

SPECIALS CHALLENGE 2020

DAY 1 PE- Create a locomotor warm-up with 3 exercises and then do it!

What exercises did you use? _____

DAY 2 Art- Go on a nature scavenger hunt and find 3 items. Sketch them on a separate piece of paper.

DAY 3 Music- Use a device to find a piece of music composed by John Williams OR answer what movie has the best music?

What song did you find OR what movie did you choose? _____

Did you like the song OR why did you choose that movie?

DAY 4 PE- Play tag, football or basketball with a family member for 30 minutes. Who did you play with?

DAY 5 TECHNOLOGY- Log-on to your GMAIL account and send Mrs. Bowen (abowen@effingham.k12.ga.us) an email about how your challenge is going. If you cannot access your email you can send an email from your parent's email with their permission OR hand write a note to give to Mrs. Bowen personally.

DAY 6 PE- Go for a walk or run with a family member in your neighborhood. Who did you walk/run with? _____

DAY 7 Art- Make a sculpture using blocks, legos or random toys. Use a device if possible to take a photo of it. What did you use? _____

DAY 8 Music- Find 5 objects in your house that could be used as a musical instrument. What did you find? _____

DAY 9 PE- Set a timer for 1 minute and see how many push-ups you can do. How many did you do? _____

DAY 10 Technology- Explore something on Mrs. Bowen's website that you have never done before. What did you choose? _____

DAY 11 PE- Play hide and seek. Who did you play with? _____

DAY 12 Art- Find a sphere, cube and rectangular prism. Photograph or sketch them. What did you find? _____

DAY 13 Music- Use a device to find an interesting instrument for Mrs. McBride to share with her music classes OR make a self portrait of you with your favorite instrument. If you chose the video, what instrument did you find? _____

DAY 14 PE- Pick a skill you need to work on and practice it for 5 minutes. What did you choose? _____

DAY 15 Technology- Create a story with Google Docs and share with Mrs. Bowen.

Bring back completed to a specials teacher!