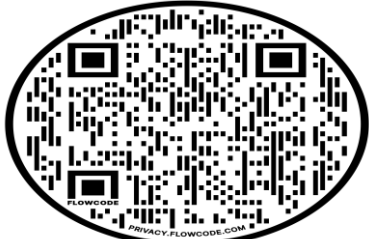

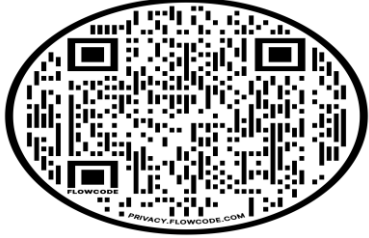




Fine Arts & Physical Education Choice Board

Grades 6-8

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

<p>Flip a coin</p> <p>Heads: Perform a wall-sit for 30 seconds, rest, and then again for 20 seconds. Tails: Perform a high plank for 30 seconds, rest, and then again for 20 seconds..</p>	<p>Make a list of as many careers in music you can think of. Hint: Producer, studio engineer, teacher...</p>	<p>Design a sneaker.</p>	<p>Describe the work of your favorite artist..</p>	 <p>Fitness Challenge</p>
<p>Just Listen:</p> <p>Take one hour by yourself and just listen to your favorite music. Turn the lights off, close your eyes, and enjoy!</p>	<p>Draw your art teacher on an Island.</p>	<p>Core Challenge</p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>Before Bed Breathing</p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>Favorite Song:</p> <p>Name all the instruments you can hear in your favorite song. What is the song about?</p>
	<p>Ask a family member who their favorite band/artist is – Debate them about who is better, your favorite or their favorite?</p>	<p>Your Choice:</p> <p>Choose an activity you enjoy doing in your Art, Music or Physical Education class</p>	<p>Design a logo that represents you!</p>	<p>Create a Landscape.</p>
<p>Cardio & Yoga</p> <p>Do a cardiovascular exercise of your choice for 5-10 minutes then try three yoga poses holding each pose for 30-60 seconds before switching times</p>	<p>Stay Hydrated</p> <p>Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?</p>	<p>Draw a person with fruit for hair.</p>	<p>Make a self portrait with a drawing or words.</p>	<p>Make a list of your ten favorite bands or musicians. Put them in order of fav to least fav.</p>
<p>Your favorite concert: Write a paragraph about your favorite concert? What made this concert so memorable?</p>	<p>Shuttle Run</p> <p>Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>Sound vs Music</p> <p>Compare and contrast SOUND and MUSIC. Are they the same thing? Why? Why not?</p>	<p>Create a value scale with pencil or pen.</p>	 <p>Fight for Heart Cardio</p>