

Monday 02/13/2023	Tuesday 02/14/2023	Wednesday 02/15/2023	Thursday 02/16/2023	Friday 02/17/2023
<b>Breakfast Duty 8:00am - 8:30am</b>	<b>Breakfast Duty 8:00am - 8:30am</b>	<b>Breakfast Duty 8:00am - 8:30am</b>	<b>Breakfast Duty 8:00am - 8:30am</b>	<b>Hero Day 8:00am - 4:00pm</b>
<b>Band/Choir 7 &amp; 8 8:35am - 9:30am</b>	<b>Band/Choir 7 &amp; 8 8:35am - 9:30am</b>	<b>Band/Choir 7 &amp; 8 8:35am - 9:30am</b>	<b>Band/Choir 7 &amp; 8 8:35am - 9:30am</b>	<b>Breakfast Duty 8:00am - 8:30am</b>
<b>Notes / Reflection</b> <b>Flute:</b> Khianna <b>Clarinet:</b> Annabell Elizabeth Izzy Elsa <b>Saxophone:</b> Preston (tenor) <b>Guitar:</b> Ian Owen <b>Piano:</b> Logan Christian <b>Drums:</b> David Journey	<b>Notes / Reflection</b> <b>Flute:</b> Khianna <b>Clarinet:</b> Annabell Elizabeth Izzy Elsa <b>Saxophone:</b> Preston (tenor) <b>Guitar:</b> Ian Owen <b>Piano:</b> Logan Christian <b>Drums:</b> David Journey	<b>Notes / Reflection</b> <b>Flute:</b> Khianna <b>Clarinet:</b> Annabell Elizabeth Izzy Elsa <b>Saxophone:</b> Preston (tenor) <b>Guitar:</b> Ian Owen <b>Piano:</b> Logan Christian <b>Drums:</b> David Journey	<b>Notes / Reflection</b> <b>Flute:</b> Khianna <b>Clarinet:</b> Annabell Elizabeth Izzy Elsa <b>Saxophone:</b> Preston (tenor) <b>Guitar:</b> Ian Owen <b>Piano:</b> Logan Christian <b>Drums:</b> David Journey	<b>Band/Choir 7 &amp; 8 8:35am - 9:30am</b> <b>Notes / Reflection</b> <b>Flute:</b> Khianna <b>Clarinet:</b> Annabell Elizabeth Izzy Elsa <b>Saxophone:</b> Preston (tenor) <b>Guitar:</b> Ian Owen <b>Piano:</b> Logan Christian <b>Drums:</b> David Journey
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- Entire class plays C Major Scale in unison at the beginning of class
- Entire class plays musical pieces in unison from the Standard of Excellence - Book 1

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Scale and any assigned work

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

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**Notes / Reflection**

**Trumpet:**  
Raven  
Garrett

**Piano:**  
Ash

**Notes / Reflection**

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Raven  
Garrett

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**Notes / Reflection**

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<p>Mya <b>Guitar:</b> Logan Gemma</p>
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Prep 10:28am - 11:30am

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Lunch 11:30am - 12:15pm

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Lunch 11:30am - 12:15pm

Music PK 12:15pm - 1:00pm

PE PK 12:15pm - 1:00pm

Music K 12:15pm - 1:00pm

PE 1 12:15pm - 1:00pm

Prep 10:28am - 11:30am

**Objectives:**

- Pulse, repertoire
- Phrase, same/different

**Lesson / Instruction**

1. **(5-8 min) Singing Game: "Circle Round the Zero"** (pg. 81) from pg. 77 last week  
**Materials:** Piano  
1. Circle, standing sing song while demonstrating movements in teachers manual  
2. Class identifies sequence in the song  
3. Choose 1 student to be the leader and perform while teacher is on piano  
4. Repeat several times before adding extension (eg, "Back, back" instead of "bumping bottoms")

**Throwing & Catching Activities**

**Objectives:**

- Practice and improve fundamental throwing and catching skills
- Actively participate in throwing and catching activities, and challenges to utilize learned skills, and develop physical fitness

**Lesson / Instruction**

**Procedure: (10 min)**

- Bathroom
- Drinks
- 3 Laps

**Warm Up: (5 min)**

1. Walking Talking Spelling Bees (Card 14)

**Go Fitness: Mighty Muscles: Strength Activities (10 min)**

**Materials:** Hula Hoops, Beans Bags or other small objects

**Objectives:**

- Pulse, repertoire
- Phrase, same/different

**Lesson / Instruction**

1. **(5-8 min) Singing Game: "Circle Round the Zero"** (pg. 81) from pg. 77 last week  
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**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
- Relationships (with people, matching in unison of body parts: round, narrow, wide, symmetrical)
- Spatial awareness (location, direction, levels, pathways)
- Effort (slow, free flow)

**Kindergarten:**

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

**1st Grade:**

Lunch 11:30am - 12:15pm

Music 1 12:15pm - 1:00pm

**Objective:**

- So, Mi
- Quarter note, eight note, quarter rest

**Lesson / Instruction**

1. **(10-12 min) Song with Instruments: "Valentine"** (see Teddy Bear pg. 43) **Materials:** Barred instruments, piano  
1. Review song substituting SSM with hand signals  
2. Sing again substituting SSM with "Valentine"  
3. Demo playing G-G-E with one mallet, have students demo, then split the class in 1/2 and give 1/2 class instruments
2. **(12-15 min) Notation Activity:** Notating So-Mi

2. **(5-8 min) Finger Play:** *Ten Little Soldiers* (pg. 81)
- Echo phrase poem with actions in teacher's manual
  - Repeat
  - Practice thinking text while performing actions
  - Perform 3 times:
    - Speak - Think - Speak
3. **(8-10 min) Rhythmic Training:** Assessment #3 - Pulse (pg,82)  
**Materials:** Recording "*Yankee Doodle*"
- Use recording to assess student's ability to move to the pulse of the music
4. **(8-10 min) Song with Movement:** "*Yankee Doodle*" (pg. 82)  
**Materials:** Piano
- Teach song while accompanying on the piano
  - Class chooses a locomotor movement for Ms. 1-4 and another for Ms. 5-8
  - If time change movements

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

**Objectives:**

- MRD, chord bordum, ABA
- Repertoire

- Frogs, Flies, & Lily Pads (Card 128-129)  
**Go Activity: Throwing & Catching Activities (25 min)**  
**Materials:** 4-5 jump ropes, 1 hoop and beanbag per student
  - "Busy Bee"n Bag (Card 367-368)  
**Cool-down: (5 min)**
- Simon Says (Card 5)

**PE 4 1:00pm - 1:45pm**

**Volleyball Unit**

**Objective:**

- Practice and improve fundamental volleyball skills (bumping/forehand pass, setting, serving).
- Actively participate in floor volleyball lead-up games and challenges to utilize learned skills and develop physical fitness.
- Have fun being physically active.

**Lesson / Instruction**

**Procedures: (10 min)**

- Bathroom
- Drinks
- 3 Laps

**(5 min) Warm Up**

**Materials: 1**

Playground ball per 4-5 students

- Huddle Up (Card 18)  
**(10 min) Go Fitness: Go, Slow & Whoa:** Eat Smart

2. **(5-8 min) Finger Play:** *Ten Little Soldiers* (pg. 81)
- Echo phrase poem with actions in teacher's manual
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**Materials:** Piano
- Teach song while accompanying on the piano
  - Class chooses a locomotor movement for Ms. 1-4 and another for Ms. 5-8
  - If time change movements

**Practice Time 1:00pm - 2:00pm**

**PE 5 1:45pm - 2:30pm**

**Volleyball Unit**

- 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)**

- Partner High-5 Together (Card 12)

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

**Materials:** 1 cone per pair of students

- Short Story Stretching (Card 171)

**Go Activity: Jump Rope Activities (25 min)**

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

- Follow Me (Card 278)

**Materials: 1**

jump rope per student, *Jump Rope Task Cards*

**Glossy of Terms:**

**Walk and Jump:**  
*Turn rope while walking forward*

- (pg. 63)  
**Materials:** Visual #8, black dots
- Distribute cards to pairs
  - Identify middle line as So, one student places disk on card
  - Identify where Mi would go, place disk there
  - Teacher sings melodic fragments and students place disks on their cards to notate pitch
5. **Note: Students will need help understanding that the notes go beside each other not on top on one another**
- Partners notate fragment from songs:
    - Valentine
    - Engine, Engine
    - What Will You Be (on Hero Day) (pg. 24)
3. **(12-15 min) Rhythmic Reading: "*I Hope*"** (pg. 63)  
**Materials:** Visual #6, Visual #9, envelopes, conga drum, piano
- Choose 5 rhythm cards, class reviews, identifies as 1-5
  - Teach melody on pg. 63 by rote
  - With conga drum in a seated circle, class sings song while one student walks around

- Tempo, time/space/shape/force, phrase
- Pulse, AB form

**Lesson / Instruction**

- (5-8 mins) Melodic Reading** MRD Cards (pg. 73)
 

**Materials:** Visual #10

  1. Present each card explaining that the D on the card is in the space so that means Mi is on the line above and Re on the space above that
  2. Sing melodic fragment with solfege and hand signals
- (12-15 mins) Song with Instruments: "Go "Round the Mountain"** (pg. 72)
 

**Materials:** Xylo's, Recorder (teacher) Song

  1. Teach the pattern of the song with body percussion
- (12-15 mins) Song with Book: The Star Spangled Banner** (pg. 74)
 

**Materials:** Recording, Book

  1. Read book and play the recording while showing each illustration
- (5-8 mins) Movement Activity: "Tortoises from Carnival of the**

**Games**

**Materials:** Cones

1. Food Fat Tag (Card 315)
 

**(25 min) Go Activity:**

**Volleyball:** Skill Development Activities

**Materials:** Volleyball/Beach ball

  1. Introduce sport (Card 581-583):
    1. Objectives - What they will know how to do after this unit
    2. Techniques - forearm/ bumping, setting, serving
      1. Underhand Serve (students will be allowed 2 tries)
      2. Forearm Passing (Bumping)
      3. Setting (overhand)
      4. Rotating (through and out)
  2. Gold Metal Volleyball Skills (Card 584-586)
 

**Materials:** 1 Volleyball per student

    - A. Self Bump it Up
    - B. Volleypass Two-Square
    - C. Partner Setting Practice
    - D. Buddy Set/Forearm Pass
    - E. Server Hoopshoot

**(5 min) Cool-down**

1. Stretch Routine (Card 273-274)
  1. Neck: turn head side to side, turn head left and right

**Objective:**

- Practice and improve fundamental volleyball skills (bumping/forehand pass, setting, serving).
- Actively participate in floor volleyball lead-up games and challenges to utilize learned skills and develop physical fitness.
- Have fun being physically active.

**Lesson / Instruction**

**Procedures: (10 min)**

- Bathroom
- Drinks
- 3 Laps

**(5 min) Warm Up**

**Materials:** 1 Playground ball per 4-5 students

1. Huddle Up (Card 18)
 

**(10 min) Go Fitness: Go, Slow & Whoa: Eat Smart Games**

**Materials:** Cones

  1. Food Fat Tag (Card 315)
 

**(25 min) Go Activity:**

**Volleyball:** Skill Development Activities

**Materials:** Volleyball/Beach ball

    1. Introduce sport (Card 581-583):
      1. Objectives - What they will know how to do after this unit

**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 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

the outside with a envelope

4. At the end of the the song the "mail carrier" delivers one envelope who moves to the conga drum to play the number on the Valentine card
5. Students guess the number and one student with the correct answer is the new mail carrier

**PE K 1:00pm - 1:45pm**

**Throwing & Catching Activities**

**Objectives:**

- Practice and improve fundamental throwing and catching skills
- Actively participate in throwing and catching activities, and challenges to utilize learned skills, and develop physical fitness

**Lesson / Instruction**

**Procedure: (10 min)**

- Bathroom
- Drinks
- 3 Laps

**Warm Up: (5 min)**

1. Walking Talking Spelling Bees (Card 14)

**Go Fitness: Mighty Muscles: Strength Activities (10 min)**

**Materials:** Hula Hoops,

Animals" (pg. 72)  
**Materials:** Recording

- Mirroring with music

5. **(12-15 min) Song with Game: "The Bubble Gum Machine"** (pg. 75)  
**Materials:** Chart #11, Visual #11, Ball

- Teach song, add melody
- Sing B Section with a ball
- Teacher selects a word from the gum machine stands in the middle and tosses the ball to four different students
- The teacher says the word as they toss it to each student and as they throw it back they have to say a word that rhythms with that word
- The fourth student then gets a new word and replaces the teacher to be the new leader
- Game continues with a new student after four students have done the rhythming

**Band 5 1:45pm - 2:30pm**

**Objectives:**

- Rhythm patterns, SR-BAGEDD', 12 bar blues
- Phrase
- Vocal technique, vocal repertoire

**Lesson / Instruction**

- Chest: clasp hands behind you and raise arms
- Back: wrap arms around upper body as though hugging yourself
- Truck, Sides: Feet shoulder width apart, arm overhead reaching, switch to other side
- Hamstrings: cross left foot over right foot with knees slightly bent, slide hands down legs
- Quads: Reach back to grab foot and pull up to back of thighs
- Calves: Lunge forward and bend knee with left leg straight and both feet flat on floor
- 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**

**Volleyball Unit**

**Objective:**

- Practice and improve fundamental volleyball skills (bumping/forehand pass, setting, serving).
- Actively participate in floor volleyball lead-up games and challenges to utilize learned skills and develop physical fitness.

- Techniques - forearm/bumping, setting, serving
  - Underhand Serve (students will be allowed 2 tries)
  - Forearm Passing (Bumping)
  - Setting (overhand)
  - Rotating (through and out)
- Gold Metal Volleyball Skills (Card 584-586)  
**Materials:** 1 Volleyball per student
  - Self Bump it Up
  - Volleypass Two-Square
  - Partner Setting Practice
  - Buddy Set/Forearm Pass
  - Server Hoopshoot

**(5 min) Cool-down**

- Stretch Routine (Card 273-274)
  - Neck: turn head side to side, turn head left and right
  - Chest: clasp hands behind you and raise arms
  - Back: wrap arms around upper body as though hugging yourself
  - Truck, Sides: Feet shoulder width apart, arm overhead reaching, switch to other side
  - Hamstrings: cross left foot over right foot with

**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)**

- Simon Says (Card 5)

**Music 3 1:00pm - 1:45pm**

**Objectives:**

- ABC form
- Pulse, sixteenth notes, repertoire
- Label low LA
- SMRDL solfège
- Time/space/shape/force

**Lesson / Instruction**

- (12-15 mins) Folk Dance: "Doudlebska Polka"** (pg. 76)  
**Materials:** Book, Recording, Visual #6, board, masking tape
  - Teach each section individually before playing the recording (see manual)
  - Intro, ABC

Beans Bags or other small objects

- Frogs, Flies, & Lily Pads (Card 128-129)

**Go Activity: Throwing & Catching Activities (25 min)**  
**Materials:** 4-5 jump ropes, 1 hoop and beanbag per student

- "Busy Bee"n Bag (Card 367-368)

**Cool-down: (5 min)**

- Simon Says (Card 5)

**Recess 1:45pm - 2:00pm**

**PE 2 2:00pm - 2:45pm**

**Throwing & Catching Activities**

**Objectives:**

- Practice and improve fundamental throwing and catching skills
- Actively participate in throwing and catching activities, and challenges to utilize learned skills, and develop physical fitness

**Lesson / Instruction**

**Procedure: (10 min)**

- Bathroom
- Drinks
- 3 Laps

**Warm Up: (5 min)**

- Walking Talking Spelling Bees (Card 14)

**Go Fitness: Mighty Muscles: Strength**

- (20-22 min) Hot Tunes #8: High D's Hot!** (pg. 84) **Materials:** Chart #20, Recording ([www.kid-sounds.com/HighDsHot](http://www.kid-sounds.com/HighDsHot))
  - Echo short patterns on the recorder using BAGEDD'
  - Present chart
  - Review the word "tie"
  - Speak/clap rhythm
  - Identify letter names
  - Sing letter names while fingering recorder
  - Play melody (show students the repeat sign after the 4th measure)
  - Play 2 measure intro, then play the melody 3 times
  - Repeat and walk, march, walk backward, etc. while playing
  - Perform with movement and recording
  - Assign **Activity #5** from the **Hot Tunes** music packet
- (5 min) Rhythmic Reading:** Rhythm Cards (pg. 85) **Materials:** Visual #13
  - Ask class to speak rhythms using rhythm syllables (Ta, Ti, etc.)
- (10-12 min) Song:** Patriotic Sing (pg. 86) **Materials:** Recordings from Woody Guthrie (Spotify 5th grade)

- Have fun being physically active.
- Lesson / Instruction**
- Procedures: (10 min)**
- Bathroom
  - Drinks
  - 3 Laps
- (5 min) Warm Up**
- Materials:** 1 Playground ball per 4-5 students
- Huddle Up (Card 18)
- (10 min) Go Fitness: Go, Slow & Whoa:** Eat Smart Games
- Materials:** Cones
- Food Fat Tag (Card 315)
- (25 min) Go Activity: Volleyball:** Skill Development Activities
- Materials:** Volleyball/Beach ball
- Introduce sport (Card 581-583):
    - Objectives - What they will know how to do after this unit
    - Techniques - forearm/ bumping, setting, serving
      - Underhand Serve (students will be allowed 2 tries)
      - Forearm Passing (Bumping)
      - Setting (overhand)
      - Rotating (through and out)

- knees slightly bent, slide hands down legs
- Quads: Reach back to grab foot and pull up to back of thighs
- Calves: Lunge forward and bend knee with left leg straight and both feet flat on floor
- Hips: Lunge all the way until the back leg is extended as far as it can go

Q1 Band 2:45pm - 3:30pm

- (18-20 mins) Song w/ Instruments/Game:** "Love Somebody"(pg. 77) **Materials:** Visual #10, Xylos, unpitched, 2 paper plate
  - Play conducting game to review sixteenths notes
  - Present Visual #10 cards and speak rhythm
  - Sing melody with text
  - Add body percussion
  - Demo barred instrument part while students sing and pat
  - Demo unpitched percussion part
  - Add game:
    - Student sit in a circle and 2 are holding paper plates, seated across from each other
    - While singing the song plates are passed around to the quarter note pulse.
    - At the end of the song the 2 holding the plates are Valentines and move to the instruments while the class sings the Musical Interlude (pg. 78)

- Activities (10 min)**
- Materials:** Hula Hoops, Beans Bags or other small objects
- Frogs, Flies, & Lily Pads (Card 128-129)
- Go Activity: Throwing & Catching**
- Activities (25 min)**
- Materials:** 4-5 jump ropes, 1 hoop and beanbag per student
- "Busy Bee"n Bag (Card 367-368)
- Cool-down: (5 min)**
- Simon Says (Card 5)

Q1 Band 2:45pm - 3:30pm

1. Review the Star Spangled Banner
2. Play various song from Woody Guthrie that told about his experiences during the Great Depression and became known as the "Dust Bowl Troubadour"

Q1 Band 2:45pm - 3:30pm

2. Gold Metal Volleyball Skills (Card 584-586)  
**Materials:** 1 Volleyball per student
    - A. Self Bump it Up
    - B. Volleypass Two-Square
    - C. Partner Setting Practice
    - D. Buddy Set/Forearm Pass
    - E. Server Hoopshoot
- (5 min) Cool-down**
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
    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

3. **(5-8 mins) Melodic Reading:** *Label Low A: (pg. 78)*  
**Materials:** Solfege Ladder
  1. Draw the solfege letters on the board and show where low La would go
4. **(5-8 mins) Melodic Reading:** *Minor Pentatonic Cards (pg. 79)*  
**Materials:** Visual #11
  1. Present as flash cards
  2. Point, sing and show hand signals for the notes on the cards (USE PIANO)
5. **(10-12 mins) Movement Activity:** *"Letters and Shapes" (pg. 79)*  
**Materials:** Board, marker, conga drum
  1. Choose student to write a letter of the alphabet on the board
  2. Students use their bodies to create shape of letter
  3. Choose a few more students to draw letters on the board
  4. In scattered formation students march and to dotted quarter note pulse played on the conga drum; repeat
  5. Students begin speaking poem while another student writes a shape on the board-

extended as far as it  
can go

**Q1 Band 2:45pm - 3:30pm**

students take the  
shape

**Music 4 1:45pm - 2:30pm**