





<p>Monday 10/07/2024 School Day 27</p>	<p>Tuesday 10/08/2024 School Day 28</p>	<p>Wednesday 10/09/2024 School Day 29</p>	<p>Thursday 10/10/2024 School Day 30</p>	<p>Friday 10/11/2024 School Day 31</p>
<p>Breakfast Duty 8:00am - 8:20am</p> <p>Band - 7 & 8 8:35am - 9:30am</p> <p>PIANO: Star Spangled Banner & BAND: Up On The House Top</p> <p>Objectives:</p> <ul style="list-style-type: none"> Students will work on perfecting their part in the music ensemble for the winter concert. <p>Lesson / Instruction</p> <p>Goal:</p> <ul style="list-style-type: none"> Students will continue to work on their individual parts of the song, "Up on the House Top" for the Winter Concert. Teacher will work with a different student/s each class period. <p>Star Spangled Banner Avery: Piano</p> <p>Up On The House Top Luke: Alto Sax (melody) Avery: Clarinet Cole: Drums, Mallets & Percussion Brody: Drums & Percussion Abby: Percussion Ash: Flute Jacob: French Horn Lucas: Euphonium</p>	<p>Breakfast Duty 8:00am - 8:20am</p> <p>Choir - 7 & 8 8:35am - 9:30am</p> <p>SING: Carol of the Bells</p> <p>Objectives:</p> <ul style="list-style-type: none"> Students are spending time concentrating on their vocal range part in the instrumental piece selected for the winter concert. <p>Lesson / Instruction</p> <p>Warm Up (whole class):</p> <ol style="list-style-type: none"> Yawn-Sigh Technique <ul style="list-style-type: none"> Yawn (take in air) with your mouth closed. Then, exhale through your nose as if you are sighing. <ul style="list-style-type: none"> Helps relax the voice and improve it's range. Humming Warm-Ups <ul style="list-style-type: none"> Place tip of your tongue behind bottom front teeth and hum from C3 up to C5, while keeping your mouth closed. Each note should sound like "hmmm" — including the "h" sound is less taxing on your voice. <ul style="list-style-type: none"> Good warm-up because it doesn't put a lot of strain on your vocal cords. Vocal Straw Exercise (Hum through a straw) <ul style="list-style-type: none"> Hum slowly, and evenly, through a straw from C3 up to C5, then back down. <ul style="list-style-type: none"> Also: Place the straw in a partially full glass of liquid and blow controlled bubbles in the glass. Lip Buzz (lip trill) Vocal Warm-Up <ul style="list-style-type: none"> Motorboat sound (lips vibrate as air is blown from mouth & nose) thru diatonic scale (white keys) from C3 to C5. Two-Octave Pitch Glide Warm-Up <ul style="list-style-type: none"> Make "eeee" or "ohhhh" sound gradually gliding through chromatic scale (all keys) from C3 to C5. <ul style="list-style-type: none"> This transitions from your chest voice to your head 	<p> Math Night</p> <p>Breakfast Duty 8:00am - 8:20am</p> <p>Band - 7 & 8 8:35am - 9:30am</p> <p>PIANO: Star Spangled Banner & BAND: Up On The House Top</p> <p>Objectives:</p> <ul style="list-style-type: none"> Students will work on perfecting their part in the music ensemble for the winter concert. <p>Lesson / Instruction</p> <p>Goal:</p> <ul style="list-style-type: none"> Students will continue to work on their individual parts of the song, "Up on the House Top" for the Winter Concert. 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Two-Octave Pitch Glide Warm-Up <ul style="list-style-type: none"> Make "eeee" or "ohhhh" sound gradually gliding through chromatic scale (all keys) from C3 to C5. <ul style="list-style-type: none"> This transitions from your chest voice to your head 	<p> Yom Kippur (first day)</p> <p>Breakfast Duty 8:00am - 8:20am</p> <p>Band - 7 & 8 8:35am - 9:30am</p> <p>PIANO: Star Spangled Banner & BAND: Up On The House Top</p> <p>Objectives:</p> <ul style="list-style-type: none"> Students will work on perfecting their part in the music ensemble for the winter concert. <p>Lesson / Instruction</p> <p>Goal:</p> <ul style="list-style-type: none"> Students will continue to work on their individual parts of the song, "Up on the House Top" for the Winter Concert. Teacher will work with a different student/s each class period. <p>Star Spangled Banner Avery: Piano</p> <p>Up On The House Top Luke: Alto Sax (A section) Avery: Alto Sax B section Cole: Drums, Mallets & Percussion Brody: Drums & Percussion Abby: Clarinet Ash: Flute Jacob: French Horn Lucas: Euphonium</p>
<p>Prep 9:33am - 11:30am</p>		<p>Prep 9:33am - 11:30am</p>		<p>Prep 9:33am - 11:30am</p>
<p>Lunch 11:30am - 12:15pm</p>		<p>Lunch 11:30am - 12:15pm</p>		<p>Lunch 11:30am - 12:15pm</p>
<p>Music - Pre K 12:15pm - 1:00pm</p> <p>SING (with Kindergarten): Deck the Halls</p> <p>Objectives:</p> <ul style="list-style-type: none"> Practice singing Deck the Halls for the Winter Concert. 		<p>Music - Kindergarten 12:15pm - 1:00pm</p> <p>SING (with Preschool): Deck the Halls</p>		<p>Music - 1 12:15pm - 1:00pm</p> <p>SING: Frosty the Snowman</p>
<p>Lesson / Instruction</p> <p>Have class:</p>				<p>Objectives:</p>



- Practice rhythms with the video: <http://youtu.be/SsRXLZ0y9No>
- Practice: Practice singing "Deck the Halls" LINK: <http://youtu.be/CboZWDR-ldl?si=gqEmwW6W-G7BogHU>

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

Music - 5 1:45pm - 2:30pm

RECORDERS: Rockin' Around the Christmas Tree

- Objectives:**
- Memorize music notes on a scale
 - Work on recorder music for Winter Concert

Lesson / Instruction

- Students will select a partner and work on music note flash-cards
- Students will work on "Rockin' Around the Christmas Tree" on recorder

Recess 2:30pm - 2:45pm

Band/Choir - 6 2:45pm - 3:30pm

UKULELES: Mele Kalikimaka ("Merry Christmas" in Hawaii)

- Objectives:**
- Practice intensively on the Ukulele Winter Program Song.
 - Must get closer to playing together as a ensemble
 - Help those still struggling to achieve the fingering on the chords

Lesson / Instruction

- Start with strumming patterns
- Work on chord transitions
- Part by part, play the song in unison until complete

voice to warm up all areas.

- Vocal Sirens Exercise**
 - Make an "oooo" sound like a siren gradually from from C3 to C5.
 - The sound is continuous and covers tones between the notes.*
- Vocal Slides Technique** (portamento, Italian for "the act of carrying")
 - Slide from one note to the next in the diatonic scale (white keys) from from C3 to C5.
 - USE: Do, Re, Me, solfège and hand signs.*

Vocal Range Individual Practice (I work with a different group each day):

- Breath control and Posture
- Diction
- Tempo
- Dynamics
- Articulation - accents, decrescendos, etc.

Conclude with bringing all vocal ranges together to sing:

- Work on timing while harmonizing

Prep 9:33am - 11:30am

Lunch 11:30am - 12:15pm

PE - Pre K 12:15pm - 1:00pm

Moving & Traveling Activites

- Objective:**
- Learn cooperative strategies and team-building skills
 - Actively participate in parachute games and challenges to utilize learned skills and develop physical fitness
 - Have fun being physically active.

Lesson / Instruction

- Procedures: (10 min)**
- 3 Laps
 - Drinks
 - Bathroom
- Warm-Up (5 min)**
- Simon Says (Card 5)

Objectives:

- Practice singing "Deck the Halls" for Winter Concert

Lesson / Instruction

Have class:

- Practice rhythms with the video http://youtu.be/71fkBqZ_4K8?si=t2fk2uZjSaR-083T
- Practice singing "Deck the Halls" for Winter Concert <http://youtu.be/SIFqnEoctl4?si=bK91QsS5E8-kW63Y>

Music - 5 1:00pm - 1:45pm

RECORDERS: Rockin' Around the Christmas Tree

- Objectives:**
- Memorize music notes on a scale
 - Work on recorder music for Winter Concert

Lesson / Instruction

- Students will select a partner and work on music note flash-cards
- Students will work on "Rockin' Around the Christmas Tree" on recorder

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

VOLLEYBALL UNIT (Last Class of the 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.
 - Practice sports, manipulative, and locomotor skills
 - Develop physical fitness through non-elimination games

Lesson / Instruction

- Procedures: (10 min)**
- Bathroom
 - Drinks
 - 3 Laps
- (5 min) Warm Up**

voice to warm up all areas.

- Vocal Sirens Exercise**
 - Make an "oooo" sound like a siren gradually from from C3 to C5.
 - The sound is continuous and covers tones between the notes.*
- Vocal Slides Technique** (portamento, Italian for "the act of carrying")
 - Slide from one note to the next in the diatonic scale (white keys) from from C3 to C5.
 - USE: Do, Re, Me, solfège and hand signs.*

Vocal Range Individual Practice (I work with a different group each day):

- Breath control and Posture
- Diction
- Tempo
- Dynamics
- Articulation - accents, decrescendos, etc.

Conclude with bringing all vocal ranges together to sing:

- Work on timing while harmonizing

Prep 9:33am - 11:30am

Lunch 11:30am - 12:15pm

PE - 1 12:15pm - 1:00pm

Moving & Traveling Activites

- Objective:**
- Learn cooperative strategies and team-building skills
 - Actively participate in parachute games and challenges to utilize learned skills and develop physical fitness
 - Have fun being physically active.

Lesson / Instruction

- Procedures: (10 min)**
- 3 Laps
 - Drinks
 - Bathroom
- Warm-Up (5 min)**
- Simon Says (Card 5)

- Practice "Frosty the Snowman" for the Winter Concert

Lesson / Instruction

Have students:

- Practice singing "Frosty the Snowman" LINK: <http://youtu.be/SsRXLZ0y9No?si=yPtMzaPaOGBPX5rg>

PE - Kinder 1:00pm - 1:45pm

Dribbling and Passing Unit (Feet)

- Objective:**
- Traveling
 - Fleeing, Dodging, Turning, Twisting, Stretching
 - Dribbling, Kicking, Passing

Lesson / Instruction

- Procedures: (10 min)**
- 3 Laps
 - Drinks
 - Bathroom

Warm-up (5 min)

- Simon Says (Card 5)

Go Fitness - CATCH 'em Quick

- Activities (12 min)**
- Shaping Up (Card 60) **Need:** 4 cones to designate each activity area

Go Activity (15 min) - Dribbling and Kicking (feet)

- Team Passing (Card 211) **Need:** One cone in between each student and one in the middle of the circle

Cool-down (5 min)

- Simon Says (Card 5)

Recess 1:45pm - 2:00pm

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

Moving & Traveling Activites

- Objective:**
- Learn cooperative strategies and team-building skills
 - Actively participate in parachute games and challenges to utilize learned skills and develop physical fitness
 - Have fun being physically active.



Go Fitness - CATCH 'em Quick Activities (12 min)

- Fancy Feet (Card 62)

Go Activity (15 min) - Moving and Traveling Activities

- Islands (Card 317) **Need:** One hula hop per person

Cool-down (5 min)

- Simon Says (Card 5)

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

VOLLEYBALL UNIT (Last Class of the 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.
 - Practice sports, manipulative, and locomotor skills
 - Develop physical fitness through non-elimination games

Lesson / Instruction

- Procedures: (10 min)**
- Bathroom
 - Drinks
 - 3 Laps

(5 min) Warm Up

- Stretch-er-cise (Card 281)

(10 min) Go Fitness:

Cardiovascular Activities: Quick Cardio Games **Materials:** 1 hoop for every 2-3 students

- Musical Hoops (Card 39)

(25 min) Go Activity:

Volleyball: CATCH Challenge III **Materials:** 1 volleyball and a court with two nets

- 4-Court Volleyball (Card 596)

(5 min) Cool-down

- Simon Says

Recess 1:45pm - 2:00pm

PE - 3 2:00pm - 2:45pm

- Stretch-er-cise (Card 281)

(10 min) Go Fitness:

Cardiovascular Activities: Quick Cardio Games **Materials:** 1 hoop for every 2-3 students

- Musical Hoops (Card 39)

(25 min) Go Activity: Volleyball: CATCH Challenge III **Materials:** 1 volleyball and a court with two nets

- 4-Court Volleyball (Card 596)

(5 min) Cool-down

- Simon Says

Recess 2:30pm - 2:45pm

Band/Choir - 6 2:45pm - 3:30pm

UKULELES: Mele Kalikimaka ("Merry Christmas" in Hawaii)

- Objectives:**
- Practice intensively on the Ukulele Winter Program Song.
 - Must get closer to playing together as an ensemble
 - Help those still struggling to achieve the fingering on the chords

Lesson / Instruction

- Start with strumming patterns
- Work on chord transitions
- Part by part, play the song in unison until complete

Go Fitness - CATCH 'em Quick Activities (12 min)

- Fancy Feet (Card 62)

Go Activity (15 min) - Moving and Traveling Activities

- Islands (Card 317) **Need:** One hula hop per person

Cool-down (5 min)

- Simon Says (Card 5)

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

HAND BELLS: Over the River and Through the Wood

- Objectives:**
- Practice "Over the River and Through the Wood" on Hand Bells for Winter Concert

Lesson / Instruction

- Students will begin practicing Over the River and Through the Woods with Hand Bell
 - [LINK: http://youtube.com/watch?v=cq9WGAjxqE8&feature=shared](http://youtube.com/watch?v=cq9WGAjxqE8&feature=shared)
 - Note: During the winter concert students can use their laptops to follow music because their instruments are so small

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

ORFF INSTRUMENTS: Jolly Old Saint Nicholas

- Objectives:**
- Practice "Jolly Old Saint Nicholas" on Orff instruments

Lesson / Instruction

- Begin selecting students for each instrument
- Hand out sheet music
- Allow students time to get familiar with the music and label as needed
- Begin practice with one instrument group playing together at a time
- When ready have students play together, working for cohesion of music piece

Lesson / Instruction

Procedures: (10 min)

- 3 Laps
- Drinks
- Bathroom

Warm-Up (5 min)

- Simon Says (Card 5)

Go Fitness - CATCH 'em Quick Activities (12 min)

- Fancy Feet (Card 62)

Go Activity (15 min) - Moving and Traveling Activities

- Islands (Card 317) **Need:** One hula hop per person

Cool-down (5 min)

- Simon Says (Card 5)

Practice Time 2:45pm - 3:30pm



VOLLEYBALL UNIT (Last Class of the 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.
- Practice sports, manipulative, and locomotor skills
- Develop physical fitness through non-elimination games

Lesson / Instruction

Procedures: (10 min)

- Bathroom
- Drinks
- 3 Laps

(5 min) Warm Up

1. Stretch-er-cise (Card 281)

(10 min) Go Fitness:

Cardiovascular Activities: Quick Cardio Games **Materials:** 1 hoop for every 2-3 students

1. Musical Hoops (Card 39)

(25 min) Go Activity: Volleyball:

CATCH Challenge III **Materials:** 1 volleyball and a court with two nets

1. 4-Court Volleyball (Card 596)

(5 min) Cool-down

1. Simon Says

Practice Time 2:45pm - 3:30pm