

Dolvin Digital Learning

Week 1

Special Areas Assignments: 5th Grade

Art w/ Knight & Saltus

Visual/Verbal Journal/Sketchbook: (Students may use pencils, coloring pencils, crayons and/or markers in a sketchbook or on a piece of paper) Using organic and geometric lines and shapes create a drawing of a landscape that includes natural and man-made objects. Give the man-made objects natural textures such as leaves, fur, grass. Make the natural elements look man made. Write a paragraph that describes what the different objects are made of. (Examples of natural objects: Trees, grass, streams, animals
Examples of man-made objects: cars, houses, boats, buildings)

<http://dolvinartknight.blogspot.com/p/digital-earning-days.html>

PE w/ Maloy & Hanning

Activity 1:

Physical Education: PE5.2.a Locomotor Locomotion: •Spend 20 min practicing the locomotion patterns of walking, running, jumping, skipping, galloping, hopping, and sliding. •Try 3-5 min. Of one movement, then switch. •Turn on some fun music and get yourself and your family moving! •Can you think of other locomotor movements to add to your practice? Remember, locomotor movements mean you are traveling from one place to another.

Activity 2:

Physical Education: PE5.2.a, PE5.3.f Tabata Fitness: Perform each move below, alternating 20 seconds of all-out effort with 10 seconds of rest. Repeat the same move for 8 rounds, for a total of 4 minutes. Then perform the next move on the list, following the same directions. You should complete the entire list of moves in 24 minutes. •Curl Ups •Jumping Jacks •Planks •Jog in Place •Push Ups •Line Jumps (hop side to side)

Activity 3:

Physical Education: PE5.3.f Print and complete the FitnessGram Goal Setting Worksheet, base your answers on your last FitnessGram Test Scores for Curl Ups, Push Ups, Sit and Reach and the Pacer test. After completing the goal setting worksheet, spend 20 min practicing the exercise area you'd like to improve. For example, if you listed push-ups, try doing 5 sets of 5 push-ups and building up from there to 5 sets of 10 push-ups. ([Goal Setting Activity Sheet](https://dolvindigitallearningday.weebly.com/pe.html)) <https://dolvindigitallearningday.weebly.com/pe.html>

Music w/ Endicott & Denney

Visit the music site to watch instructional videos to help your students complete the following [activity sheet](#).

<http://dolvinmusicendicott.blogspot.com/p/digital-learning-days.html>