

Mrs. Kroeker's Calendar for Gym and Music

**Note to parents- it was discovered that my former paper that was in a table format was causing the hyper-links to Youtube, to not work properly. We have changed the formatting and hopefully this will work better for you! Have fun exploring music and movement!

Week of March 16 - 20

March 16 Day 6

- Music Day
- Warm up Songs
- Down By the Bay
- Over the Deep Blue Sea
- Introduction to Irish music instruments
- Watch "Reel Around the Sun" by Riverdance
- Close with "Shake Break" if time

March 17 Day1 Gym Class:

- Outdoor Gym
- Crazy Carpet sledding on mini-hill

March 18 Day 2 Music Class:

- Listen to Irish band
- "The 4 Winds of Dublin" <https://www.youtube.com/watch?v=5uqcoeLR7TA>
- Play drumming beat on our laps
- Try to keep a steady beat to this Irish Group <https://www.youtube.com/watch?v=tEJQuwHm88I>
- Watch Riverdance Performance: <https://www.youtube.com/watch?v=HgGAzBDE454>
- Colouring Page: Irish harp, can print this page or colour on-line <http://www.supercoloring.com/coloring-pages/irish-harp>

March 19 Day 3 Gym Class

- Game:
- Gym stations with hopping, throwing, balance,
- Action song options:
- Count to 100 Jack Hartman <https://www.youtube.com/watch?v=0TgLf3PMOc>
- Freeze Dance: <https://www.youtube.com/watch?v=2UcZWXvgMZE>
- Go Noodle: You are the best <https://www.youtube.com/watch?v=EEOp-FaekSY>

March 20 Day 4 Music Class:

- Irish Instrument Focus
- This is a video of a Celtic Harp Player: https://www.youtube.com/watch?v=qvyijUMqp_U
- Bodhran Drum: <https://www.youtube.com/watch?v=3-11toumyz0>
- Irish Accordion: <https://www.youtube.com/watch?v=SSKwQbgZZS8>
- If you like there is a worksheet below to fill out- just scroll down...

Ideas for the Week of March 23-27

This is a List of Action Songs that kids can choose from

- These activities will add up to around 30 minutes

Set#1

- Freeze Dance: Kikiboomers <https://www.youtube.com/watch?v=2UcZWXvgMZE>
- Dino Stomp: <https://www.youtube.com/watch?v=lmhi98dHa5w>
- Baby Shark: <https://www.youtube.com/watch?v=GR2o6k8aPII>
- Penguin Dance: <https://www.youtube.com/watch?v=JkiglO98YY>
- Blow up a balloon and see how many times you can tap it in the air with your hand.
Try passing it back and forth to your brother/sister or your parent.

Set #2

- "Let's go to the zoo": <https://www.youtube.com/watch?v=OwRmivbNgQk>
- Wonder Park Work out: <https://www.youtube.com/watch?v=0fWdQUo61c8>
- Colour Freeze Game: <https://www.youtube.com/watch?v=cap54yZoiQ8&list=PLIxDS4F7hY2bwOOu9R6Ax-Rb5vNUteluB>
- Move and Freeze- The Learning Station:
<https://www.youtube.com/watch?v=388Q44ReOWE&list=PLIxDS4F7hY2bwOOu9R6Ax-Rb5vNUteluB&index=7>
- Go Outside and Play in the snow or build a snow fort for 15 minutes.

Set #3

- Poppin Bubbles (this is new): <https://www.youtube.com/watch?v=JdBIXPWM8AI>
- Brrrrr workout: https://www.youtube.com/watch?v=yjd7Z_7DdU4

- Smallfoot- Do the Yeti: https://www.youtube.com/watch?v=T9T5fJDy_ig
- Slo-Motion Machine: <https://www.youtube.com/watch?v=OBZ8uws1sEU>
- You are the best: <https://www.youtube.com/watch?v=EEOp-FaekSY>
- Exercise/Stretches: <https://www.youtube.com/watch?v=dRQf3yFXO1Y&t=110s>
- Find a ball or a small pillow and practice throwing and catching carefully (down the hallway or someplace safe).

Music Ideas for March 23-27th

Music Appreciation Day

You choose 3 songs to listen to...any songs you like and then fill out the form:
“Favourite Piece of music paper”...scroll down to see it

Introduction to High and Low notes

Watch this video to listen to demonstrations of High notes and Low notes
<https://www.youtube.com/watch?v=xCqpi5Ekwiw>

Music Challenge: Try and sing some High notes and Low Notes

Gym and Music Choices for April 6-10

Music Ideas:

- **Music Sing Along-** This is a playlist of 14 different Disney Sing Along Videos. Choose 4 songs that you would like to sing along too:

https://www.youtube.com/watch?v=i66p0_wZ9F0&list=PL-VN5yNMbQ7aXjEz_W-sOthCXZrfUdY-a

- **Find an Instrument in your kitchen day:**
- Find something that you can tap, shake, or scrape and play along to a fun song or even to a favourite action song
 - Ideas:
 - Old yogurt, sour cream container, coffee can
 - Kraft dinner box
- **Make an instrument like these ideas:**
- Waterglass Xylophone: <https://www.youtube.com/watch?v=hoy-6i7ddh8>
- Kitchen Instrument: <https://www.youtube.com/watch?v=mdKXcKJMF>

Gym Ideas:

Set #1

- **Work-out Video- for kids**
This is a 26 minute routine that includes a warm-up and cool-down.

You just need a little bit of space to move and stretch: <https://www.youtube.com/watch?v=dhCM0C6GnrY>

Set #2

- Warm up Action Songs
- **Count to 100 Every Day:** <https://www.youtube.com/watch?v=0TgLtF3PMOc>
- **Pop see Ko 2:** <https://www.youtube.com/watch?v=Pwn4beja1QE>
- **Chicken Dance- Go Noodle:** <https://www.youtube.com/watch?v=npp1z32idrc>
- **Work out video is just under 17 mins:** https://www.youtube.com/watch?v=OoG005_yvQg

Favourite Music Videos the kids love:

Popcorn:

<https://www.youtube.com/watch?v=B7UmUX68KtE>

Wintergaten:

<https://www.youtube.com/watch?v=lvUU8joBb1Q>

Baby Shark:

<https://www.youtube.com/watch?v=GR2o6k8aPII>

Irish Instruments:

Circle which instrument you liked best:

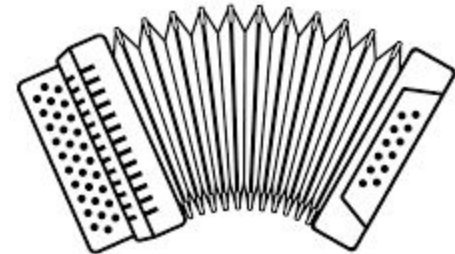
Harp:



Drum:



Accordian:



Name: _____

My favourite song I listened to was...

I like this song because:

When I hear this song I think of...(draw a picture or write about it)