




Specials Choice Board
Choose one and have fun!

|  Art |  Music |  P.E. |
|--|---|---|
| <p>Draw a picture using only straight lines</p> | <p>Write 4 rhythms and play them on found sounds (pots, pans, etc.)</p> | <p>HIIT Workout: 5 rounds: 5 push-ups, 10 curl-ups, and 15 squats</p> |
| <p>Find as many different art supplies of the same color as you can. For example, yellow crayons, yellow markers, yellow highlighters, and yellow colored pencils. Using the different supplies, draw a picture that is only one color. This is called "monochromatic" in art.</p> | <p>Write new lyrics to your favorite song.</p> | <p>Core Workout: 5 rounds: Holding a 30 second plank (toes and elbows on the floor and lift body) wait 30 seconds between each set.</p> |
| <p>Find a piece of artwork in your home. With a parent/guardian, discuss the artwork. What is happening in the picture? What do you think the artwork is made out of? What do you like about the artwork? What do you dislike about the artwork?</p> | <p>2nd and 3rd- if you have access to Quaver, listen to the songs for our musical</p> | <p>Winter Push-Up Challenge Complete as many push ups as possible (until failure) You may use a modified push-ups position if needed Write down your score and let coach Byers know</p> |