

1st Grade CAMP Choice Board for Weeks 1-4

- Students, please return this signed sheet to your homeroom teacher **within 3 days** upon your return to school.
- **CAMP teachers will be available to answer questions via email or ClassDojo between the hours of 8:30 a.m. - 3:30 p.m Monday - Friday.**

PE phillipblack@pickenscountyschools.org	MUSIC jennywehunt@pickenscountyschools.org	ART jacquelinetipton@pickenscountyschools.org	AGRICULTURE soniachapman@pickenscountyschools.org	COMPUTER delanejohnson@pickenscountyschools.org
<p style="text-align: center;"><u>WEEK 1 (3/16-3/20)</u></p> <p>(Pick one activity or do all 3.)</p> <ol style="list-style-type: none"> 1. 30 Jumping Jacks (2 sets) 2. 15 pushups (3 sets of 5) 3. 30 body squats (2 sets) 4. Jog around the house 10x 5. Shoot basketball, throw any ball with a partner or by yourself for at least 20 min. 	<p style="text-align: center;"><u>WEEK 1</u></p> <ol style="list-style-type: none"> 1. Sing our performance songs (You're a Grand Old Flag/Somewhere Over the Rainbow) for a family member or stuffed animal. 2. Have a dance party with your family or create your own dance moves to your favorite song! 	<p style="text-align: center;"><u>WEEK 1</u></p> <p style="text-align: center;">Draw & Color Roy G. Biv</p> <ol style="list-style-type: none"> 1. Watch Roy G. Biv by They Might Be Giants on youtube. 2. Draw and color Roy G. Biv with the <i>full</i> spectrum rainbow. (Optional guided drawing: How to Draw a Cartoon Leprechaun and How to Draw a Pot of Gold on www.artforkidshub.com and add your own Roy G. Biv. details.) 	<p style="text-align: center;"><u>WEEK 1</u></p> <p>Take a nature walk and look at the flowers blooming and count any bees you see gathering nectar. Remember how important the bees are to agriculture!</p> <p style="text-align: center;">OR</p> <p>Watch a video about bees.</p>	<p style="text-align: center;"><u>WEEK 1</u></p> <p>Use a computer keyboard or copy to memorize the alphabetical keys. Study it for 5 min. Focus on 1 row at a time. (Ex: Q, W, E, R, T, Y, U, I, O, P) How many keys you can memorize in order by saying the letters out loud? Repeat and try to beat that number until you have the whole board memorized.</p>
<p style="text-align: center;"><u>WEEK 2 (3/23-3/27)</u></p> <ol style="list-style-type: none"> 1. 30 sit-ups (3 sets of 10) 2. 60-second Planks (2 sets) 3. 30 calf raises (2 sets) 4. Skip around the house 10x 5. Clean your room 	<p style="text-align: center;"><u>WEEK 2</u></p> <ol style="list-style-type: none"> 1. Find 5 objects around your house that would make a good instrument and draw them. 2. Perform a song for your family on one of the objects! 	<p style="text-align: center;"><u>WEEK 2</u></p> <p style="text-align: center;">Draw a Spring Tree</p> <ol style="list-style-type: none"> 1. Watch the Seasons Song by Have Fun Teaching on youtube. 2. Draw your own spring tree using "whiny Y (why) branches" that we learned in the fall. Add details. 	<p style="text-align: center;"><u>WEEK 2</u></p> <p>Watch a video about composting.</p> <p style="text-align: center;">OR</p> <p>Create a compost pile at your home.</p>	<p style="text-align: center;"><u>WEEK 2</u></p> <p>Choose an emoji. Give it a name to explain the feeling behind this emoji. Tell a story about the emoji. Think about a feeling you have had and how to make it into an emoji. Design that emoji.</p>
<p style="text-align: center;"><u>WEEK 3 (3/30-4/3)</u></p> <ol style="list-style-type: none"> 1. Make your bed (every day) 2. Eat a healthy breakfast (every day) 3. Toe Touches (3 sets of 20) 4. Arm Circles (4 sets for 30 seconds) 5. Dance to 3 favorite songs 6. Ride your bike for at least 20 mins. (wear a helmet) <p>**Listen to music while exercising</p>	<p style="text-align: center;"><u>WEEKS 3-6</u></p> <p style="text-align: center;"><u>Music Tic-Tac-Toe</u></p> <p>(Click on the above hyperlink or see the attached lesson on page 2)</p>	<p style="text-align: center;"><u>WEEK 3</u></p> <p style="text-align: center;">Flip the Script! - It's your turn to be the Art Teacher!</p> <ol style="list-style-type: none"> 1. Learn more details with Ms. Tipton here: Let's "Flip the Script" (Not available till Monday 3/30) 2. Teach an adult (at home or video chat with family or a friend) to paint using the techniques that you've learned in the art room. 	<p style="text-align: center;"><u>WEEK 3</u></p> <p>Plant flowers, vegetables or herbs. Seeds are provided at Hill City. They are located in front of the school. Watch them grow and take pictures of their growth.</p> <p style="text-align: center;">OR</p> <p>Find a farming game on your computer and plant and harvest vegetables for your farm.</p>	<p style="text-align: center;"><u>WEEK 3</u></p> <p>Learn offline: Engineering (STEM): Design and build a table using only newspaper or paper and tape. How much weight can it hold? How can you make it stronger?</p> <p style="text-align: center;">OR</p> <p>Learn online: Engineering (STEM): Use the build activity spinner for an engineering challenge: pbskids.org/designsquad/build/spinner/</p>
<p style="text-align: center;"><u>WEEK 4 (4/13-4/17)</u></p> <ol style="list-style-type: none"> 1. Make your bed 2. Eat a healthy breakfast 3. Body Squats (3 sets of 20) 4. Calf Raises (3 sets of 20) 5. Bounce/Dribble a ball for 15 min.- use your fingertips 6. Go for a walk with an adult-30 min. 	<p>(Click on the above hyperlink or see the attached lesson on page 2)</p>	<p style="text-align: center;"><u>WEEK 4</u></p> <p style="text-align: center;">Shadow Tracing</p> <ol style="list-style-type: none"> 1. View Shadow Drawing by ActiviTots & others in my "Shadow Tracing" playlist on youtube. 2. Materials: toys, paper, drawing utensils, lamp or sun (light source). 3. Trace the shadow outlines and add color using any art materials. 	<p style="text-align: center;"><u>WEEK 4</u></p> <p>Have students write down what they ate for a meal and then trace the products back to the farm. (ex. Pancakes - milk-cow, flour-wheat, egg-chicken)</p>	<p style="text-align: center;"><u>WEEK 4</u></p> <p>Learn offline: Engineering (STEM): Create a zip line for a small action figure to travel down from at least your shoulder height. Count how many seconds it takes. Make it move faster or slower.</p> <p style="text-align: center;">OR</p> <p>Learn online: Engineering (STEM): Use the build activity spinner for an engineering challenge: pbskids.org/designsquad/build/spinner/</p>

Student: _____ Homeroom: _____ Parent/Guardian Signature: _____ Date: _____

Music Tic-Tac-Toe

Each week, complete 2 activities! You can go across, up and down, or diagonal. Mark off the ones you complete. If you have questions, contact Ms. Wehunt!

<p>Write a song about what you are doing while at home.</p>	<p>Listen to a new song you have never heard before, and draw how it makes you feel.</p>	<p>Design and draw your own instrument. What instrument family or families would it belong to?</p>
<p>Use pots and pans to create a drum set! If you can't use them, find other objects around your house to play rhythms on!</p>	<p>If you have a computer, watch a Line Rider video on YouTube!</p>	<p>Dance to your favorite songs!</p>
<p>Sing your favorite song to your family! Tell them why it is your favorite song.</p>	<p>Watch a musical (a movie that has a lot of singing in it)!</p>	<p>If you have a computer, explore Chrome Music Lab and create your own song, rhythms, and more! https://musiclab.chromeexperiments.com/</p>