



## Bayshore Elementary Specials Outreach Learning

March 25 - 27, 2020

### Message from Coach Drastata.

First, I hope everyone's family is safe and healthy. Like all the staff at Bayshore I miss seeing my students and look forward to a hopeful return to our normal routine as soon as possible.

Second, I believe exercise is one of the best things a person can do at any given time, but especially during times of stress or change. I will try to provide activities and lessons that allow for exercising, learning, and fun.

Third, I have tried to talk to students this year about how sports and games are situational. A player must assess the situation and then make decisions based on the information they perceive. Our current method of schooling is no different. Each student's home environment is different so parents will have to determine the safest and best area to perform activities whether that is inside a residence or in an outside setting. At school SAFETY is my top priority and want that to be continued for everyone at home.

Finally, please feel free to email me at any time. When emailing please include the student's first and last name and their homeroom teacher's name. Sincerely, Coach Drastata [drastataw@lpisd.org](mailto:drastataw@lpisd.org)

If your child receives Special Education, Section 504, or Dyslexia services, services will be addressed weekly by your child's teacher via email. If there are any questions, please feel free to email your child's teacher at: [drastataw@lpisd.org](mailto:drastataw@lpisd.org)

### Grades

[Assignments for the week of March 25 – 27, 2020 are due on Monday, March 30, 2020 by 8:00 a.m.](#)

Students can create and maintain a DEAR (Diet, Exercise, Avoidance, Rest) log. There is more information below in the Physical Education section under Assessment. For now simply create and maintain a log with the student.

Music	Physical Education
<p><b>Objective(s):</b> Required</p> <p><b>ELPS:</b> Required</p> <p><b>Weekly Activities:</b> Required – create lessons around the base curriculum</p> <p><b>Assessment(s):</b> Required</p>	<p><b>Objective(s):</b> Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.[3B]</p> <p><b>ELPS:</b> Use prior knowledge and experiences to understand meanings in English. [1A]</p> <p><b>Weekly Activities:</b>  <u>Warm Up</u>- Take 5 to 10 minutes and perform an activity to warm the muscles up. Examples include brisk walking, jogging, dancing, etc.. (Remember situational setting)</p> <p><u>Stretches</u>- In class we perform each stretch twice for 10 seconds each. 10 Jumping Jacks, 10 Lunges, Toe Touches, Straddles, Calf Stretches, Arm Crosses, 10 Forward Arm Circles, 10 Backward Arm Circles, 5-10 Push Ups, 5-10 Sit Ups.</p> <p><u>Partner Activities</u>- These activities will require a partner. Possibly a sibling or a parent. This may be a great time for parents to take some time to de-stress and play like a kid.</p> <p><u>Adding Game</u>- Partners face each other and hide one hand behind their back. On count of 3 they both bring their hands forward and show a number of fingers ranging from 1 to 5. Whoever adds the numbers up fastest and says the correct number is the winner. The winner then tells the other person to do 5 jumping jacks, 5 push up, or 5 sit ups. Repeat playing.</p> <p><u>Mirror Game</u>- One partner positions body in a pose and the other partner tries to match it. Afterwards switch and let the other partner pick a pose to copy. Continue for several turns.</p> <p><u>Rock Paper Scissors</u>- Play RPS with your partner. The winner tells the other person to do 5 Jumping Jack, 5 Push Ups, or 5 Sit Ups. Repeat playing.</p>

Partner Tag- One player starts as “IT”. They give a 5 second head start and try to catch and tag their partner. After tagging them the other person becomes it and gives a 5 second head start before they start chasing.

Academic Version- Parents you can customize the partner game to work on skills in other classes like spelling words, state capitals, science facts, etc... One partner asks a question. If answered correctly the asker does the exercises if answered incorrectly the one answering does the exercise.

Cool Down- Walk for 5 to 10 minutes and discuss days activities.

**Assessment(s):**

Start and maintain a DEAR log.

During the school year I have talked to the students about an approach to good health called D.E.A.R. (Diet, Exercise, Avoidance, Rest).

Diet- Refers to what a person eats, not eating to loose weight. The idea is to eat a mix of healthy foods.

Exercise- The goal is to get 60 minutes of exercise a day. The exercise does not have to be 60 continuous minutes.

Avoidance- Refers to avoiding things that are harmful to the body such as alcohol, tobacco, and drugs.

Rest- Get regular rest for the body to recover and recharge from the day.

Students can create and keep a DEAR log to chart how they are doing. This can be done on notebook paper or in a spiral. For younger kids two examples are they can tell the parents how they did and the parents can write the information or a star system can be created. For example, 3 stars can be drawn when goals were met, 2 stars could be drawn when goals were partially met, and 1 star could be drawn for when goal was not met. Feel free to pick a method of recording that is appropriate and easy. For now just start and maintain a log.