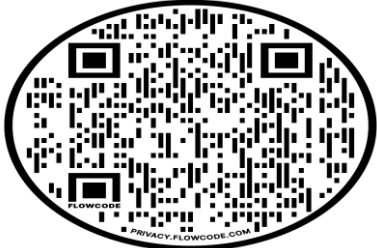






Fine Arts & Physical Education Choice Board

Grades 3-5

Complete 5-in-a-row horizontally, diagonally or vertically each day.

Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	Practice writing eighth notes.	Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	Create 3 different rhythms – then put them together and practice them!	 PE Ball Unit
Draw a Treble Clef	Make a landscape with a foreground, middle ground, and background.	Make a drawing using only cool colors.	Draw a robot using shapes only.	Listen to your favorite song
	Bowling! Set up some empty bottles or cans and try to knock them down. Can you get a strike?	Your Choice: Choose an activity you enjoy doing in your Art, Music or Physical Education class	Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	Create a sports logo with complimentary colors
Practice writing sixteenth notes	Ask a family member their favorite song – listen to it!	Create a value scale with pencil.	Just Listen: Shut off the lights, close your eyes and listen to your favorite band or musician for one full hour!	Combine two animals to make a new one.
Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?	Design a sneaker.	Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet	Listen to a song with dynamics. Forte/Piano	 Fight for Heart Cardio