

## SPECIALS CHALLENGE 2020, #2

**DAY 16 PE-** Pick a sport and/or activity. Play it with friends and/or family for 30 mins

**DAY 17 Art-** Go on a scavenger hunt and find 3 items from the following color scheme:

K-2: Choose one: Primary colors, secondary colors, warm colors, **or** cool colors

3-5: Choose one: tints, shades, complementary colors, monochromatic, warm, **or** cool.

What colors did you find, and what were the items? \_\_\_\_\_

Post a video with the link, [MES' Art Flipgrid](#) if you'd like!

**DAY 18 Music-** Listen to "The William Tell Overture" (one of our parachute songs) by

Rossini. <https://www.youtube.com/watch?v=YIbYCOiETx0>

Make a list of what instruments you hear.

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Did you like this song? \_\_\_\_\_

Extra fun- Do a workout to go with the different parts of the music form and then make your own!

A-gallop B-shake A-gallop B-shake C-big jumps D-float C-big jumps B-shake A-gallop

CODA- DO THEM ALL!!

**DAY 19 PE-** Charades activity

-One actor, others guessers

-Chose category (exercises, dances, sports, etc)

-Actor demonstrate the activity without saying anything

-Guessers do the activity also while trying to guess the activity

-Whoever guesses right becomes the actor

**DAY 20 TECHNOLOGY-** Check out Mrs. Bowen's Flipgrid Challenge & give a

"Shout-out" to your Teachers! We miss you!! Use this code to create one:

<https://flipgrid.com/f47e276e>

**DAY 21 PE-** Pick a sport and/or activity. Play it with friends and/or family for 30 mins

**DAY 22 Art-** Make an artwork using nature: flowers, sticks, leaves, ... What did you

use, and what did you create? \_\_\_\_\_

Click the link, [MES Art blog](#) if you'd like more inspiration and check the post from 3/19!

You can also look up Andy Goldsworthy- one of my all time favorite artists!

**DAY 23 Music-** Put on your favorite song and have a dance PARTY!!! Need some inspiration? Check these out!

<https://www.youtube.com/watch?v=HgGAzBDE454>

<https://www.youtube.com/watch?v=DgyliXHF9j8>

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

Who did you dance with?

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**DAY 24 PE-** Interval Fitness Stations

-1 minute invisible jump roping

-1 minute mountain climbers

-20 second plank

-10 walking lunges, 10 push ups

\*Take 2 minute break then repeat 2x

**DAY 25 Technology-** Type an email to a teacher or family member telling them how thankful you are for them. If you are looking for a teacher's email address, head over to [Marlow's website](#) to find it.

**DAY 26 PE-** Pick a sport and/or activity. Play it with friends and/or family for 30 mins

**DAY 27 Art-** Draw a portrait of a family member from the shoulders up. Yes, this can be a pet! Who did you draw? \_\_\_\_\_

\*Go to the [MES Art blog](#) & [Art FlipGrid](#) for occasional activities & inspiration if you'd like!

**DAY 28 Music-** Explore the music links on Mrs. McBride's website.

<https://www.effinghamschools.com/domain/842>

What did you do? \_\_\_\_\_

**DAY 29 PE-** Interval Fitness Stations

-1 minute run in place (mixture of high knees and quick feet)

-1 minute jumping jacks

-20 second plank

10 squats, 10 push ups

\*Take 2 minute break then repeat 2x

**DAY 30 Technology-** Find a new game on <https://www.abcya.com/> that you've never played before. What game did you play? Was it fun?

\_\_\_\_\_

\_\_\_\_\_

Bring back or photograph completed and email to a Specials teacher!

[mmcbride@effingham.k12.ga.us](mailto:mmcbride@effingham.k12.ga.us)

[tkaratassos@effingham.k12.ga.us](mailto:tkaratassos@effingham.k12.ga.us)

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Don't forget to check out our MES websites for more activities and fun!

We miss you!