

# P.E./Music Choice Board

Students should choose at least one activity from each subject area to complete each day.

P.E.	P.E.	Music	Music
Stretching	Jumping Jacks	Choose a simple song you like and know well, then create your own new song by making up new words! For example, use a song like "The Bear Song" or "A Ram Sam Sam".	While watching TV, watch and listen for a commercial that has interesting music. What instruments do you hear? Write down the names of the instruments you hear.
Push-Ups	Balancing	Write a short poem. Can you make up a melody (tune) for your poem? Sing your poem for a family member or friend.	Create your own TV commercial by choosing a favorite food or product at home. Write a rhyme and speak or rap about your item.
Walking	Sit-Ups	Find objects around the house that can vibrate and make a sound. What can you use for a mallet to tap and create the vibration? Use different objects for a mallet to create different sounds.	Play a musical game by sorting instruments into groups or families. <a href="https://www.brainpop.com/game/sortifymusicalinstruments">https://www.brainpop.com/game/sortifymusicalinstruments</a>
Jumping Rope	Running	Using materials around your home, create a shaker and shake it to a favorite song.	Practice drawing quarter notes and 2 eighth notes. Create a note pattern and clap it. Play the pattern on an instrument, real or homemade.
Jogging in Place	Skipping	Choose a popular hit song that is one of your favorites! Is there a pattern in the song? Does it have verses and a chorus? Does it have an A and B section? Is there a C section?	Practice drawing half notes and whole notes. Create a note pattern and clap it. Play the pattern on an instrument, real or homemade.

Student: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_