

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Classroom Teacher: \_\_\_\_\_

**Game Rules:**

Move your self-portrait game piece along the game board as you complete each task.

Students should complete one task per missed school day (not including Spring Break)

Parents: Please initial each square after completion. This game board should be returned to your child's teacher once school resumes.

If there are any questions please email your child's teacher:

**Art-**

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**Music**

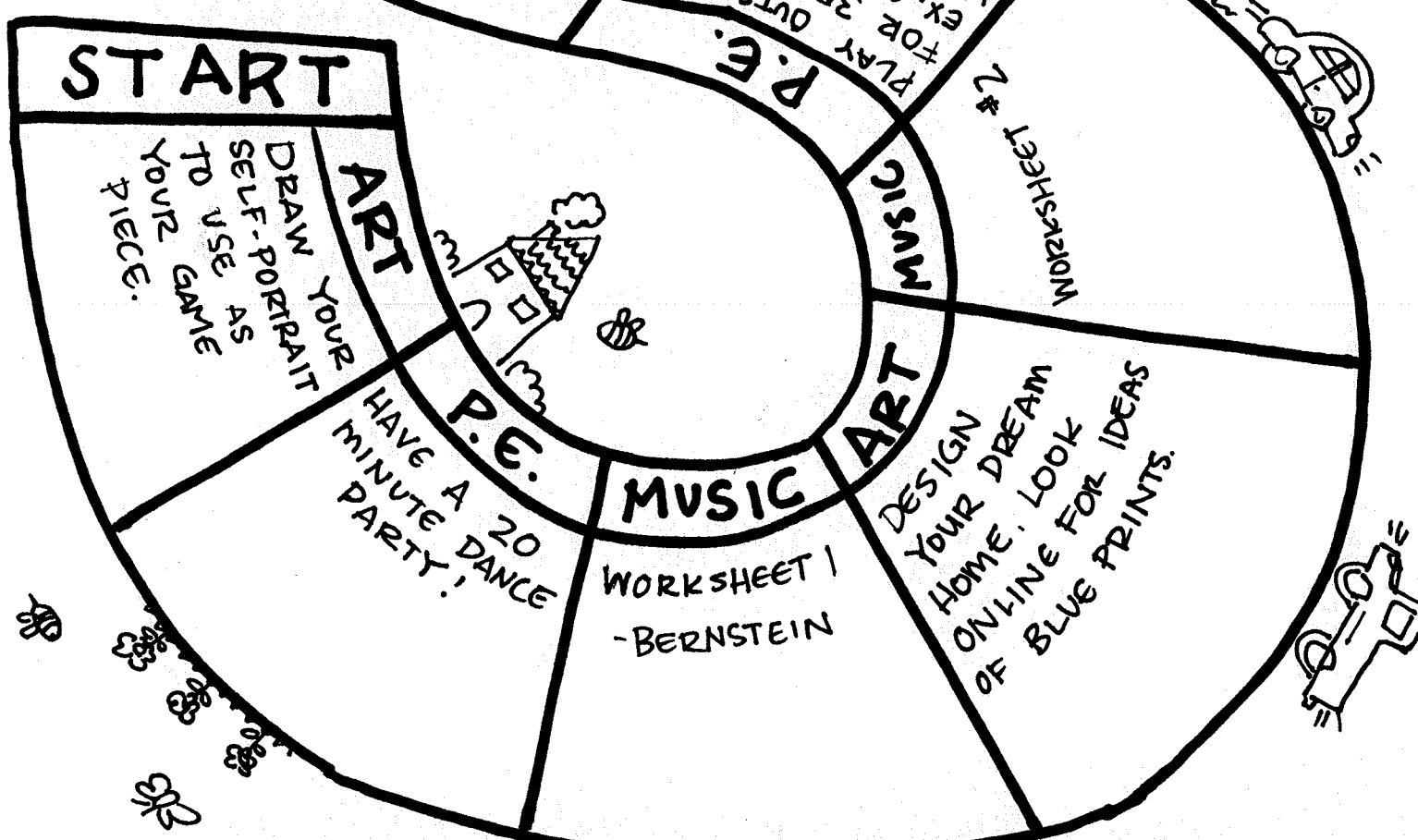
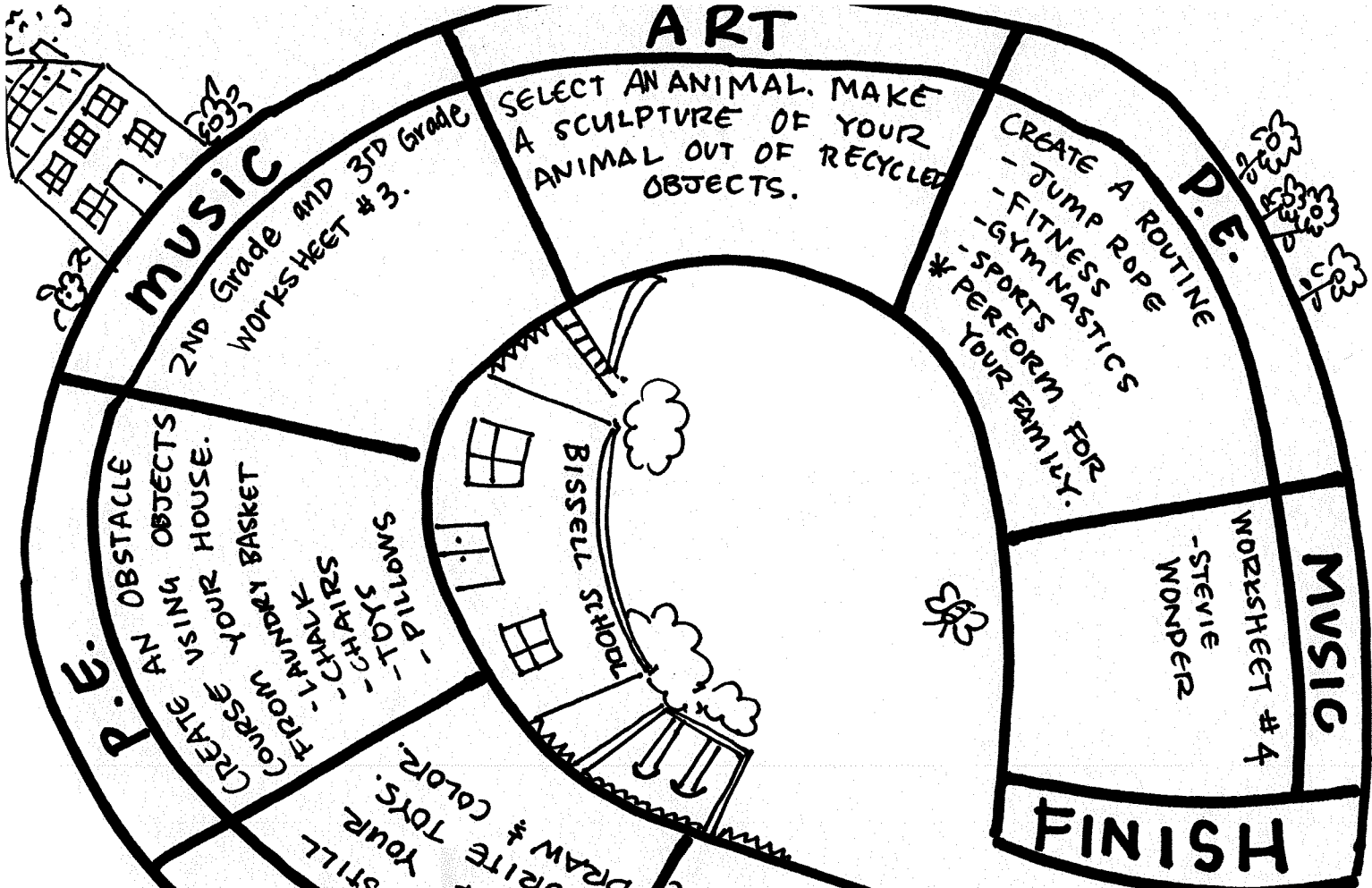
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**PE**

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Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_  
Total Days Completed \_\_\_\_\_ Parent Signature: \_\_\_\_\_

The *Jumping through March/ April* take-home fitness challenge is all about jumping and building core strength. This daily exercise routine consists of two parts.

### Part One – JUMPING

- **Choose either to complete jumping jacks or jump rope.** Both exercises are an awesome way to increase your heart rate. If you are just learning to jump rope, you can begin each workout with jump rope, and then finish with jumping jacks. Combining the exercises is perfectly fine.
- **Choose Level 1 or Level 2.** Each level consistently increases in repetitions each day. Notice that level 2 is more challenging than 1. You may switch levels at any point based on your level of fitness. Remember, if you find that you're barely breaking a sweat, increase the repetitions at your own rate each day.
- **Complete the number of repetitions on the calendar each day.** For example, on March 17<sup>th</sup>, you will complete 25 jumping jacks/rope turns for level 1 or 75 jumping jacks/rope turns for level 2. If you miss a day, simply pick up where you left off.

### Part Two – PLANK CHALLENGE

- **Hold a plank pose for as long as you can each day.** You can choose either a traditional low plank or a high plank.
- **Try to increase your maximum time each day.** Throughout the month your core strength will increase as long as you put in the work and push yourself!
- **Log your time.** Each day you complete the plank challenge, be sure to add your time to the calendar so you can track your progress.

**\*Turn in your calendar to your PE teacher at the end of the month to earn a fitness charm/ fun prize. Good luck!**

Choose either jumping jacks or jump rope and complete level 1 or 2.

# Jumping through March / April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin-bottom: 10px;">                     Don't miss out on the fun! Complete your 100 jumps in 10 minutes!                 </div> Level 1 Level 2	25 Plank _____ (time) Parent Initial: _____	30 80 Plank _____ (time) Parent Initial: _____	35 85 Plank _____ (time) Parent Initial: _____	40 90 Plank _____ (time) Parent Initial: _____	45 95 Plank _____ (time) Parent Initial: _____	
50 100 Plank _____ (time) Parent Initial: _____	55 105 Plank _____ (time) Parent Initial: _____	60 110 Plank _____ (time) Parent Initial: _____	65 115 Plank _____ (time) Parent Initial: _____	70 120 Plank _____ (time) Parent Initial: _____	75 125 Plank _____ (time) Parent Initial: _____	80 130 Plank _____ (time) Parent Initial: _____
85 135 Plank _____ (time) Parent Initial: _____	90 140 Plank _____ (time) Parent Initial: _____	95 145 Plank _____ (time) Parent Initial: _____	100 150 Plank _____ (time) Parent Initial: _____	105 155 Plank _____ (time) Parent Initial: _____	110 160 Plank _____ (time) Parent Initial: _____	115 165 Plank _____ (time) Parent Initial: _____
120 170 Plank _____ (time) Parent Initial: _____	125 175 Plank _____ (time) Parent Initial: _____	130 180 Plank _____ (time) Parent Initial: _____	135 185 Plank _____ (time) Parent Initial: _____	140 190 Plank _____ (time) Parent Initial: _____	145 195 Plank _____ (time) Parent Initial: _____	150 200 Plank _____ (time) Parent Initial: _____
155 205 Plank _____ (time) Parent Initial: _____	160 210 Plank _____ (time) Parent Initial: _____	165 215 Plank _____ (time) Parent Initial: _____	170 220 Plank _____ (time) Parent Initial: _____	175 225 Plank _____ (time) Parent Initial: _____		

# Music

# Work Sheet 1

Directions: Read the article. Write three (3) interesting facts you learned on the back. If you have access, you can look up Leonard Bernstein and listen to some of his music.

Mrs. Thomas

## Leonard Bernstein

August 25, 1918 - October 14, 1990

### Modern Period

### Born in USA

Leonard Bernstein was born in Lawrence, Massachusetts, and grew up in the Boston area. His father sold wigs and beauty supplies, and wanted his oldest son to take over the business. But after Leonard -- or Lenny, as all his friends called him -- composed the class song for his high school graduation, he went on to Harvard and majored in music.

Leonard Bernstein got his big break when he was the 25-year-old assistant conductor of the New York Philharmonic. At the last minute, he stepped in to conduct a concert in Carnegie Hall that was broadcast live over the radio all across America. The audience loved him, and the event made front page headlines in the newspaper.

When Bernstein was eventually named music director of the New York Philharmonic, he was the first American to become permanent conductor of a major American orchestra. Leonard Bernstein used television, which was brand new at the time, to bring classical music to a very wide audience through his "Young People's Concerts."

Bernstein also loved to compose musical theater. His musicals include "On The Town," "Wonderful Town," and "West Side Story."

# Work Sheet

**Directions:**





**Mrs. Thomas' students--sing two (2) of your favorite songs for a family member.**

**Mrs. Petite's students--practice Waka Waka and Jump with the words below for a family member.**





# Work Sheet 3

NAME: \_\_\_\_\_

## 2nd grade only

Use  ,  ,  , and  to create a 8 beat (2 measure) composition.

Put 4 beats in each box.

 = 1 beat     = 1 beat     = 2 beats     = 1 beat  
ta                      ti ti                      ta-a                      rest

# Work Sheet 3

3rd grade:

Practice your recorder for 15 minutes. Write down what songs you practice below, and perform one for a family member. You do not need to fill all lines, but you do, great!

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## 2nd Grade Lyrics

### Waka Waka (This Time For Africa)

You're a good soldier  
Choosing your battles  
Pick yourself up, dust yourself off  
Get back in the saddle

You're on the front line  
Everyone's watching  
You know it's serious , We're getting closer  
This isn't over

The pressure's on  
You feel it  
You got it all  
Believe it

When you fall get up, oh oh  
If you fall get up, eh eh  
Tsamina mina zangalewa  
'Cause this is Africa

Tsamina mina, eh eh  
Waka waka, eh-a eh  
Tsamina mina zangalewa  
This time for Africa

Listen to your heart  
This is our motto  
Your time to shine  
Don't wait in line  
y vamos por todo

People are raising  
Their expectations  
Go on and feed them  
This is your moment  
No hesitation

Today's your day  
I feel it  
You paved the way  
Believe it

You get down get up, oh oh  
You get down get up, eh-a eh

Tsamina mina zangalewa  
This time for Africa

Tsamina mina, eh eh  
Waka waka, eh-a eh  
Tsamina mina zangalewa  
Anawa a a

Tsamina mina, eh eh  
Waka waka, eh-a eh  
Tsamina mina zangalewa  
This time for Africa

Oh oh hey-y hey  
hep ha-na na  
Oh oh hey-y hey  
hep ha-na na

Oh oh hey-y hey  
hep ha-na na  
Oh oh hey-y hey  
hep ha-na na

Tsamina mina, eh eh  
Waka waka, eh-a eh  
Tsamina mina zangalewa  
Anawa a a

Tsamina mina, eh eh  
Waka waka, eh-a eh  
Tsamina mina zangalewa  
This time for Africa

Jambo, eh eh  
jambo, eh eh  
Tsamina mina zangalewa  
Anawa a a

Jambo, eh eh  
jambo, eh eh  
Tsamina mina zangalewa  
This time for Africa

This time for Africa  
This time for Africa  
This time for Africa  
This time for Africa

Jump

I get up  
And nothing gets me down  
You got it tough  
I've seen the toughest all around

And I know  
now, just how you feel  
You've got to roll  
With the punches to get to what's real

So can't you see me standing here  
I've got my back against the record machine  
I ain't the worst that you've seen  
Oh can't you see what I mean?  
Might as well jump  
Might as well jump  
Go ahead, jump  
Go ahead and jump

How are you? Now how you been?  
You say you don't know  
You won't know  
until you begin

So can't you see me standing here  
I've got my back against the record machine  
I ain't the worst that you've seen  
Oh can't you see what I mean?  
Might as well jump  
Might as well jump  
Go ahead, jump  
Go ahead and jump

(x3)