep 10:28am - 11:30am

Lunch 11:30am - 12:15pm

Music PK 12:15pm - 1:00pm

Objectives:

- Vocal tone production, unpitched percussion technique
- Pulse, repertoire
- Rhythm patterns
- Time/space/shape/force, body awareness

Lesson / Instruction

- At about 10 minutes before the end of the class we will pack up and get ready to dismiss
- Everyone will be excused together
- Talk About What Students will be Expected to do Before Year's End
 - We will be practicing in our music books every day.
 - Soon we will begin practicing pieces for the Drama Club Play/Concert after morning practice
 - Near year's end, you'll be asked to write a song (both lyrics and music, and record it for a grade)
 - We will occasionally take a day here and there to learn more about music theory (if you plan to go on playing either in school or for a hobby) you will need to know this to be successful
- Assessment - Test for Current Music Knowledge
- Distribute Music Survey
- Discuss instruments/interests/experience

Expected to do Before Year's End

- Assessment - Test for Current Music Knowledge
- Distribute Music Survey
- Discuss instruments/interests/experience
- Distribute Instruments and Music Books
- Hand out Rental Forms

Prep 10:28am - 11:30am

Lunch 11:30am - 12:15pm

Music K 12:15pm - 1:00pm

Objectives:

- Vocal tone production, unpitched percussion technique
- Pulse, repertoire
- Rhythm patterns
- Time/space/shape/force, body awareness

Lesson / Instruction

- (10-12) Song with Game: "How Many Days?"** (pg. 70)
Materials: Visual #6
 - Review days of the week (number and order)
 - Echo text without melody
 - Add melody encouraging sitting tall while singing
 - Add game (seated circle):

Expected to do Before Year's End

- Assessment - Test for Current Music Knowledge
- Distribute Music Survey
- Discuss instruments/interests/experience
- Distribute Instruments and Music Books
- Hand out Rental Forms

Prep 10:28am - 11:30am

Lunch 11:30am - 12:15pm

PE 1 12:15pm - 1:00pm

Jump Rope Activities

Objective:

- Traveling
- Non-manipulative skills (twisting, balancing, stretching, turning, curling)
- Jumping, landing, transferring weight
- Develop cardiovascular fitness, practice basic jump rope skills

Kindergarten:

- Jump over a line or rope using two-foot patterns (double and single bounce)

1st Grade:

- Jump a swinging rope (long or short) using single and double bounces
- Correctly turn a short jump rope

2nd Grade:

Expected to do Before Year's End

- Assessment - Test for Current Music Knowledge
- Distribute Music Survey
- Discuss instruments/interests/experience
- Distribute Instruments and Music Books
- Hand out Rental Forms

Prep 10:28am - 11:30am

Lunch 11:30am - 12:15pm

Music 1 12:15pm - 1:00pm

Objectives:

- Quarter and eighth note and quarter rest
- high/low, contour
- So, Mi
- Mallet techniques
- Same/different

Lesson / Instruction

- (5 mins) Rhythmic Reading: *Rhythm Cards* (pg. 56)**
Materials: Visual #6
 - Class speaks Ta's and Ti-Ti's and touching shoulders for rests
 - Class forms 3 lines, each at a 2 line staff, and draw either space and line note on the board as directed
- (5-8 mins) Notation Activity: *Labeling Lines***

- (10-12) Song with Game: "How Many Days?"** (pg. 70)
Materials: Visual #6
 - Review days of the week (number and order)
 - Echo text without melody
 - Add melody encouraging sitting tall while singing
 - Add game (seated circle):
 - Place 1-7 number cards upside down in the center next to unpitched instruments
 - While singing song one student selects a card and another an instrument
 - The student with the instrument plays the number of beats on the number card
- (10-12 mins) Song with Movement: "There She Goes"** (pg. 71) **Materials:** Recorder
 - Play melody on recorder
 - Students can move around while it is played again
 - Solicit other ways to move
 - Sing song, students echo

- Distribute Instruments and Music Books
- Hand out Rental Forms

Band/Choir 6 9:33am - 10:25am

Lesson / Instruction

1. New Class:

- Go over Rules of the Classroom
- Go over Procedures (arriving and exiting)
- Talk About What Students will be Expected to do Before Year's End
- Assessment - Test for Current Music Knowledge
- Distribute Music Survey
- Discuss instruments/interests/experience
- Distribute Instruments and Music Books
- Hand out Rental Forms

Prep 10:28am - 11:30am

Lunch 11:30am - 12:15pm

PE PK 12:15pm - 1:00pm

Jump Rope Activities

Objective:

- Traveling
- Non-manipulative skills (twisting, balancing, stretching, turning, curling)
- Jumping, landing, transferring weight

- Place 1-7 number cards upside down in the center next to unpitched instruments
 - While singing song one student selects a card and another an instrument
 - The student with the instrument plays the number of beats on the number card
- (10-12 mins) Song with Movement: "There She Goes"** (pg. 71) **Materials:** Recorder
 - Play melody on recorder
 - Students can move around while it is played again
 - Solicit other ways to move
 - Sing song, students echo
 - In scattered formation students stand while singing, then walk while recorder plays
 - Repeat encouraging students to choose different ways to move
 - (10-12 mins) Speech Activity: Peaches, Pears** (pg. 71)
 - Echo rhythm while patting pulse
 - Add game:
 - In a seated circle all speak poem

- Jump a self-turned rope both forward and backward
- Jump overhead turning long rope

Lesson / Instruction

Procedure: (10 min)

- Bathroom
- Drinks
- 3 Laps

Warm Up: (5 min)

- The S Trail (Card 7)

Go Fitness: Limber Limbs: Stretching Activities (10 min)

- Let's Stick Together (Card 167)

Go Activity: Jump Rope Activities (25 min)

Materials: Jump ropes (stand on rope with handles reaching armpits)

- Freestyle (Card 274)

Materials: 1 jump rope per student, *Jump Rope Task Cards* (282-294)

REVIEW: Glossy of Terms:

Walk and Jump:

Turn rope while walking forward

Double Bounce:

Jump with both feet twice for each rope turn

Single Bounce:

Jump with both feet once for every rope turn

- and Spaces* (pg. 56)
- Materials:** Smartboard
- Draw a 2-line staff on the board, show class how line note is around the line and a space note is between the lines
 - (3-5 mins) Melodic Training:** So and Mi (pg. 56) **Materials:** solfège ladder
 - Explore several combinations using So and Mi
 - (15-20 mins) Song with Instruments/Game: "The Kangaroo"** (pg. 57) **Materials:** Xylos, and **Kangaroo Mask**
 - Circle, seated, students sing song and identify the repeated word "jump"
 - Sing again; students speak and pat each "jump"
 - Game:
 - One student (Kangaroo) moves around the inside of the circle
 - After 8 measures ("store") the kangaroo points to 4 students who move to a xylo to play G and E at "jump"
 - Game then continues with a new kangaroo

- 5. In scattered formation students stand while singing, then walk while recorder plays
- 6. Repeat encouraging students to choose different ways to move
- 3. **(10-12 mins) Speech Activity: Peaches, Pears (pg. 71)**
 - 1. Echo rhythm while patting pulse
 - 2. Add game:
 - 1. In a seated circle all speak poem
 - 2. After poem, 1 student speaks the month of their birthday and class echoes name clapping the rhythm
 - 3. Game continues, alternating between rhythm and soloist, giving each person a turn
- 4. **(10-12 mins) Speech Activity with Movement: "Sheep in the Meadow" (pg. 72)**
Materials: Visual #10
 - 1. Review activity from pg 68 allowing more students the opportunity to choose a card

Music 2 1:00pm - 1:45pm
Objectives:

- Repertoire, AB
- So, Mi, La, Do

- Develop cardiovascular fitness, practice basic jump rope skills
 - Kindergarten:**
 - Jump over a line or rope using two-foot patterns (double and single bounce)
 - 1st Grade:**
 - Jump a swinging rope (long or short) using single and double bounces
 - Correctly turn a short jump rope
 - 2nd Grade:**
 - Jump a self-turned rope both forward and backward
 - Jump overhead turning long rope
- Lesson / Instruction Procedure: (10 min)**
- Bathroom
 - Drinks
 - 3 Laps
- Warm Up: (5 min)**
- 1. The S Trail (Card 7)
- Go Fitness: Limber Limbs: Stretching Activities (10 min)**
- 1. Let's Stick Together (Card 167)
- Go Activity: Jump Rope Activities (25 min)**
Materials: Jump ropes (stand on rope with handles reaching armpits)
- 1. Freestyle (Card 274)
Materials: 1 jump rope per student,

- 2. After poem, 1 student speaks the month of their birthday and class echoes name clapping the rhythm
- 3. Game continues, alternating between rhythm and soloist, giving each person a turn
- 4. **(10-12 mins) Speech Activity with Movement: "Sheep in the Meadow" (pg. 72)**
Materials: Visual #10
 - 1. Review activity from pg 68 allowing more students the opportunity to choose a card

Practice Time 1:00pm - 2:00pm

PE 5 1:45pm - 2:30pm

- Hockey Unit**
- Objective:**
- Practice and improve fundamental floor hockey skills (stick handling, passing, receiving, and shooting).
 - Actively participate in floor hockey lead-up games and challenges to utilize learned skills and develop physical fitness.
 - Have fun being physically active.
- 4th Grade Objectives:**

- Straddle:** Jump and land with feet apart or together
Skier: Jump side to side over a line
Hop: Jump on one foot
Rocker: Start with 1 foot in front (keep that foot in front) and rock from the front foot to the back foot
"X": Cross one foot in front of the other and jump, uncross and jump
Backward: Turn rope backward and jump
Bell: Jump forward and backward over a line
Wounded Duck: Jump with heels in and toes out, then heels out and toes in
Side-swing: Swing the rope to one side of the body, then swing overhead and jump
Criss-Cross Arms: Turn rope forward and cross arms in front (hug yourself). Jump forward, uncross arms and jump again

- 5. **(10 mins) Speech/ Movement Activity "Cumberland Square" (pg. 58)**
Materials: Recording, Visual #7
 - 1. In a seated circle, teach the phrase in Part 1 and Part 2 (repeat Part 2 4 times)
 - 2. Visualize same/ different pattern using shape cards (students use 2 cards to represent each part)
 - 3. Perform with the recording, repeating Parts One and Part Two a total of 4 times
(4 beat Introduction)
- 6. **(5-8 mins) Singing Game: "The Old Gray Cats Are Sleeping" (pg 53)**
Materials: BX
 - 1. Teacher plays song with accompaniments:
 - 1. Verse 1 and 4: singing only
 - 2. Verse 2: Bx piece
 - 3. Verse 3 and 5: 2nd BX piece
 - 2. Students identify the sequence of verses and sing in order
 - 3. Game:
 - 1. Divide class in 2 groups - cats and mice

PE K 1:00pm - 1:45pm
Jump Rope Activities

- Distinguishing between 1/4, 1/8 and 1/2 notes
- AB, ABA, ABACA form
- Label Re

Lesson / Instruction

1. **(5-8 mins) Singing**

Activity: "Do" (pg. 57)

Materials: Hand Signal Cards

1. Introduce the hand signal and pitch Do
2. Sing song; class echos
3. Echo 4-beat patterns using So(G), Mi (E) L(A), D (middle C) (1st combining Do with So and Mi)

2. **(2-3 mins) Melodic**

Training: SMLD (pg. 59)

Materials: Hand signal Cards

1. Echo sing 4-beat patterns exploring different combos of pitches

3. **(5-10 mins) Rhythmic**

Reading: Rhythm Cards (pg. 60)

Materials: Visual #6

4. **(8-10 mins) Paper/Pencil**

Activity: Assessing Note Recognition (pg. 60)

Materials: Written Assessment #2 (Appendix D)

1. Read each question to the students and they

Jump Rope Task Cards (282-294)

REVIEW: Glossy of Terms:

Walk and Jump:

Turn rope while walking forward

Double Bounce:

Jump with both feet twice for each rope turn

Single Bounce:

Jump with both feet once for every rope turn

Straddle: *Jump and land with feet apart or together*

Skier: *Jump side to side over a line*

Hop: *Jump on one foot*

Rocker: *Start with 1 foot in front (keep that foot in front) and rock from the front foot to the back foot*

"X": *Cross one foot in front of the other and jump, uncross and jump*

Backward: *Turn rope backward and jump*

Bell: *Jump forward and backward over a line*

Wounded Duck: *Jump with heels in*

- Dribble a hockey puck with a hockey stick around and through stationary objects
- Pass a plastic puck to a moving target

Lesson / Instruction

Procedures: (10 min)

- Bathroom
- Drinks
- 3 Laps

Warm Up (5 min)

1. High Five in the Middle (Card 9-10)

Go Fitness: Go, Slow & Whoa: Eat Smart Games (10 min) Materials: softballs, dome markers, orange scarves, etc.

1. Salad Bar (Card 310-311)

Go Activity: Floor

Hockey: CATCH Challenge Level II (25 min) **Need:** 1 hockey stick per student, 1 puck & 2 cones 3 students

1. Break Away (Card 410-411)

Cool-down (5 min)

1. Stretch Routine (Card 273-274)
 1. Neck: turn head side to side, turn head left and right
 2. Chest: clasp hands behind you and raise arms
 3. Back: wrap arms around upper body as though hugging yourself

Double Under:

With 1 jump, pass the rope under your feet twice (lift knees and rotate the rope faster with your wrist)

Cool-down: (5 min)

1. Simon Says (Card 5)

Music 3 1:00pm - 1:45pm

Objectives:

- AB
- Canon/round
- Unpitched instruments
- Sixteenth notes, repertoire
- Elemental forms

Lesson / Instruction

1. **(8-10 mins) Folk**

Dance: "Fjaskern" (pg. 69)

Materials: <http://youtube.com/watch?v=610yF16Coh0&feature=share>

2. **(5-8 mins) Speech**

Activity: "Two or More Groups" (pg. 69)

1. Class speaks the text twice
2. Perform as a canon in two groups (groups two enters after 2 beats)

3. **(12-15 mins) Speech**

Activity with Instruments: "Sausage in the Pan" (pg. 70)

Materials: Unpitched instruments

Objective:

- Traveling
- Non-manipulative skills (twisting, balancing, stretching, turning, curling)
- Jumping, landing, transferring weight
- Develop cardiovascular fitness, practice basic jump rope skills

Kindergarten:

- Jump over a line or rope using two-foot patterns (double and single bounce)

1st Grade:

- Jump a swinging rope (long or short) using single and double bounces
- Correctly turn a short jump rope

2nd Grade:

- Jump a self-turned rope both forward and backward
- Jump overhead turning long rope

Lesson / Instruction

Procedure: (10 min)

- Bathroom
- Drinks
- 3 Laps

Warm Up: (5 min)

1. The S Trail (Card 7)

Go Fitness: Limber Limbs: Stretching Activities (10 min)

1. Let's Stick Together (Card 167)

- circle the correct answer
5. **(12-15 mins) Notation Activity:** Visualizing Form (pg. 64)
Materials: Visual #9, Grade 1 Visual #7
1. Students will be working in pairs, each pair gets a packet
 2. Students sort cards by shape and color
 3. Students then choose shapes to visualize "same/different" discovering that there is more than one way to create "form"
 4. Teacher then shows students an example of "same/different/same"; students create something similar
 5. Review "same/different/same" as a ABA pattern
 6. Shoe examples of:
 1. AB form: 2 forms of distinct phrases of contrasting material "Engine, Engine #9"
 2. ABA form: two different sections where the 1st and 3rd are the same "Twinkle, Twinkle Little Star"
 3. ABACA form: "Fur Elise" (Spotify)
6. **(3-5 mins) Singing Activity:** Labeling Re (pg.

and toes out, then heels out and toes in

Side-swing: Swing the rope to one side of the body, then swing overhead and jump

Criss-Cross Arms: Turn rope forward and cross arms in front (hug yourself). Jump forward, uncross arms and jump again

Double Under: With 1 jump, pass the rope under your feet twice (lift knees and rotate the rope faster with your wrist)

- Cool-down: (5 min)**
1. Simon Says (Card 5)

PE 4 1:00pm - 1:45pm

Hockey Unit

Objective:

- Practice and improve fundamental floor hockey skills (stick handling, passing, receiving, and shooting).
- Actively participate in floor hockey lead-up games and challenges to utilize learned skills and develop physical fitness.

4. Truck, Sides: Feet shoulder width apart, arm overhead reaching, switch to other side
5. Hamstrings: cross left foot over right foot with knees slightly bent, slide hands down legs
6. Quads: Reach back to grab foot and pull up to back of thighs
7. Calves: Lunge forward and bend knee with left leg straight and both feet flat on floor
8. Hips: Lunge all the way until the back leg is extended as far as it can go

Q1 Band 2:45pm - 3:30pm

1. Echo text in rhythm
 2. Clap rhythm with text twice
 3. Clap rhythm without words
 4. Perform as a 2-part canon at two beats
 1. Part 1 = Class
 2. Part 2 = Teacher
 5. Divide class and perform a 2-part canon
 6. Transfer rhythm to instruments
4. **(12-15 mins) Song with Movement:** "Old Brass Wagon" (pg. 70)
Materials: Visual #10, Masking Tape, Recording
1. Present visuals on board as shown in teachers manual
 2. Review sixteenth notes
 3. Tap 4 cards followed by students speaking corresponding rhythm (Ta, Ti-Ti, etc)
 4. Introduce rhythm and melody of "Old Brass Wagon" by pointing to cards 2 measures at a time
 5. Sing with Recorded Music on Spotify
 6. Add movement to verse 1
5. **(10-12 mins) Group Project:** Finding Form in Design (pg. 71)
Materials: Visual #9
1. Divide class into 5 or six students

- Go Activity: Jump Rope Activities (25 min)**
Materials: Jump ropes (stand on rope with handles reaching armpits)
1. Freestyle (Card 274)
Materials: 1 jump rope per student, Jump Rope Task Cards (282-294)
REVIEW: Glossy of Terms:
Walk and Jump: Turn rope while walking forward
Double Bounce: Jump with both feet twice for each rope turn
Single Bounce: Jump with both feet once for every rope turn
Straddle: Jump and land with feet apart or together
Skier: Jump side to side over a line
Hop: Jump on one foot
Rocker: Start with 1 foot in front (keep that foot in front) and rock from the front foot to the back foot
"X": Cross one foot in front of the other and jump, uncross and jump

66)

Materials: Hand Signal Cards

1. Teacher sings and class echoes with hand gestures

Band 5 1:45pm - 2:30pm

Objectives:

- Identify orchestral families
- Syncopations, SR-BAGED and C, phrase
- Rhythm patterns, vocal repertoire
- Two sixteenth/eighth notes, Introduction, Coda, dynamics

Lesson / Instruction

Two Mondays were holidays so this week will cover 2 weeks of material:

1. **(8-10 mins) Paper/Pencil Activity:** Assessing Orchestral Families (pg. 63) **Materials:** Written Assessment #2
 1. Distribute and take test independently
2. **(2-3 mins) Speech Activity:** *Rhythmic Exercises* (pg. 66) **Materials:** Visual # 7
 1. Present cards and explain that each card is one beat, but played differently
 2. Write example of Martin Luther King rhythm on pg. 67

- Have fun being physically active.

4th Grade Objectives:

- Dribble a hockey puck with a hockey stick around and through stationary objects
- Pass a plastic puck to a moving target

Lesson / Instruction

Procedures: (10 min)

- Bathroom
- Drinks
- 3 Laps

Warm Up (5 min)

1. High Five in the Middle (Card 9-10)

Go Fitness: Go, Slow &

Whoa: Eat Smart Games (10 min) Materials: softballs,

dome markers, orange scarves, etc.

1. Salad Bar (Card 310-311)

Go Activity: Floor

Hockey: CATCH Challenge Level II (25 min) Need: 1

hockey stick per student, 1 puck & 2 cones 3 students

1. Break Away (Card 410-411)

Cool-down (5 min)

1. Stretch Routine (Card 273-274)

1. Neck: turn head side to side, turn head left and right
2. Chest: clasp hands behind you and raise arms
3. Back: wrap arms around upper body as

2. Review activity and each group chooses a card
3. Groups choose how to perform the chosen design
4. Invite groups to share with class

Music 4 1:45pm - 2:30pm

Objectives:

- Conducting in 3/4
- Conducting in 3, SR-GED, Playing a countermelody
- Exploring 2/4 and 3/4, Vocal repertoire, AB
- Tempo, time/space/shape/force, phrase

Lesson / Instruction

1. **(8-10 mins) Listening Activity:** *Conducting in 3* (pg. 68) **Materials:** Recording "*Trumpet Tune*" from Henry Purcell
 1. Use the recording to reinforce 3/4 meter
 2. Use body percussion to demonstrate 3/4 meter
 3. Give students an opportunity to create their own ostinato (body percussion) and play a 2nd time
 4. Show students how to conduct in 3/4 measure, stand, and demonstrate while playing tune a 3rd time
2. **(5-8 mins) Recorder Activity:** *Recorder -*

Backward: Turn rope backward and jump

Bell: Jump forward and backward over a line

Wounded Duck: Jump with heels in and toes out, then heels out and toes in

Side-swing: Swing the rope to one side of the body, then swing overhead and jump

Criss-Cross

Arms: Turn rope forward and cross arms in front (hug yourself). Jump forward, uncross arms and jump again

Double Under: With 1 jump, pass the rope under your feet twice (lift knees and rotate the rope faster with your wrist)

Cool-down: (5 min)

1. Simon Says (Card 5)

Recess 1:45pm - 2:00pm

PE 2 2:00pm - 2:45pm

Jump Rope Activities

Objective:

- Traveling

3. **(8-10 mins) Rhythmic Reading: *Rhythm Cards*** (pg. 67)
Materials: Visual #13
1. **4 new notes**
 1. dotted quarter/ eighth
 2. eighth/two sixteenths
 3. two sixteenths/eight
 4. GRADE 4 eighth note triplet
 2. Present and explain the new cards then go through the rest with class speaking rhythm
4. **(5-8 mins) Recorder Activity: *Recorder Warm-Up*** (pg. 63)
1. Scattered, standing, teacher speaks either "Walk" or "A,B,C,D,E, or G" and students stand still playing
 2. Extend to include more than one note at a time
5. **(15-18 mins) Hot Tune #5: "*This Little Light of Mine*"** (pg. 64)
Materials: Chart #12, piano, tambourine
1. Present chart
 2. Teacher introduces and sings the song
 3. Ask about ties (part of a syncopated fragment - less loud)
 4. Practice singing and then playing
6. **If time play Hot Tune #6 on page 68**

- though hugging yourself
4. Truck, Sides: Feet shoulder width apart, arm overhead reaching, switch to other side
 5. Hamstrings: cross left foot over right foot with knees slightly bent, slide hands down legs
 6. Quads: Reach back to grab foot and pull up to back of thighs
 7. Calves: Lunge forward and bend knee with left leg straight and both feet flat on floor
 8. Hips: Lunge all the way until the back leg is extended as far as it can go

Recess 1:45pm - 2:00pm

PE 3 2:00pm - 2:45pm

Hockey Unit

Objective:

- Practice and improve fundamental floor hockey skills (stick handling, passing, receiving, and shooting).
- Actively participate in floor hockey lead-up games and challenges to utilize learned skills and develop physical fitness.
- Have fun being physically active.

4th Grade Objectives:

- ED* (pg. 68)
Materials: Recorder fingering chart
1. Echo 4-beat pattern ins on E
 2. Introduce note D; demo fingering
 3. Review treble clef staff; explain the alphabetical order of notes alternating between lines and spaces (draw D note)
 4. Echo four beat pattern of combining E and D
 5. To strengthen breath, play the "walk 'til you drop" game sustaining D while walking and stop if they can't/or squeaks

3. **(18-20 mins) Cool Tune #7: "*Lullabychart*"** (pg. 69)

Materials:

- Chart #15, BX/BM, AG/SG, wind chimes
1. Present chart
 2. Students conduct in 3 while teacher plays melody on recorder
 3. Introduce melody by having students speak/clap rhythm, identify letter names, sing letter names while fingering recorder, and play melody
 4. Practice patting the AG/SG part, then play
 5. Practice patting the BX/BM part, then play

- Non-manipulative skills (twisting, balancing, stretching, turning, curling)
- Jumping, landing, transferring weight
- Develop cardiovascular fitness, practice basic jump rope skills

Kindergarten:

- Jump over a line or rope using two-feet patterns (double and single bounce)

1st Grade:

- Jump a swinging rope (long or short) using single and double bounces
- Correctly turn a short jump rope

2nd Grade:

- Jump a self-turned rope both forward and backward
- Jump overhead turning long rope

Lesson / Instruction

Procedure: (10 min)

- Bathroom
- Drinks
- 3 Laps

Warm Up: (5 min)

1. The S Trail (Card 7)

Go Fitness: Limber Limbs: Stretching Activities (10 min)

1. Let's Stick Together (Card 167)

Go Activity: Jump Rope Activities (25 min)

Materials: Jump ropes (stand

Q1 Band 2:45pm - 3:30pm

- Dribble a hockey puck with a hockey stick around and through stationary objects
- Pass a plastic puck to a moving target

Lesson / Instruction

Procedures: (10 min)

- Bathroom
- Drinks
- 3 Laps

Warm Up (5 min)

1. High Five in the Middle (Card 9-10)

Go Fitness: Go, Slow &

Whoa: Eat Smart Games (10 min) **Materials:** softballs, dome markers, orange scarves, etc.

1. Salad Bar (Card 310-311)

Go Activity: Floor

Hockey: CATCH Challenge Level II (25 min) **Need:** 1 hockey stick per student, 1 puck & 2 cones 3 students

1. Break Away (Card 410-411)

Cool-down (5 min)

1. Stretch Routine (Card 273-274)

1. Neck: turn head side to side, turn head left and right
2. Chest: clasp hands behind you and raise arms
3. Back: wrap arms around upper body as though hugging yourself

6. **ASSIGN ACTIVITY #4 from Cool Tunes music packet**

4. **(10-12 mins) Song:** "Ton Moulin" (pg. 70)

Materials:

Temple blocks (use pitched xylo)

1. Using three pitches play a pulse ostinato
2. While performing ostinati, echo text to A section two measures at a time
3. Add A section melody two measures at a time
4. Ask students to change the ostinato from 3 beats to two; sing B section
5. Echo B section melody two measures at a time
6. Perform ABA, changing ostinati for each section

5. **(8-10 mins) Movement**

Activity: Showing Partners (pg.

71) **Materials:** Recording "Friendship Theme". finger symbols

1. THIS ACTIVITY IS USED TO REINFORCE 3/4
2. Standing scattered, assign partners, determine who will lead first
3. Leading student performs until the finger symbols sound, then they change leaders

on rope with handles reaching armpits)

1. Freestyle (Card 274)

Materials: 1

jump rope per student, *Jump Rope Task Cards* (282-294)

REVIEW: Glossy of Terms:

Walk and Jump:

Turn rope while walking forward

Double Bounce:

Jump with both feet twice for each rope turn

Single Bounce:

Jump with both feet once for every rope turn

Straddle: *Jump and land with feet apart or together*

Skier: *Jump side to side over a line*

Hop: *Jump on one foot*

Rocker: *Start with 1 foot in front (keep that foot in front) and rock from the front foot to the back foot*

"X": *Cross one foot in front of the other and jump, uncross and jump*

Backward: *Turn rope backward and jump*

4. Truck, Sides: Feet shoulder width apart, arm overhead reaching, switch to other side
5. Hamstrings: cross left foot over right foot with knees slightly bent, slide hands down legs
6. Quads: Reach back to grab foot and pull up to back of thighs
7. Calves: Lunge forward and bend knee with left leg straight and both feet flat on floor
8. Hips: Lunge all the way until the back leg is extended as far as it can go

Q1 Band 2:45pm - 3:30pm

Bell: Jump forward and backward over a line

Wounded Duck: Jump with heels in and toes out, then heels out and toes in

Side-swing: Swing the rope to one side of the body, then swing overhead and jump

Criss-Cross

Arms: Turn rope forward and cross arms in front (hug yourself). Jump forward, uncross arms and jump again

Double Under: With 1 jump, pass the rope under your feet twice (lift knees and rotate the rope faster with your wrist)

Cool-down: (5 min)

1. Simon Says (Card 5)

Q1 Band 2:45pm - 3:30pm