

Specialist Challenges

Week 10: June 8th-12th

(Subject Areas for Specialist Challenges Rotate Weekly)

STEAM

Obstacle Course Map

Have you ever created an obstacle course, or made your own map?

This week you are going to be combining the two, to make your own map, and then you will create an obstacle course based on your map. You can make your course indoors or outdoors with different objects that you can find to make it more challenging. The more obstacles the better. (Examples of inside obstacles: tables, bean bags, chairs, stairs, balance beam)

Step #1: Create your map

-you want to be as specific as possible. The more detailed it is, the easier it will be to set it up. You can even measure out the distances between each obstacle if you want to get really specific.

Step #2: Build your obstacle course

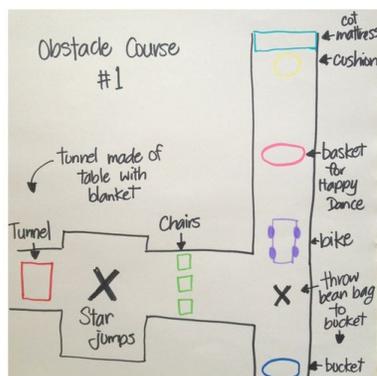
-Use the map that you created to set up your obstacle course.

Step #3: Test out the course

-Once you have finished your course get your stopwatch out so that you can find out how fast you can complete the course.

-Once you have your best time, invite a friend or family member to see how fast they can go through the course. Good Luck!!!!

-When you are done send me a picture of your map, or send me a video of you going through your course: Mr. Kane kanet@eastmont206.org



Health

Watch 'Fed Up' With Sugar: Katie Couric's 10-Day Challenge

<https://www.youtube.com/watch?v=2ItlXmNBmkl&t=128s>

Try to do half and go for 5 days without eating foods with added sugar. Then be prepared to answer the questions on the following week Google forms class attendance. If you want to go for the full 10 great! I realize this is difficult. So do your best. I am a believer that everything you do matters. Even if you do just one day that helps. As you go through this think about how you feel, how you think, and what you notice about your body. Remember I would never ask you to do something I wouldn't do. I will be doing it with you. Good Luck!

Music

Vivaldi's Four Seasons

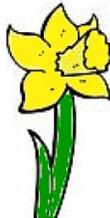
A KIDS GUIDE

Hello my name is Antonio Vivaldi! I'm from Italy and was born in the Baroque period. I have very bright red hair, and my nickname is the 'Red Priest'!



I love composing pieces called 'Concerti'. A Concerto is a piece of music for a solo instrument, such as the violin or flute, and orchestra. The Four Seasons is one of the most popular Concerti I ever wrote!

Vivaldi's Four Seasons is in four parts, each depicting one of the seasons! Can you hear the references to the different weather types in the music?



1 Spring

Can you hear the charming twittering of birds? There is a brief flash of lightning, but luckily the storm quickly goes away, just like April Showers!

2 Summer

At first this music evokes a hot and sticky summer afternoon where you don't want to do anything but sleep! But watch out, there is a fierce thunderstorm around the corner!



Listen to **SPRING** by Vivaldi <https://www.youtube.com/watch?v=6LAPFM3dgag>

Listen to **SUMMER** by Vivaldi <https://www.youtube.com/watch?v=g65oWFMSoK>

PE

Hey Kids....Let's try some of these videos this week. Have fun and keep moving....

<https://www.youtube.com/watch?v=plmrFWw0Fwx&t=196s>

<https://www.youtube.com/watch?v=plmrFWw0Fwx&t=196s>

<https://www.youtube.com/watch?v=XyEMxj4E7bA>

<https://www.youtube.com/watch?v=blQoR7hB9vo>



If you have any questions about the challenges or need to contact one of the specialists our contact information is below.

Band - Mr. Dietz

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Art - Ms. Krause

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Leadership - Mrs. Neff

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STEM - Mr. Kane

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Mr. Halle - halleg@eastmont206.org

Extreme Team Class Code: 5hdxwpe