

PE & MUSIC SELF-DIRECTED LEARNING BOARD

For each week, choose **three boxes** and complete all activities within the box.

After completing the activities, have your **parent initial each box** and sign at the bottom of the page.

You must complete ALL activities in each of the 3 boxes that you choose each week (If there is a band & choir option in the box, do the one for the class you are in. If you are in both, choose one music option).

For example, if you choose the box below, you would do 10 pushups AND watch the video.

PE: 10 pushups
Music: Watch a YouTube video of your favorite band
(parent initials) <i>KAA</i>

Band students: Please clean your mouthpiece and/or instrument. Woodwinds, wash your swabs; trumpets & trombones may give your instrument a bath. If you are unsure of how to clean your instrument, look up a video on YouTube.

Week 1

(remember to have your parents initial each box that you complete and sign at the bottom)

<p>PE: 30 minutes of physical activity of your choice.</p> <p>MUSIC: Watch 3 YouTube videos of a middle school band or choir.</p>	<p>PE: 15 Jumping Jacks 15 Push-ups 15 Curl-ups REPEAT 3 times</p> <p>MUSIC: Band: Perform a song with another band member using video chat.</p> <p>Choir: Video record yourself singing any song of your choice (use YouTube or any music app or sing a cappella).</p>	<p>PE: 10 minutes of physical activity of your choice.</p> <p>MUSIC: Band: Hold each note of your concert Bb scale for 12 counts with an online tuner.</p> <p>Choir: Choose a video from this list and watch it. https://tinyurl.com/ofmsmusicvideos</p>
<p>PE: Create and complete a workout including Upper - Lower - Core exercises - Repeat twice</p> <p>MUSIC: Explore and complete 1 lesson/exercise on musictheory.net (see link on band/choir website)</p>	<p>PE: 15 Lunges each leg 15 Russian Twists 30 Mountain Climbers REPEAT 3 times</p> <p>MUSIC: Band: Create your own 4 measure song using the Bb Concert Scale. Start and end end on the same note.</p> <p>Choir: Write five sentences about proper choral posture, both sitting & standing and explain why it is beneficial for singing.</p>	<p>PE: 20 minute walk - pick a person to take with you.</p> <p>MUSIC: Band: Complete your 7th and 8th grade symphonic band audition. 8th graders practice lets go falls, 7 nation and Arizona.</p> <p>Choir: Visit https://singthatthing.wgbh.org/episodes/ Scroll down to the bottom of the page. Watch 2 videos under the heading "Master Classes."</p>
<p>PE: 20 minutes of physical activity of your choice.</p> <p>MUSIC: Practice 20 minutes of the music you are playing/singing currently in band or choir.</p>	<p>PE: 15 Burpies 15 Push-ups 30 second Plank REPEAT 3 times</p> <p>MUSIC: Play or sing a song for a family member or pet. Example: songs from a book, YouTube or music from your concert.</p>	<p>PE: Dance to 2 of your favorite songs!</p> <p>MUSIC: Band: Watch a video on how to practice your instrument.</p> <p>Choir: Visit https://singthatthing.wgbh.org/episodes/ and watch one episode.</p>

Student Name _____

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Week 2

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<p>PE: 15 Jumping Jacks 15 Push-ups 15 Curl-ups REPEAT 3 times</p> <p>MUSIC: Watch 3 YouTube videos of a high school band or choir.</p>	<p>PE: Watch this yoga video and try it! https://www.youtube.com/watch?v=kPG3CfY28K0</p> <p>MUSIC: Band: Perform a song with another band member using video chat.</p> <p>Choir: Video record yourself singing any song of your choice (use YouTube or any music app or sing a cappella).</p>	<p>PE: 20 minutes of physical activity of your choice.</p> <p>MUSIC: Band: Hold each note of your concert Bb scale for 12 counts with an online tuner.</p> <p>Choir: Choose a video from this list and watch it. https://tinyurl.com/ofmsmusicvideos</p>
<p>PE: 15 Burpies 15 Push-ups 30 second Plank REPEAT 3 times</p> <p>MUSIC: Explore and complete 1 lesson/exercise on musictheory.net (see link on band/choir website)</p>	<p>PE: 10 minutes of physical activity of your choice.</p> <p>MUSIC: Band: Create your song, at least 4 measures, using the Bb Concert Scale. Start and end on the first note of the Bb Concert Scale.</p> <p>Choir: Write five sentences about what it means to have good concert etiquette (manners).</p>	<p>PE: 30 minutes of physical activity of your choice.</p> <p>MUSIC: Band: Complete your 7th and 8th grade symphonic band audition. 8th graders practice lets go falls, 7 nation and Arizona.</p> <p>Choir: Visit https://singthatthing.wgbh.org/episodes/ Scroll down to the bottom of the page. Watch 2 videos under the heading "Master Classes."</p>
<p>PE: Create and complete a workout including Upper - Lower - Core exercises - Repeat twice</p> <p>MUSIC: Practice 20 minutes of the music you are playing/singing currently in band or choir.</p>	<p>PE: 15 Lunges each leg 15 Russian Twists 30 Mountain Climbers REPEAT 3 times</p> <p>MUSIC: Play or sing a song for a family member or pet. Example: songs from a book, YouTube or music from your concert.</p>	<p>PE: 20 minute walk - pick a person to take with you.</p> <p>MUSIC: Band: Watch a video on how to practice your instrument.</p> <p>Choir: Visit https://singthatthing.wgbh.org/episodes/ and watch one episode.</p>

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Week 3

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<p>PE: Walk or ride your bike around your block.</p> <p>MUSIC: Watch 3 YouTube videos of a professional musician.</p>	<p>PE: 20 minutes of physical activity of your choice.</p> <p>MUSIC: Do the Macarena with Max https://family.gonoodle.com/activities/the-maxarena</p>	<p>Music and PE: Pull up a recording of Sousa's Stars and Stripes Forever. on YouTube. You will play the recording and begin in push-up position and when you hear the cymbals crash, you will complete a push-up.</p>
<p>PE: Choose between either video, beginner or advanced fitness video and complete the workout.</p> <p>MUSIC: Learn your favorite short movie theme on your instrument and play it for someone in your house.</p> <p>Choir: Choose a video from this list and watch it. https://tinyurl.com/ofmsmusicvideos</p>	<p>PE: Create your own workout - Upper - Lower - Core Exercises - Repeat 2 times - Pick 1 person to complete it with.</p> <p>MUSIC: Band: Create a rhythm that is 4 beats long. Next, play that rhythm on each note of your concert Bb scale.</p> <p>Choir: Write a choir warm-up that we can use when we get back to school! Write it down, and if possible, record it!</p>	<p>PE: 30 minutes of physical activity of your choice.</p> <p>MUSIC: Band: Learn or review as much of the chromatic scale as possible for your instrument. Extend past the first and last note of the concert Bb scale.</p> <p>Choir: Sing a song for a family member or pet. Example: songs from a book, YouTube or music from your concert.</p>
<p>PE: 10 minutes of physical activity of your choice.</p> <p>MUSIC: Band: Complete a practice snake on the band website (ofcsband.weebly.com) or google classroom.</p> <p>Choir: Visit https://singthatthing.wgbh.org/episodes/ and watch one episode.</p>	<p>PE: Choose between either fitness video and complete the workout.</p> <ul style="list-style-type: none"> • Blast Off • Let's Go <p>MUSIC: Practice 20 minutes of the music you are playing/singing currently in band or choir.</p>	<p>PE: Do the following movements throughout your house: Bear Crawl - Crab Walk - Hop on R foot - Hop on L foot.</p> <p>MUSIC: Band: Using the internet or your method book, learn how to play 5 new notes on your instrument or snare drum rudiment.</p> <p>Choir: Practice sight reading rhythms. Do 4 examples. Hit refresh to get a new example. http://www.rhythmrandomizer.com</p>

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