

Technology, Music, Phys. Ed.

Technology with Mrs. Fullarton:

A video of this experiment can be found here:

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

Floating & Sinking Experiment				Sink Float	
Make your predictions before doing the experiment.					
Object:	Guess: S F		Actual S F		
Pencil					
Crayon					
Marker					
Toy Metal Car					
Toy Plastic Car					
Marshmallow					
Coins (money)					
Scissors					
Plastic Straw					
Fork (metal)					
Fork (plastic)					
Rubber Band					
Apple (whole)					
Apple (cut)					
Ice Cube					
Plastic Lego					
Foam Block					
Water Bottle (full)					
Cardboard Tube					



*Music with Mrs. MacLeod
Grade 2 and 3
Edition 3*



Hi everyone,

Can you believe that we are back online again? Crazy, crazy year! I just really want to be in the classroom with you making music each day. I have added activities and links to this newsletter. Some of the links you have done before but others are new. Listen to music a little every day. Notice all the different places that you hear music (car, stores, games, etc.). I can't wait to see you all again. Remember, if you do anything, send me an email to let me see what you accomplished.

Mrs. MacLeod



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MUSICPLAYONLINE

Here is a link that will take you to a fun activity. Listen to the rhythm that is being played. Click YES if the rhythm is the same as the one on the top of the picture. Press NO if the rhythm you see is different than the one you hear. Copy and paste the link into your browser. Click on "A STUDENT" and then on "ACCESS SOME FUN". If this doesn't work, type in code K348261.

RACING RHYTHMS

https://musicplayonline.com/games/rhythm-racing_trashed/?my_access_code=K348261

Activities for the Week

Time Signature

Make as many words as you can out of the letters in the words "time signature".
For example: it, is, get
See how many you can make.

INSTRUMENTS

Find something around your house to tap on (bucket, empty ice cream container, bowl). Listen to some music and tap the beat as you listen.

Body Percussion

Click on this link and follow the video to perform some body percussion.
<https://www.youtube.com/watch?v=jymwCDutuAQ>

MCS Physical Education Distance Learning Jan 2022

Welcome to 2022! Personally, this is not how I was looking to start the year, but we will still make it a great year. Take this time to find gratitude in what you do have and make this situation the best that you can.

Look for daily Challenges on my YouTube channel

https://www.youtube.com/channel/UCla0kBOcRYMGVnER_8jpdQ



Physical Activity Creativity Challenges

Make It up Monday: Make up a game where you must practice your throwing skills. (Use rolled up socks, tissue paper, if outdoors use snowballs)

Try It Tuesday: Find 8 obstacles to go over, under, around and through. *** Challenge - Do it indoors and outdoors)

White Wednesday: Get outside to slide, hike, climb, play.

Target Thursday: Set up targets and practice kicking a pair of socks or a ball to knock them over

Family Fun Friday: Create a dance or follow along to [GoNoodle](#). Who has the best dance moves?

Date

ONLINE WORK OUTS

A favourite workout program of mine is the Beachbody series. The link below leads to many free videos which are led by American instructors. Pick and choose different ones. Can you complete an entire [video](#).

[Beachbody Kids Workouts on Vimeo](https://vimeo.com/showcase/6880106)
<https://vimeo.com/showcase/6880106>

Take It Outside

Now that we have snow, go outside and play in. Pick a few of these to enjoy.

- Sliding
- Snowshoe
- Shoveling
- Skating
- Climb a snowbank
- Hike in the Woods
- Catch snowflakes
- Snow Soccer
- Roll in the snow
- Watch the clouds

Wellbeing Challenges

Physical: Take your pet or a stuffy and a family member for a walk.

Emotional: Clean a room in your home.

Social: Write a thank you note to someone for a Christmas gift and mail or email it them.

Cognitive: Learn a new skill or try a completely new game.

Psychological: Spend time outside listening while breathing in the fresh, crisp