

### 3rd 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 <a href="mailto:phillipblack@pickenscountyschools.org">phillipblack@pickenscountyschools.org</a>	MUSIC <a href="mailto:lennywehunt@pickenscountyschools.org">lennywehunt@pickenscountyschools.org</a>	ART <a href="mailto:jaquelinetipton@pickenscountyschools.org">jaquelinetipton@pickenscountyschools.org</a>	AGRICULTURE <a href="mailto:soniachapman@pickenscountyschools.org">soniachapman@pickenscountyschools.org</a>	COMPUTER <a href="mailto:delanejohnson@pickenscountyschools.org">delanejohnson@pickenscountyschools.org</a>
<p><b><u>WEEK 1 (3/16-3/20)</u></b> (Pick one activity or do all 3.)</p> <ol style="list-style-type: none"> <li>1. 30 Jumping Jacks (2 sets)</li> <li>2. 20 pushups (4 sets of 5)</li> <li>3. 30 body squats (2 sets)</li> <li>4. Jog around the house 10x</li> <li>5. Shoot basketball, throw any ball with a partner or by yourself for at least 20 min.</li> </ol>	<p><b><u>WEEK 1</u></b></p> <ol style="list-style-type: none"> <li>1. Perform a song we have learned in class for a family member (Rocky Mountain, Can't Jump Josi, Colors of the Wind, All the Beautiful Colors, or...).</li> <li>2. Listen to a favorite song. See if you can find the steady beat. Remember that the beat of the music is like your heartbeat - it's always the same. Keep the beat on objects around your house!</li> </ol>	<p><b><u>WEEK 1</u></b></p> <p><b>Create a Color Wheel</b></p> <ol style="list-style-type: none"> <li>1. Watch <a href="#">The Color Wheel by roomofplasticflowers</a> on youtube.</li> <li>2. Make a color wheel using only <b>red, yellow</b> and <b>blue</b> crayons, color pencils, or soak dried markers in a small cup of water to make your own watercolor paint!</li> </ol>	<p><b><u>WEEK 1</u></b></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><b><u>WEEK 1</u></b></p> <p>Digital Citizenship: Play a game of telephone with a family member. Ask a question like "What are you doing?" in different tones of voice. A message can change depending on the person delivering it or the delivery method. Say it in a happy, sad, or angry voice. What emoji and punctuation fits your tone? If you were to text your message, how would you write it? Digital messages have tone also. Think about how to be positive, informative, and kind. Write examples.</p>
<p><b><u>WEEK 2 (3/23-3/27)</u></b></p> <ol style="list-style-type: none"> <li>1. 40 sit-ups (4 sets of 10)</li> <li>2. 60-second Planks (3 sets)</li> <li>3. 30 calf raises (3 sets)</li> <li>4. Skip around the house 10x</li> <li>5. Clean your room</li> </ol>	<p><b><u>WEEK 2</u></b></p> <ol style="list-style-type: none"> <li>1. Create your own rhythm! Draw 16 boxes and write one note in each box (ti-ti, ta, ta-ah, or rest). Find objects around the house to play your rhythm on!</li> <li>2. Add lyrics to the rhythm! Write a song about your day, favorite book, or sport. Be creative!</li> </ol>	<p><b><u>WEEK 2</u></b></p> <p><b>Draw an Animated Character</b></p> <ol style="list-style-type: none"> <li>1. Watch <a href="#">Robot Art School - Elements &amp; Principles of Art - Line</a> on youtube.</li> <li>2. Draw your favorite animated character showing line quality or search for a favorite character on <a href="http://www.artforkidshub.com">www.artforkidshub.com</a></li> </ol>	<p><b><u>WEEK 2</u></b></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><b><u>WEEK 2</u></b></p> <p>Media Balance is Important: Keep a daily log of your screen time. This includes watching T.V., playing video games, browsing the internet, and social media. Record the minutes for each activity. How much time do you spend each day or one week? Think about when and why you should take breaks from a device. Explain.</p>
<p><b><u>WEEK 3 (3/30-4/3)</u></b></p> <ol style="list-style-type: none"> <li>1. Make your bed (every day)</li> <li>2. Eat a healthy breakfast (every day)</li> <li>3. Toe Touches (4 sets of 20)</li> <li>4. Arm Circles(4 sets for 30sec)</li> <li>5. Dance to 4 favorite songs</li> <li>6. Ride your bike for at least 20 mins. (wear a helmet)</li> </ol> <p><small>**Listen to music while exercising</small></p>	<p style="text-align: center;"><b><u>WEEKS 3-6</u></b></p> <p style="text-align: center;"><b><u>Music Tic-Tac-Toe</u></b></p> <p>(Click on the above hyperlink or see the attached lesson on page 2)</p>	<p><b><u>WEEK 3</u></b></p> <p><b>Flip the Script! - It's your turn to be the Art Teacher!</b></p> <ol style="list-style-type: none"> <li>1. Learn more details with Ms. Tipton here: <a href="#">Let's "Flip the Script"</a> (Not available till Monday 3/30)</li> <li>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.</li> </ol>	<p><b><u>WEEK 3</u></b></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><b><u>WEEK 3</u></b></p> <p>Learn offline: Engineering (STEM): Design &amp; build a catapult with household items to knock over a tower of cups.</p> <p style="text-align: center;">OR</p> <p>Learn online: Engineering (STEM): Explore: <a href="http://www.nasa.gov/kidsclub/index.html">www.nasa.gov/kidsclub/index.html</a> Find out about the Mission to the Moon or complete one of the NASA STEM at Home activities.</p>
<p><b><u>WEEK 4 (4/13-4/17)</u></b></p> <ol style="list-style-type: none"> <li>1. Make your bed</li> <li>2. Eat a healthy breakfast</li> <li>3. Body Squats (4 sets of 20)</li> <li>4. Calf Raises (4 sets of 20)</li> <li>5. Bounce/Dribble a ball for 15 min.- use your fingertips</li> <li>6. Go for a walk with an adult-30 min.</li> </ol>		<p><b><u>WEEK 4</u></b></p> <p><b>Shadow Doodles</b></p> <ol style="list-style-type: none"> <li>1. Watch <a href="#">Shadow Doodles (aka Shadowology) by Vincent Bai</a> &amp; others in my "Shadow Drawing" playlist on youtube.</li> <li>2. Materials: small objects, paper, marker, lamp or sun (light source).</li> <li>3. Experiment with shadows until you can visualize the shadow as part of a face or doodle &amp; draw it!</li> </ol>	<p><b><u>WEEK 4</u></b></p> <p>Look up Agriculture Records in the Guinness Book of World Records. Make a poster of some amazing facts and figures.</p>	<p><b><u>WEEK 4</u></b></p> <p>Learn offline: Engineering (STEM): Design &amp; build a roller coaster with paper, paper plates, &amp; tape. How long can you keep a ping pong ball or another light rolling object moving?</p> <p style="text-align: center;">OR</p> <p>Learn online: Engineering (STEM): Explore: <a href="http://www.nasa.gov/kidsclub/index.html">www.nasa.gov/kidsclub/index.html</a> Find out about the Mission to the Moon or complete one of the NASA STEM at Home activities.</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! <a href="https://musiclab.chromeexperiments.com/">https://musiclab.chromeexperiments.com/</a></p>