

# Specialists Distance Learning

## April 8 - April 15

Attached you will find ideas to incorporate Movement, Music, and PE into your new at home learning routine. It is our hope that you will be able to do these activities with your families at home. Along with the activities included here, your specialist teachers are including content and links to items on their websites. Please use these to find more ideas for home!

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**Please see the letter on the back of this page about the 'Goin on a Bear Hunt' project**

The Moscow Elementary Music/PE/Movement Specialists would like to invite you to join us in a "Goin on a Bear Hunt", project which some of you may be familiar with through Facebook.

Beginning next week, Monday April 6, we will be posting the YouTube of "Goin on a Bear Hunt" as told by author Michael Rosen. Students will be asked to watch the video then keep an eye out for bears while walking with a family member, according to the guidelines from the CDC and Moscow City Ordinance.(see below)

We'd like to do a "customized Moscow" version.

1. **Students/parents are asked to put a bear somewhere in front of their homes for students to find** .It can be a stuffed animal, picture you have colored, or any other version of a bear you can think of! Go on a walk with your family and keep an eye out for other bears
2. The MHS seniors are being asked to make big displays, perhaps a collage of themselves, Bear Pride bling, picture of a mortar board, etc., in front of their homes. The **elementary students will be asked to find the "senior bears"**.
3. 3.Grades 6-11 are encouraged to display a bear as well or Bear Pride items such as a jersey, red/white/black something.
4. 4.We have contacted the Chamber of Commerce and mayor's office, inviting businesses, open and closed, to display bears for the kids. Posters of the MHS calendar counts, anything Bear, even if no stuffed bear is available.
5. 5.We have contacted the press so people all over town can participate.

## Home of the Ducks

This is not for a grade in any way and students are asked to walk with their parents. Feel free to spread the word to the entire community.

Thank you for your consideration

,Kathy Stefani	Lisa Carscallen
Lisa Steckel	Rick Markley
Shannon Davies	Colin Briggs
Leah Dahl	Stephanie Sant
Tom Garrett	Tim Gregory
Janet McIntosh	

### PUBLIC HEALTH EMERGENCY ORDER No. 20-01

1. There shall be no gatherings in groups of more than ten (10) persons within the boundaries of the City of Moscow.

# HEALTHY FOOD, HEALTHY BALANCE

The Healthy Food, Healthy Balance unit focuses on how food provides the body with energy to work, grow, and play. To receive all the nutrients needed to maintain health, a person should eat a variety of foods each day.

## ESSENTIAL QUESTIONS

- 1) What is healthy eating?
- 2) Why should I eat foods from each of the food groups

## QUESTIONS?

You can email your child's PE teacher for answers!

Colin Briggs: [briggsc@msd281.org](mailto:briggsc@msd281.org)

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Rick Markley: [markleyr@msd281.org](mailto:markleyr@msd281.org)

## WHAT IS COMING HOME?

Materials will be sent home and found digitally on our website throughout the remainder of the school year. Worksheet completion is simply to help reinforce these concepts and are not required to be returned. Worksheets for this unit include, word searches, crosswords, fill in the blank, and coloring sheets.

# Healthy Food Healthy Balance Vocabulary

**Daily Amounts:** The appropriate amount of food eaten from each food group



**Dairy:** Fluid milk products and foods made from milk

**Empty Calories:** Calories from solid fats and/or added sugars with little or no nutrients

**Food Measurements:** The food a person eats is measured in cups (dairy, fruits and vegetables) and ounces (grains and protein)

**Cup** - A measure of volume

**Ounce** - A measure of weight

**Fruits:** Fresh, canned, frozen, dried and/or 100% fruit juices



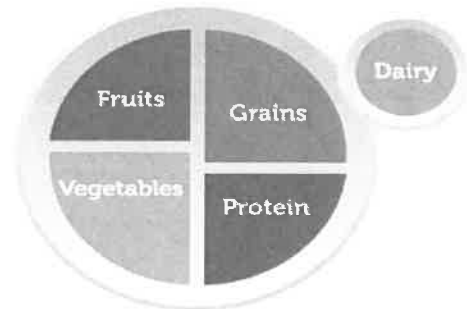
**Grains:** Foods made from wheat rice, oats, cornmeal, barley and cereal grain

**Healthy Eating:** Eating the correct daily amount of food using the following framework

**Variety** - Eat foods from all food groups

**Moderation** - Chooses forms of foods that limit the intake of saturated or trans fats, added sugar, and salt

**MyPlate:** A USDA tool in the form of a placemat that separates food into groups and provides guidance for healthy eating

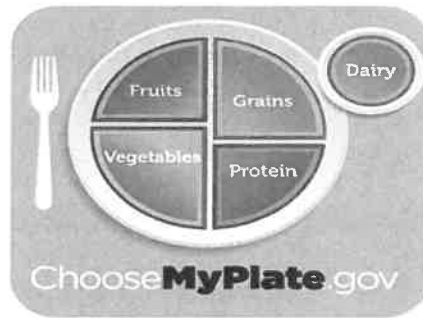


**Oils:** Fats from plants and fish that are liquid at room temperature

**Protein Foods:** Meats, fish, poultry beans, peas, and legumes high in protein



**Vegetables:** Raw, cooked, fresh, frozen and/or 100% vegetable juices



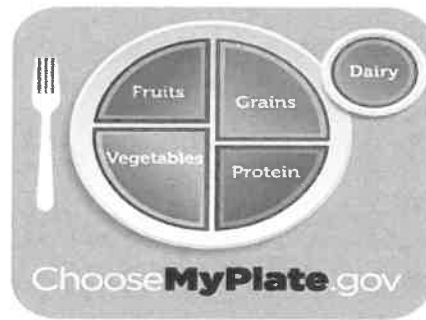
## HEALTHY FOOD, HEALTHY BALANCE

K E I H E B P U C D Y R H I J  
 O S E I R O L A C Y T P M E W  
 Y J H E A L T H Y E A T I N G  
 M H D O D Y O T E M D F I S M  
 V X Y Q A H T X X T R Q N L G  
 E Z R Y I N O P P U A I U V Z  
 G H I R L L I J I N A L J M X  
 E N A T Y R L T J R Z S P S K  
 T T D G A A S Z G V K E L Y C  
 A M D Q M V A R I E T Y H C M  
 B K G M O D E R A T I O N H S  
 L G Q P U B T C I M Q K O S T  
 E I Q H N U G F N X F O D R N  
 S J E P T R H U P U D D D K M  
 E P D B S R Y U Q N O K W C V

Created using [Puzzlemaker.discoveryeducation.com](http://Puzzlemaker.discoveryeducation.com)

Directions: Circle the hidden words in the puzzle above.

- |         |         |          |         |       |            |        |
|---------|---------|----------|---------|-------|------------|--------|
| DAIRY   | EMPTY   | CALORIES | CUP     | OUNCE | FRUITS     | GRAINS |
| VARIETY | MYPLATE | OILS     | PROTEIN | FOODS | VEGETABLES |        |



## HEALTHY FOOD, HEALTHY BALANCE

K E I H E B P U C D Y R H I J  
 O S E I R O L A C Y T P M E W  
 Y J H E A L T H Y E A T I N G  
 M H D O D Y O T E M D F I S M  
 V X Y Q A H T X X T R Q N L G  
 E Z R Y I N O P P U A I U V Z  
 G H I R L L I J I N A L J M X  
 E N A T Y R L T J R Z S P S K  
 T T D G A A S Z G V K E L Y C  
 A M D Q M V A R I E T Y H C M  
 B K G M O D E R A T I O N H S  
 L G Q P U B T C I M Q K O S T  
 E I Q H N U G F N X F O D R N  
 S J E P T R H U P U D D D K M  
 E P D B S R Y U Q N O K W C V

Created using [Puzzlemaker.discoveryeducation.com](http://Puzzlemaker.discoveryeducation.com)

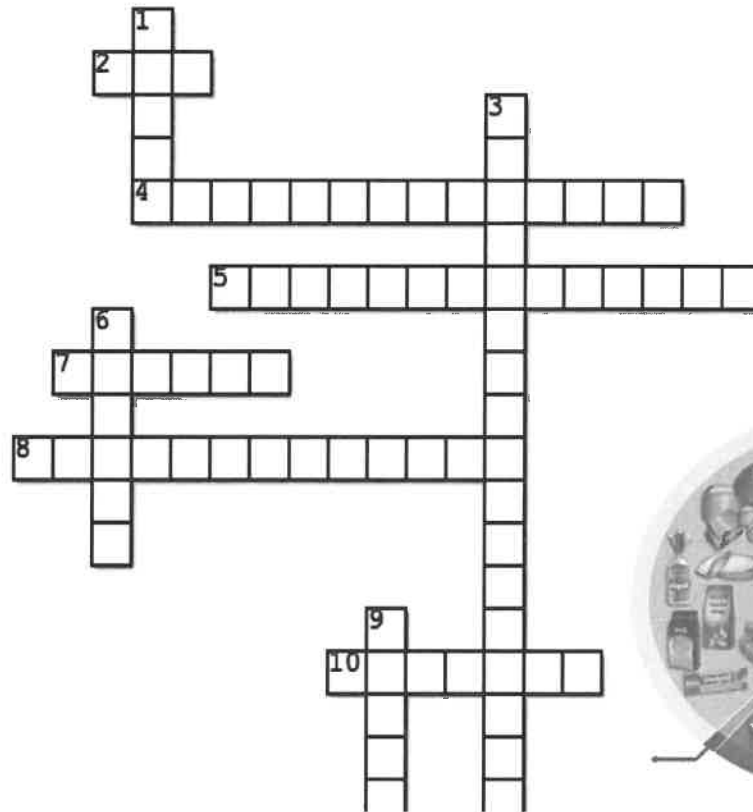
Directions: Circle the hidden words in the puzzle above.

DAILY AMOUNTS      DAIRY      EMPTY      CALORIES      CUP  
 OUNCE      FRUITS      GRAINS      HEALTHY EATING      VARIETY  
 MODERATION      MYPLATE      OILS      PROTEIN FOODS      VEGETABLES

Name: \_\_\_\_\_

# Healthy Foods, Healthy Balance

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

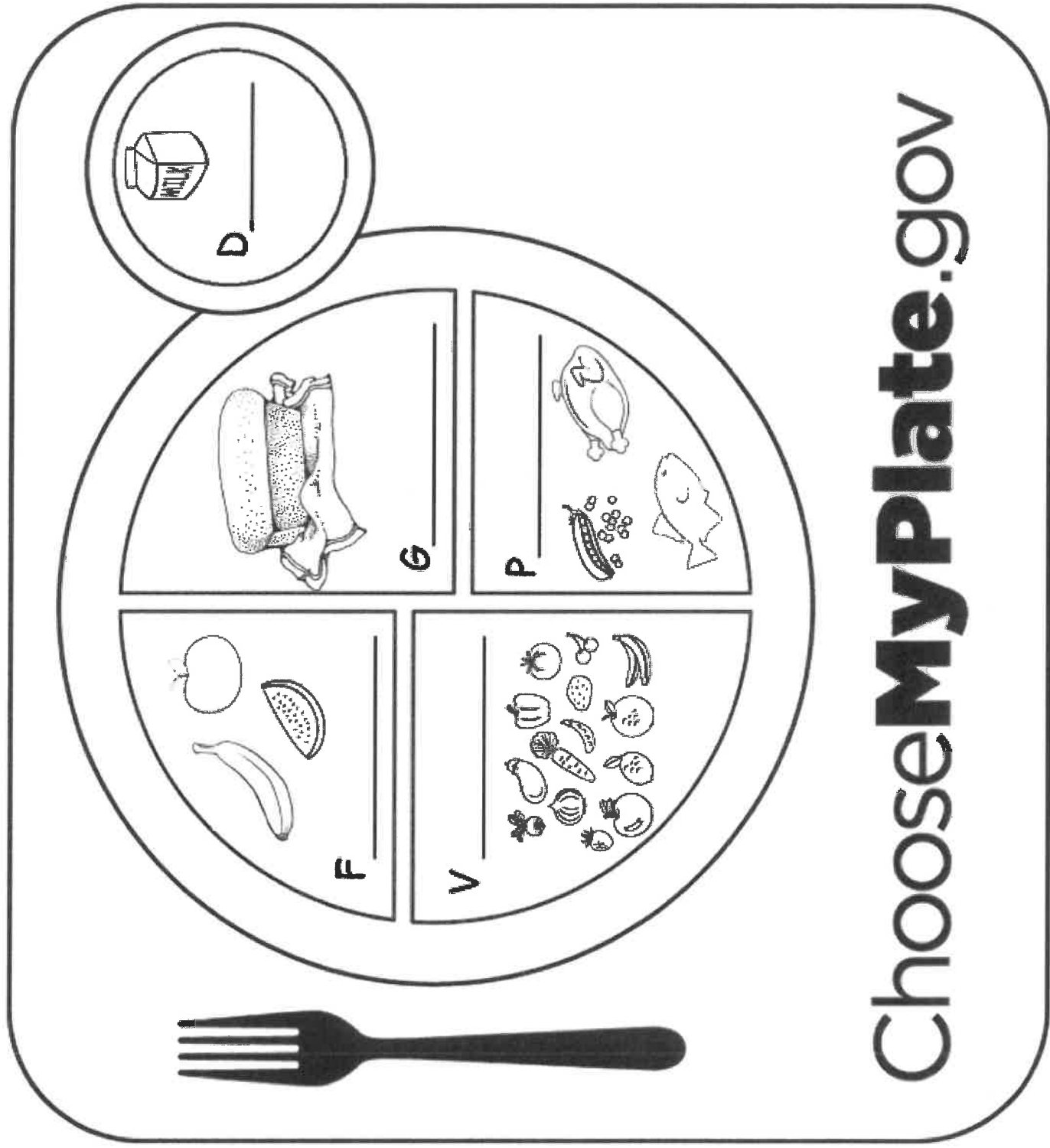
## Across

2. A measure of volume
4. Calories from solid fats and/or added sugars with little or no nutrients
5. Eating the correct daily amount of food using the following framework
7. Foods made from wheat e, oats, cornmeal, barley and cereal grain
8. The appropriate amount of food eaten from each food group
10. Eat foods from all food groups

## Down

1. A measure of weight
3. The food a person eats is measured in cps (dairy, fruits and vegetables) and ounces (grains and protein)
6. Fresh, canned, frozen, dried and/or 100% fruit juices
9. Fluid mild products and foods made from milk

Fill in the blanks for each of the sections of the MyPlate of the food plate. If you need help, please refer to the vocabulary sheet. When you finish filling in the blanks it's time to color!



Choose **MyPlate**.gov



# ABC's of P.E.

- A- 10x Jumping Jacks
- B- 10x Jumping Jacks
- C- 15 seconds of a wall sit
- D- 10x Hop on one foot
- E- 10x Jump on two feet
- F- 10x Frog Jumps
- G- 5x Sit-ups
- H- 30 seconds of High Knees
- I- 10x Jumping Jacks
- J- 10x Jumping Jacks
- K- 15 seconds of a wall sit
- L- 10x Hop on one foot
- M- 10x Jump on two feet
- N- 10x Frog Jumps
- O- 5x Sit-ups
- P- 30 seconds of High Knees
- Q- 10x Jumping Jacks
- R- 10x Jumping Jacks
- S- 15 seconds of a wall sit
- T- 10x Hop on one foot
- U- 5x star jumps
- V- 5x star jumps
- W- 10x Jump on two feet
- X- 10x Frog Jumps
- Y- 10x Jumping Jacks
- Z- 10x Jumping Jacks

## Rules:

Perform the exercise corresponding to each letter on the left



### Challenge #1

Spell your first name  
Spell your middle name  
Spell your last name

### Challenge #2

Spell "Spring"  
Spell "April"  
Spell "School"

### Challenge #3

Spell the word of three objects you see in the room.  
Ex. chair, table, television

### Challenge #4

Want to go above and beyond? Try spelling the entire alphabet

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## Spring Into Fitness

Spell the word on each day of the calendar on the back of this sheet.

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 April	2 flowers	3 grass	4 Spring
5 butterfly	6 hiking	7 blossom	8 tulip	9 bicycle	10 garden	11 season
12 forest	13 caterpillar	14 seeds	15 treetop	16 beehive	17 sunshine	18 picnic
19 mowing	20 caterpillar	21 happy	22 kites	23 bunny	24 bloom	25 season
26 windy	27 fishing	28 vacation	29 Summer	30 May		