

Specialist Challenges

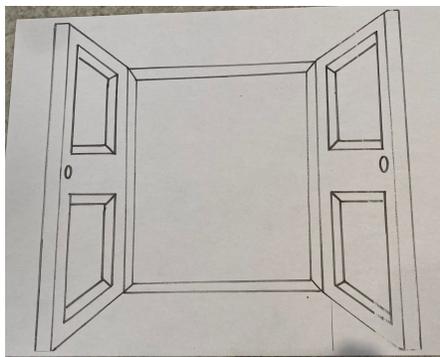
Week 5: May 4th-8th

(The subject areas for Specialist Challenges will rotate weekly)

Art- Ms. Krause krausel@eastmont206.org

“My Perfect Place”

Draw an image of an open door (an example is shown below). Make sure to draw the opening of the doorway large! Inside of the doorway, draw what your “perfect place” would look like. Try to add a lot of detail. Perhaps it would be a view of a football field complete with the stands, players, and spectators. Maybe you think of a park with benches, trees, and playground equipment. Some of you might think of a tropical beach with ocean waves, a sunset, beach chairs, and a beach umbrella. Or maybe your perfect place would be at home on the couch, watching a movie, with a giant bowl of popcorn and your friends with you. You could even go fantasy-based and create a whole new planet. Let your creativity run wild!



Music- Have you heard of musicians like Bach or Julia Wolfe? Challenge yourself this week to learn more about musicians you have not heard of before. Choose from the list below using whatever source you can i.e. Spotify, Google, or YouTube.

Ludwig van Beethoven	Duke Ellington	Sara Brightman
Clara Schumann	Louis Armstrong	Denyce Graves
Aaron Copland	Ella Fitzgerald	Luciano Pavaratti

PE- Please review the Fitness Menu below. For each day of the week, choose, complete, and log one or more Cardio activities to total 15 minutes (or more) **AND** 4 exercises from the corresponding focus muscle group of the day. **Note:** Most of these activities you've completed in the past, do not require any sort of special equipment, and may be completed inside or outside. Choose activities that work for your individual situation.

**Fitness Menu
Activity Options**

Cardio

Long Distance Walk/Hike/Run
 Jumping Jacks
 Skips
 Grapevine
 High Knees
 Bounds
 Sprints
 Jog in place
 Wall Jumps
 Jumping rope
 Treadmill
 Stairclimber
 Elliptical
 Zumba Dance Video
 Other: _____

Arms/Shoulders

Pushups
 Incline/Decline Pushups
 Tricep Dips
 Windshield Wipers
 Alternating Supermans
 Arm Circles
 Pullups
 Walk-in/Walk-outs
 Shoulder Taps
 Others: _____

Legs

Squats
 Forward lunges
 Side Lunges
 Back Lunges
 Jump Squats
 Wall Sits
 Calf Raises
 Mule Kicks
 Other: _____

Core

Planks (Hi/Low/Side)
 Supermans
 Mountain Climbers
 Mountain Climber Twists
 Lemon Squeezers
 Crunches
 Sit Ups
 Flutter Kicks
 Scissor Kicks
 Bridges
 Bicycles
 Other: _____

Full Body Workouts:

HASfit Videos
 Bear Crawls
 Wheelbarrow Walking
 Crab Walk
 Burpees
 Step ups
 Jump Lunges
 Other: _____

Flexibility

Hurdler (hamstring)
 Beauty Queen (glute)
 Butterfly (groin)
 Backtwist (lower back)
 Quadricep Stretch
 Neck Stretch
 Calf Stretch
 Tricep Stretch
 Arm/Shoulder Stretch
 Abdominal Stretch
 Other: _____

Optional Fitness Log:

	Mon 4/27	Tues 4/28	Wed 4/29	Thurs 4/30	Fri 5/1
Cardio Activity (15 min)					
Muscle Grp.	Arms	Legs	Core	Full Body	Flexibility
List 4 Exercises, amount or time spent	1. 2. 3. 4.	1. 2. 3. 4..	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.

If you have any questions about the directions or any of the activities, please feel free to contact your teachers via email. OR you may choose to “google” search any of these activities to find proper demonstrations of each.

Leadership-

Library-

If you have any questions, please contact Mrs. Kneadler or Mrs. Heywood.

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Using words or pictures, create a plotline for a story about someone being stuck inside their home for one whole entire day. Remember to include:

- the setting and characters at the very beginning of your plotline
- some events leading up to the turning point of your story/establish a problem
- A turning point or climax which is the high point of the story/a character or event changes direction
- Some events leading to the end of the story/the problem is resolved
- A satisfying ending

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

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Band - Mr. Dietz

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Choir - Mrs. VanderSluis

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Art - Ms. Krause

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Leadership - Mrs. Neff

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Health - Mr. Monahan

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STEM - Mr. Kane

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Spanish - Mr. Vivanco

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Library- Mrs. Heywood & Mrs. Kneadler

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PE- Mrs. Prazer - prazerkarli@eastmont206.org:

Intro to Fitness Class Code: jvmsnr

Mr. Williamson - williaml@eastmont206.org

Mr. Halle - hallej@eastmont206.org

