

Union Middle School

Review and Extension Activities for Dual Language Immersion and Elective Classes

CTE/FACS:

If you have an A or B, complete the following Extension Activities:

- Help cook dinner at home
- Help take care of siblings- play with them and help as necessary
- Help clean your house and sanitize to keep your family healthy

If you have a C, D, or NP:

- Work on missing assignments

CTE/CCA:

If you have an A or B, complete the following Extension Activities:

- Continue to track the healthy habits we learned about on your wellness tracker. You can record this in a journal or blank piece of paper.
 - 8-10 hours of sleep each night (no electronics in bed)
 - At least 30 minutes of daily exercise
 - 6-8 8 oz. Of water each day (Juice and Soda don't count as water)
 - Wash your hands multiple times per day for at least 20 seconds with warm water and soap
 - Eat plenty of fruits and vegetables
- Help your family cook healthy meals. You can explore the Blue Zone recipe sight for new recipes.
- Help your family practice the healthy habits and help to clean and sanitize your house.
- Work on Keyboarding online, complete lessons 7-8

If you have a C, D, or NP:

- Work on missing assignments.
- Work on Keyboarding online, complete lessons 7-8

All CCA students, work on completing your Health Science project and submit the google slide show on Canvas.

Submit all online work through Canvas.

Art Foundations 1, 2 and Drawing:

If you have an A or B, complete the following Extension Activities:

- Draw for 30 minutes to an hour each day, you choose the topic and medium (material used to create, pencil, pen, marker, paint etc). This can include working on upcoming sketchbooks :)
- Create something inspired by Pop Art, use whatever paper and materials you have.

If you have a C, D, or NP:

- Work on missing work, such as sketchbooks!
- To submit missing work send it through your csddocs account.

DLI Classes (Spanish 2, 3 & 4, Culture and Media, Word Civilization)

- 30 minutes DUOLINGO practices every day (please create an account if you don't already have one)
- *If you don't have internet access at home, please pick up alternate assignments in the main office*
- 10 minutes of reading in Spanish per day

If you have a C, D, or NP:

- Work on missing assignments

Choir, Band, Guitar, History of Rock Classes:

If you have an A or B, complete the following Extension Activities:

- Beginning Band/Concert Band/Guitar - Continue practicing your instrument 30 minutes a day. Divide the practice time into 10 minute sections to work on the assignments in your instrument book, and to focus on the things you need to work on the most, such as scales, fingering, breath support, fretting, strumming, etc.
- Choir 6 and Mixed Chorus - Continue singing everyday. This may be in the car, in your room, in the shower, in the backyard, at the store, wherever. Make sure you are embarrassing yourself and those around you as much as possible. Record your performance if possible and share it with me on CSDDocs. If you can't share it, send me an email about your experience.
- Concert Choir - Continue practicing ALL your concert choir music. Also, I will be uploading our festival recordings and the adjudication sheets to my website. Please listen to and read the judge's comments and apply them to your practicing.
- History of Rock: Listen to some classic rock radio stations (such as 101.1 and 103.5) or stream some classic rock on Pandora or Spotify or something similar. See how many of the songs you recognize AND see if you can isolate and identify the instruments being played. Listen to a Beatles song AT LEAST once a day.

If you have a C, D, or NP:

- ALL CLASSES: work on missing assignments, projects, reports or presentations. You can turn them in to me digitally on CSDDocs, or turn them in at the office. MAKE SURE YOUR NAME IS ON IT!!

PE Classes (PE 6, PE 7, PE 8, Team Sports, Strength & Conditioning)

If you have an A or a B, complete the following Extension Activities:

- Complete a Physical Activity Log. Get outdoors or workout in your house. Try and do a continuous 30 minutes or more each day and log what you did. Staying active will help in more ways than one during this 2 weeks period of being home. Get your siblings/parents involved with you too.

If you have a C, D, or NP

- Work on missing assignments, (ex: Practice Outlines for Team Sports, Goodman's PE Make up Sheets can be done by doing the Physical Activity Log stated above). Staying active will help in more ways than one during this 2 week period of being home. Get your siblings/parents involved with you too.

Health 7

If you have an A or a B, complete the following extension Activities:

- Create a food log. Write down what you eat everyday for Breakfast, Lunch, Dinner and Snacks.
- Label whether each food is a main Protein, Carbohydrate, or Fat Source
- Label how many times a day you are consuming "Added" Sugars
- Label which Vitamins and Minerals you are getting Daily
- Create a Water Log. Track how much water you are drinking everyday

*You can turn this into a family activity as well, this will be beneficial for everyone in your home.

If you have a C, D, or NP

- Work on missing assignments, they can all be found on Canvas. (Starters, Mastery Starters, Worksheets, Mental Disorder Brochure etc)
- Assessments to be made up are going to be made available on Canvas as well.

THEATRE: (Beginning, Intermediate, Advanced)

Beginning Theatre: If you are **missing any assignments** you can find them on CANVAS under Assignments.

- If you are **NOT** missing any assignments, you can do the following activities:
 - Start a discussion at home of, 'What is a musical?'
 - Make a list of everything you **KNOW** and another list of everything you **WANT TO KNOW** or **WONDER** about musicals or Broadway.

Intermediate Theatre: If you are **missing any assignments** you can find them on CANVAS under Assignments.

- If you have not done your **Personal Props Performance**, you should be working on that. You can email your video to me at brooke.grant@canyonsdistrict.org or brooke.grant@csddocs.org. Please let me know if you have no access to film it.
- If you are **NOT** missing any assignments, you can do the following activities:
 - Watch these videos on Theatrical Design and take notes on what you've learned.
 - <https://www.youtube.com/watch?v=BTrP1aJmehQ>
 - <https://www.youtube.com/watch?v=K1eFxlCWRI8>
 - https://www.youtube.com/watch?v=Tv_geitX9_4&list=PLJgBmjHpqgs68UwOF65Ge8iLUjTUoOE7c&index=20&t=0s
 - If you don't have access to the internet, read the handout 'Props Manager' and take notes on what you've learned.

Advanced Theatre:

- **Perform** your role(s) from Shakesplosion for your family with blocking and character.
- Do a **memorization check** for **the entire play** with a family member or a friend (over Facetime or video chat). You can find the memorization check rubric on canvas (it will not be graded).

Stage Tech

- Please complete daily workouts on SoundGym at least 3 days per week. Email Mr. Olson with any questions or if you've forgotten your login information.

DANCE:

(Dance 1, Dance 2, Dance 3)

If you are passing class with an A or B, complete the Following Extension Activities.

- Complete Daily Warm-up & Stretching Exercises:
Keep a log of the types of stretches you did & how long you did them for.
- Review & Practice Dances you have learned:
Videos and music links are found on the Class Website
www.artinmotiondancer.weebly.com under Class Announcement drop down tab.
- Write a two or three paragraph reflection answering the following questions:
What have you liked most about dance class so far?
What have you learned? (examples: skills, steps, dance styles, vocabulary, etc.)
What do you still need to work on? Explain.

If you have a C, D or NP in class:

- Complete missing assignments:

(Make-up Options for missing work or absences are available on Class website (www.artinmotiondancer.weebly.com) under Class Info Tab or in the main office.

Submit late work by email or share over csddd docs (googledocs)

- When caught up: Work on Extension activities.

(Social Dance)

If you are passing class with an A or B, complete the Following Extension Activities.

- Choose a social dance that you have learned and teach it to a friend, sibling, or family member.
- Create a line dance & record yourself dancing it & share it with me by email or csddd docs.

(Dance Company)

If you are passing class with an A or B, complete the Following Extension Activities.

- Complete Daily Warm-up & Stretching Exercises:
Keep a log of the types of stretches you did & how long you did them for.
- Review Dances for Concert: Videos and/or music links are found on the Class Website.

If you have a C, D or NP in class:

- Complete missing assignments:

(Make-up Options for missing work are available on Class website (www.artinmotiondancer.weebly.com) Submit late work by email or share over csddd docs.

Ceramics 1 and 2

If you have an A or B, complete the following Extension Activities:

Ceramics 1:

- Read the following article <https://ceramicartsnetwork.org/pottery-making-illustrated/pottery-making-techniques/handbuilding-techniques/storytelling-slide-boxes/>
*a physical copy will be available for students without internet access.
- Sketch a story to tell on your slab box.

Ceramics 2:

- Find a video to watch daily about throwing on the potter's wheel from <https://www.youtube.com/user/CeramicArtsDaily/videos>
If you don't have access to the internet I have a handout, "wheel throwing cheat sheet" please reflect on making on the potter's wheel.
- Reflect on what you learned. Then create a sketch of what you could make for the technique learned.

If you have a C, D, or NP:

- Work on missing assignments.
- Starters and quizzes are available on canvas.