



DANCE - Grades PreK, K, and 1 Academic Readiness for 2020

Dear Center City Families,

In this challenging time, Center City staff is doing our best to ensure that your child is academically prepared to return to school in the Fall of 2020 with minimal learning loss. We have created this packet of academic materials that expand on foundational content that was covered this school year. Your child should complete this work to be ready for school once the academic year starts again in the fall.

This packet includes approximately four weeks of work. **Between May 4th and 22nd, teachers will schedule virtual check-ins with students centered around the content of this packet. Please return the completed packet to your home campus no later than June 5, 2020.**

Inside this packet, you will find:

- A table of contents that shows page numbers for each included activity
- A calendar that shows, day by day, which activities students should complete
- A copy of every activity and assignment that students will need to complete

Your child's teachers will be reaching out via text, email, phone, or Class Dojo to let you know when they are available and how they will monitor student progress on academic work through May 22nd.

There are a number of ways you can support the academic growth of your child during this time and throughout the summer:

- If possible, provide them with a quiet, comfortable place in which to complete their work.
- Please encourage them to read a book or magazine for pleasure. You can find books and resources online at www.dclibrary.org.
- Encourage children to keep a diary or journal for recording their thoughts, observations, or drawings.
- Get outside for an hour or two as weather permits.
- Reach out to the teacher if your child has any questions about the work in this packet.

We thank you for your patience and flexibility during these unprecedented times. If you have any questions or concerns, please do not hesitate to reach out to your campus team. In the meantime, we encourage everyone to stay safe and healthy by following the social distancing protocols that Mayor Bowser has put into place.

Sincerely,

The Center City Team



DANCE - Grades PreK, K, and 1 Preparación Académica para 2020

Queridas Familias de Center City,

Durante este tiempo difícil, el personal de Center City está haciendo nuestro mejor para asegurar que su hijo está académicamente preparado para regresar a la escuela en el otoño de 2020 con una pérdida mínima de aprendizaje. Hemos creado este paquete de materiales académicos que amplían en el contenido fundacional que estaba cubierto este año escolar. Su hijo debe cumplir este trabajo para estar listo una vez el año académico empiece otra vez en el otoño.

Este paquete incluye aproximadamente cuatro semanas de trabajo. **Entre el 4 y el 22 de mayo, los maestros van a programar conversaciones virtuales con los estudiantes para hablar sobre el contenido de este paquete. Por favor entreguen el paquete cumplido a su campus no más tarde que el 5 de junio, 2020.**

Adentro este paquete, van a encontrar:

- Una tabla de contenido que muestra el número de página para cada actividad incluida
- Un calendario que muestra, día por día, cuáles actividades los estudiantes deben cumplir
- Una copia de cada actividad y trabajo que los estudiantes necesitan cumplir

Los maestros de su hijo van a estar en contacto por texto, correo electrónico, teléfono, o Class Dojo para notificarles cuando están disponibles y cómo van a monitorizar el progreso de su estudiante en el trabajo académico hasta el 22 de mayo.

Hay una variedad de maneras que usted puede apoyar el crecimiento académico de su hijo durante este tiempo y durante el verano:

- Si posible, proporcione su estudiante un lugar tranquilo y cómodo donde puede cumplir su trabajo.
- Por favor animalo a leer un libro o revista para diversión. Puede encontrar libros y recursos en línea a www.dclibrary.org.
- Anime los niños a escribir un diario con sus pensamientos, observaciones, o dibujos.
- Salgan afuera por una hora o dos si el tiempo lo permite
- Hable con el maestro si su hijo tiene alguna pregunta sobre el trabajo en este paquete.

Les agradecemos su paciencia y flexibilidad durante esta época sin precedentes. Si tiene preguntas o preocupaciones, por favor no duden en ponerse en contacto con el equipo de su campus. Mientras tanto, animamos a todos a mantenerse seguros y saludables por seguir los protocolos de distanciamiento social que la alcaldesa Bowser ha implementado.

Sinceramente,

El Equipo de Center City



ትምህርታዊ ዝግጁነት ለ 2020 **DANCE - Grades PreK, K, and 1**

የተከበራቸው የሴንተር ሲቲ ወላጆች

በዚህ ፈታኝ ወቅት የሴንተር ሲቲ ስራተኞች ልጅዎ በ 2020 መገባደጃ ላይ ወደ ት / ቤት ሲመለስ በትምህርቱ ዝግጁ መሆኑን ለማረጋገጥ የተቻለንን ሁሉ እያደረጉ ነው። በዚህ የትምህርት ዓመት የተሸፈኑ መሠረታዊ ደብዳቤ ላይ የሚያተኩር ደህንን የትምህርት ቁሳቁስ የያዘ ፓኬጅ ፈጥረናል። የትምህርት ዓመቱ በበልግ ወቅት/ፎል እንደገና ከተጀመረ ልጅዎ ለትምህርት ቤት ዝግጁ ለመሆን ደህንን ስራ መሙላት/መስራት አለበት።

ደህ ፓኬት በግምት የአራት ሳምንታት ሥራን ያካትታል። ከግንቦት/ሚያ 4 እስከ 22 ኛው ባለው ጊዜ መምህራን በዚህ ፓኬጅ ደዘት ዙሪያ እተኩረው ከተማሪዎች ጋር በቨርቹዎል/በኢንተርኔት ለሚደረግ ትምህርት መርሃ ግብር ያዘጋጃሉ። እባክዎን የተጠናቀቀውን እሽግ ከጁን 5 2020 ዓ.ም. በፊት ወደ ትምህርት ጣቢያ/ ካምፓስ ይመልሱ።

በዚህ እሽግ ውስጥ የሚከተሉትን ያገኛሉ፡

- ለእያንዳንዱ ስራዎች የገጽ ቁጥሮችን የሚያሳይ የደዘት ሠንጠረዥ
- ተማሪዎች በየቀኑ ማጠናቀቅ የሚጠበቅባቸውን ስራዎች የሚያሳይ የቀን መቁጠሪያ
- ተማሪዎች ማጠናቀቅ የሚያስፈልጓቸውን የእያንዳንዱ እንቅስቃሴ ቅጽ/ኮፒ

የልጅዎ አስተማሪዎች እስከ ሜይ 22 ባለው ግዚ መቼ እንደሚገኙ እና እንዴት በካሳሚክ ሥራ ላይ የተማሪዎን እድገት እንዴት እንደሚቆጣጠሩ ለማሳወቅ በጽሑፍ ፣ በኢሜል ፣ በስልክ ወይም በክፍል ጾጁ/ በኩል ለማድረስ ጥረት ያደርጋሉ።

በአሁኑ ሰዓት እንዲሁም እስከ ሰመር ባለው ጊዜ የልጅዎን የትምህርት እድገት ለመደገፍ በርካታ መንገዶች አሉ፡

- የሚቻል ከሆነ ሥራቸውን የሚያጠናቅቁበት ጸጥተኛና ምቹ የሆነ ቦታ አዘጋጁላቸው።
- እባክዎን ለመደሰት መፅሃፍ ወይም መጽሔትን እንዲያነቡ ያበረታቷቸው። መጽሔቶችን እና የተለያዩ ጽሁፎችን በ www.dclibrary.org ማግኘት ይቻላል።
- ሀሳቦቻቸውን ፣ ምልክታዎቻቸውን ፣ ወይም ስዕሎቻቸውን ለመገልበጥ ልጆች ማስታወሻ ደብዳቤ ወይም ማስታወሻ እንዲይዙ ያበረታቷቸው።
- የአየር ሁኔታ እንደሚፈቅድ ለአንድ ወይም ለሁለት ሰዓት ወደ ደጅ የዘዋቸው ይውጡ።
- ልጅዎ በዚህ ፓኬት ውስጥ ስላለው ሥራ ጥያቄ ካለዎት ከአስተማሪው ጋር ይገናኙ።

በእነዚህ ባልተለመዱ ጊዜያት ስለትዕግስት እና እናመሰግናለን። ማናቸውም ጥያቄዎች ወይም ስጋቶች ካሉዎት እባክዎን ወደ የካምፓስ ቡድንዎን ለመገናኘት አያመንቱ። ደህ በእንዲህ እንዳለ ከንቲባ ባውዘር ያስቀመጠቻቸውን ማህበራዊ ልዩነትን /ተራርቆ የመቆየት ፕሮቶኮሎችን በመከተል ሁሉም ሰው ደህንነቱ የተጠበቀ እና ጤናማ ሆኖ እንዲቆይ እናበረታታለን።

ከሠላምታ ጋር፡

የሴንተር ሲቲ ቡድን

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Dancing at a Distance!

Dance Assignments for Grades PreK through 1st.



Hi Families!

Below is a calendar of assignments. If you have any questions about what the assignment is, please reach out to your dance teacher!

Ms. Weissler's Email: hweissler@centercitypcs.org

Ms. Weissler's phone number: 224-383-5149

Ms. Jordan's Email: jdaugherty@centercitypcs.org

Ms. Jordan's phone: 502-930-9192

Ms. Malloy's Email: amalloy@centercitypcs.org

Ms. Malloy's phone: 301-852-1007

You can also use Ms. Weissler's YouTube channel as a resource. A lot of what is covered in the assignments is also covered on the YouTube channel (as well as added fun games and dances for students).

YouTube channel can be found through this link: <https://tinyurl.com/WeisslerDance>

Ms. Weissler also has a playlist on Spotify! Text her at 224-383-5149 and she can share it with you via text. **Feel free to send videos and photos of students completing their work!**

PreK 3- please trace or circle any of the listed words where it says to write a word down

PreK 4- fill in the sentence with the word

K and 1- fill in the sentence with the word and also why underneath

***There will be word banks and sentence starters provided for the students**

Additional Resources for this packet:

-Color Dance Song fun for the family

<https://www.youtube.com/watch?v=EvMPRnMHfx8>

-Game- Color Freeze Dance Game

<https://www.youtube.com/watch?v=cap54yZoiQ8>

-Read Aloud- Book titled Color Dance

https://www.youtube.com/watch?v=31_smhOzIFE

-Learn Colors with Dancing Children

<https://www.youtube.com/watch?v=bqWCViRlu5M>

-Rainbow Colors Song

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

5/4/2020	5/5/2020	5/6/2020	5/7/2020	5/8/2020
<p>Favorite Color Week</p> <p>Complete pg. 5-6 of the packet.</p> <p>Pick out your favorite color and color it in</p> <p>Do the rainbow straddle stretch</p>	<p>Do the Rainbow Straddle Stretch again pg. 7</p> <p>And then draw how that stretch makes your body feel</p>	<p>Favorite Color Dance: Dance/make the shapes/letters of your favorite color</p> <p>Put on a show!</p> <p>Show your favorite color dance to someone</p> <p>Tell them why it is your favorite color</p>	<p>Do your favorite color dance again</p> <p>Complete pg. 9</p> <p>Did you use any locomotor or non-loco motor movements?</p> <p>Write down what movements you did on the lines provided? (Prek3 circle what dance moves you did)</p>	<p>Add a prop: Complete pg.10</p> <p>See if you can find something at your home that is your favorite color and use the object to make a dance</p> <p>Draw what you used to make your dance</p> <p>Ex. my favorite color is orange, I found an orange ball and made a dance with it</p>
<p>5/11/2020</p> <p>Create a color dance: Use the color log on pg.11 to create a color dance</p> <p>Write down which colors you used (PreK3 circle what colors you used)</p> <p>Show a family member your dance.</p>	<p>5/12/2020</p> <p>Pick 2 Tuesday: Pick 2 colors from the color log(pg.11) and dance those movements</p> <p>Teach the movements to a family member</p> <p>Draw a picture with the colors you used pg.12</p>	<p>5/13/2020</p> <p>Wacky Wednesday:</p> <p>Dance the color log(pg.11) from the end to the beginning and then from the beginning to the end</p>	<p>5/14/2020</p> <p>Terrific Thursday:</p> <p>Thursday has 8 letters in it you must dance every movement from the color log(pg.11) 8 times</p>	<p>5/15/2020</p> <p>Fun Friday:</p> <p>Dance Color Bingo(5 in a row) pg. 13-14</p> <p>Color the squares of dance moves you did this week and see if you get BINGO!</p>

5/18/2020	5/19/2020	5/20/2020	5/21/2020	5/22/2020
<p>Green/ Eco-friendly Week :</p> <p>Color the Word GREEN and Recycle Symbol pg.15-16</p> <p>Dance out/make the shapes/letters of the color GREEN with your body</p>	<p>Our world is green:</p> <p>List(circle PreK3) 7 things that you see around you that are GREEN pg.17</p> <p>Dance the Tree dance pg.18</p>	<p>Wacky Wednesday Frog or Snake:</p> <p>Color the picture of the frog, snake, and turtle and then move like a snake, a frog, and a turtle pg.19-21</p> <p>Write down(circle PreK3) Which one do you like to move like (kindergarten and 1st write down why?) pg.22</p>	<p>Being Green:</p> <p>Read Aloud-the lyrics of "Being Green" by Lena Horne pg.23</p> <p>Then dance the movements on the dance leaves pg.24</p>	<p>Fun Friday...Add a prop</p> <p>Find a green object in your house and create/make a dance using the object with a family member.</p>
<p>5/25/2020</p> <p>Dance, color, and feelings:</p> <p>Draw a line to the color you think matches that feeling pg.26</p> <p>Dance out each emotion/feeling listed on pg.26</p>	<p>5/26/2020</p> <p>How are you?:</p> <p>Write down(or circle PreK3)</p> <p>How do you feel today? from the feeling word bank (Kindergarten and 1st say why?) pg.27</p> <p>Now put a movement to how you are feeling</p> <p>Ex. I feel happy! Movement: jumping up and down</p>	<p>5/27/2020</p> <p>Wacky Wednesday:</p> <p>Ask a family member how they are feeling and dance their emotions</p>	<p>5/28/2020</p> <p>Turn Up Thursday:</p> <p>List(circle PreK3) 5 dance movements for the emotion happy then dance all 5 movements in order, repeat 2 more times pg. 28</p> <p>1st time dance the dance regular tempo/speed</p> <p>2nd time dance the dance fast tempo/speed</p> <p>3rd time dance the dance slow tempo/speed</p>	<p>5/29/2020</p> <p>Feel Good Friday:</p> <p>Challenge Combination, add your favorite color, emotion, and tempo/speed into one big dance phrase</p> <p>Ex. In my dance phrase, I would move how purple and happiness makes me move, and I would also move slow because I like to move slow motion.</p>

Thank you for helping to keep your child dancing and active over this strange time.
We miss you all and can't wait to see you in the building soon!
Love, Your Dance Teachers

Pick out your favorite color and color it in

red

blue

yellow

green

orange

purple

brown

pink

black

white

Rainbow Straddle Stretch

1. Curve Your Body to side



2. Pretend to draw each color of the rainbow from one toe to the other toe, Hold each color for 8 counts, then try the stretch again and hold each color for 4 counts, then 2 counts, then 1 count! **How fast can you make the rainbow?**

Roy G Biv= Red.Orange.Yellow Green Blue.Indigo.Violet



Draw below in the blank space, how the Rainbow Straddle Stretch made your body feel?

Locomotor VS. Non-locomotor

- Locomotor movements are movements that usually travel through space.
- Non-locomotor movements are movements that stay in one place.



Locomotor Movements

Dancers using locomotor movements may walk, run, skip, hop, jump, slide, LEAP, or gallop. These movements may be high (possibly indicating joy), medium, or low (possibly indicating sadness.)



What type of locomotor and non-locomotor movements were in your favorite color dance?

Non-Locomotor			
Wiggle	Push	Bend	Stretch
Rise and Fall	Sway	Balance	Curl
Pull	Twist	Swing	Turn

Locomotor Movements:		
Slide Step	Skip	Run
Jump	Leap	Walk
Hop	Gallop	Roll
Crab Walk		

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Don't forget to take a bow!

Add A Prop- Draw below the color prop you used to make your dance:

Color Log

Color	Movement
Red	4 head nods
Orange	2 shoulder shrugs
Yellow	3 slides in any direction
Green	8 stomps
Blue	4 counts of orange justice
Indigo	3 arm waves
Violet	5 jumps

I used the colors

_____ , _____ ,

_____ , _____ ,

_____ , _____ ,

and _____ in my color dance.

Draw a picture below using the colors you did the movements of today:

Play with the family: **Color** the squares of dance moves you did this week and see if you get BINGO, extra bingo cards on the following page

DANCE COLOR BINGO

Head nod	Slide	Skip
Clap	Stomp	Wiggle
Bend	Turn	Jump

myfreebingocards.com

DANCE COLOR BINGO

Head nod	Slide	Skip
Clap	Stomp	Wiggle
Bend	Turn	Jump

myfreebingocards.com

DANCE COLOR BINGO

Head nod	Slide	Skip
Clap	Stomp	Wiggle
Bend	Turn	Jump

myfreebingocards.com

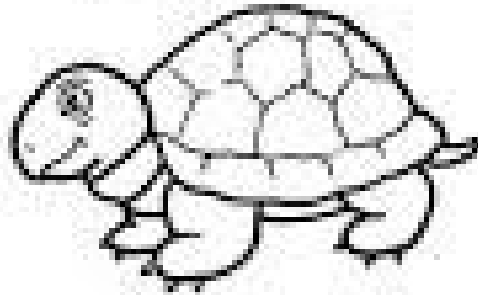
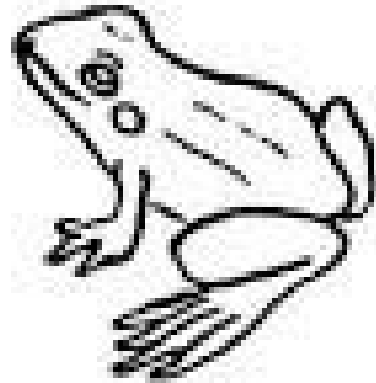
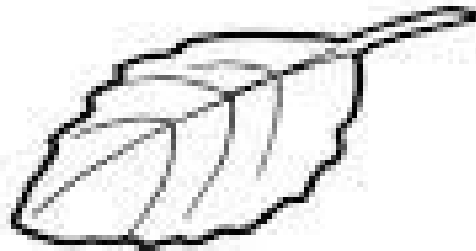
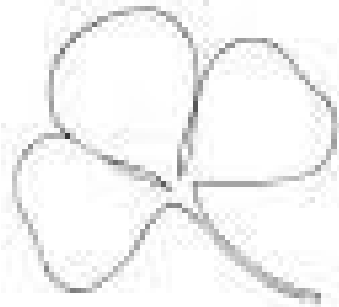
DANCE COLOR BINGO

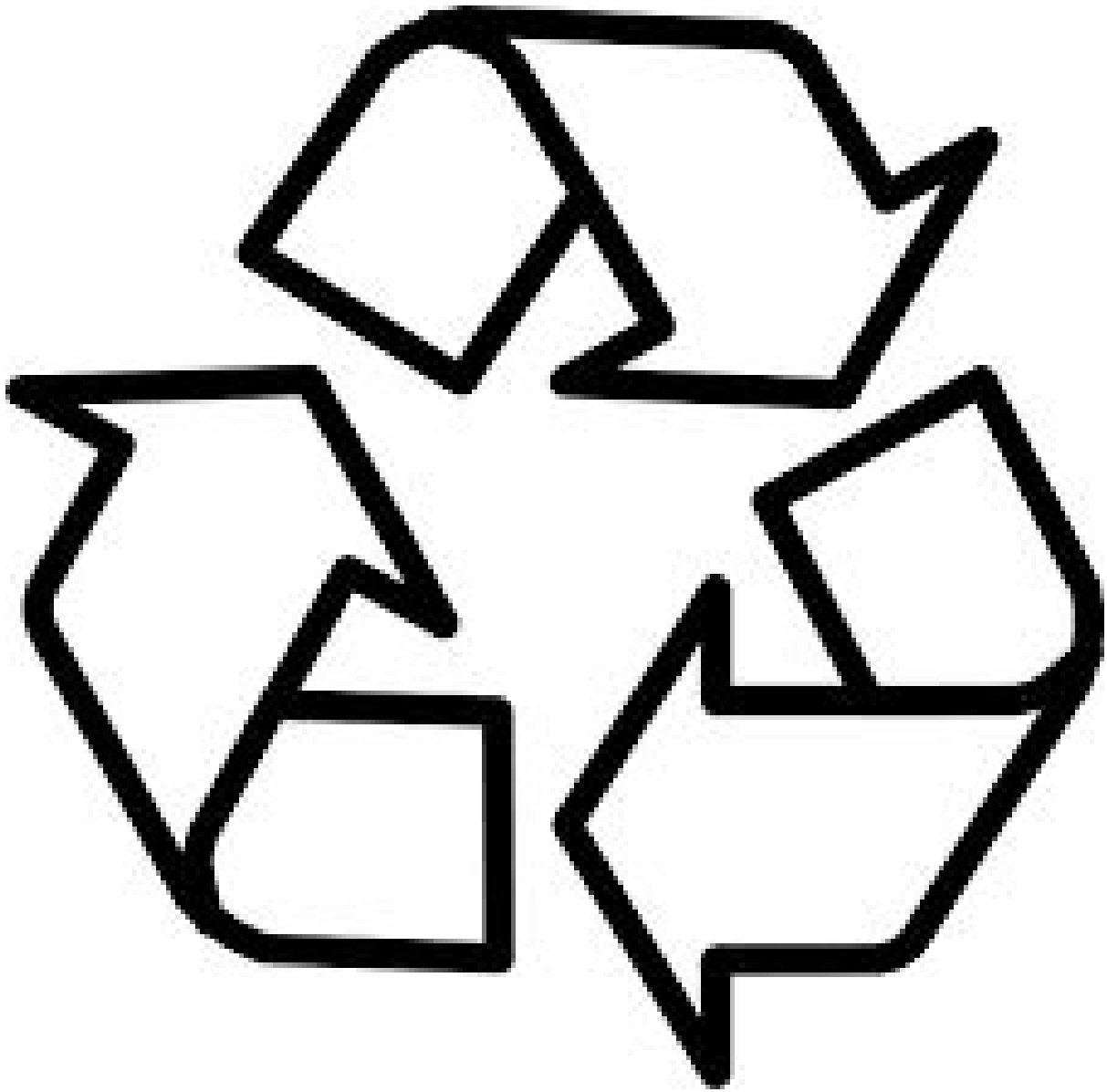
Head nod	Slide	Skip
Clap	Stomp	Wiggle
Bend	Turn	Jump

myfreebingocards.com

Green

Green





List 7 things that you see around you that are **GREEN**

1. _____

2. _____

3. _____

4. _____

5. _____

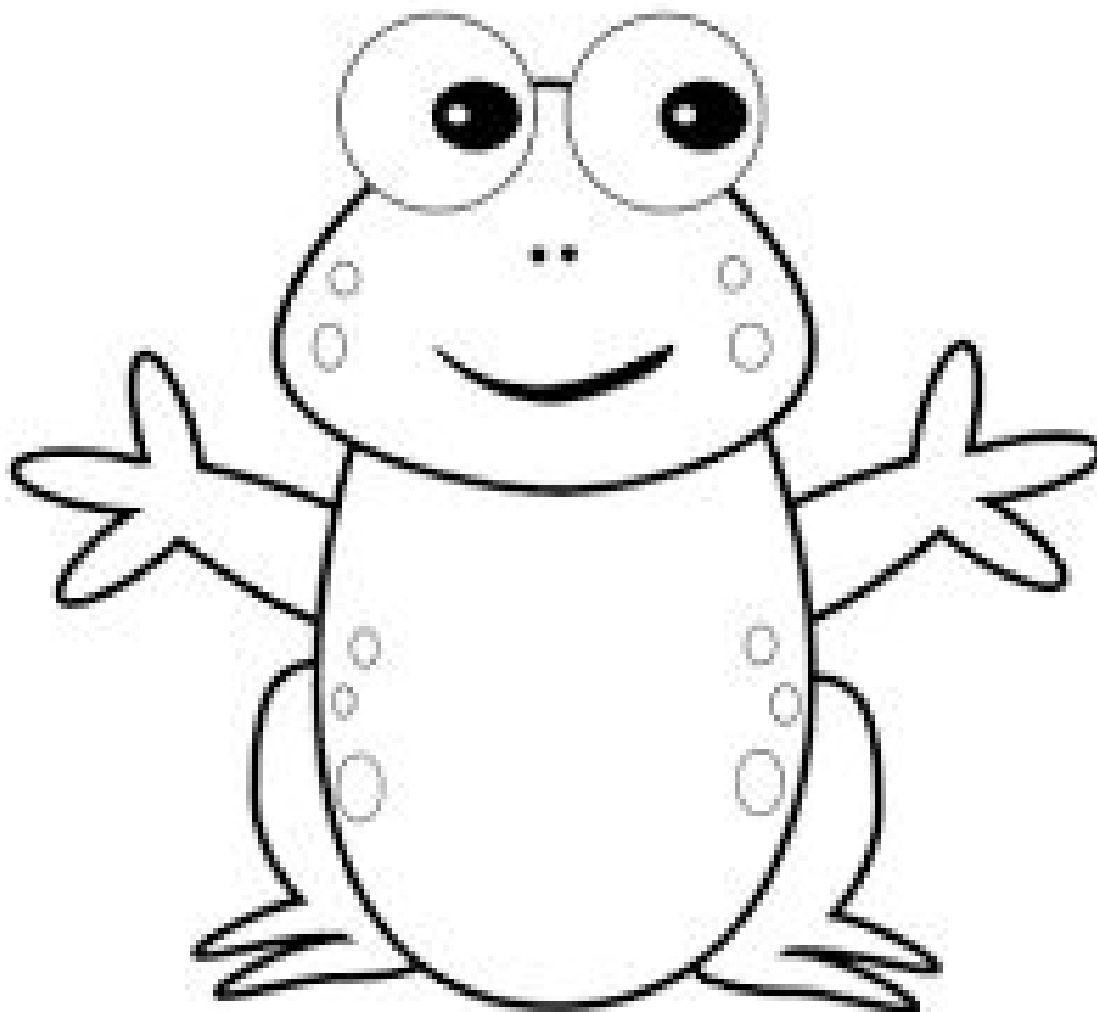
6. _____

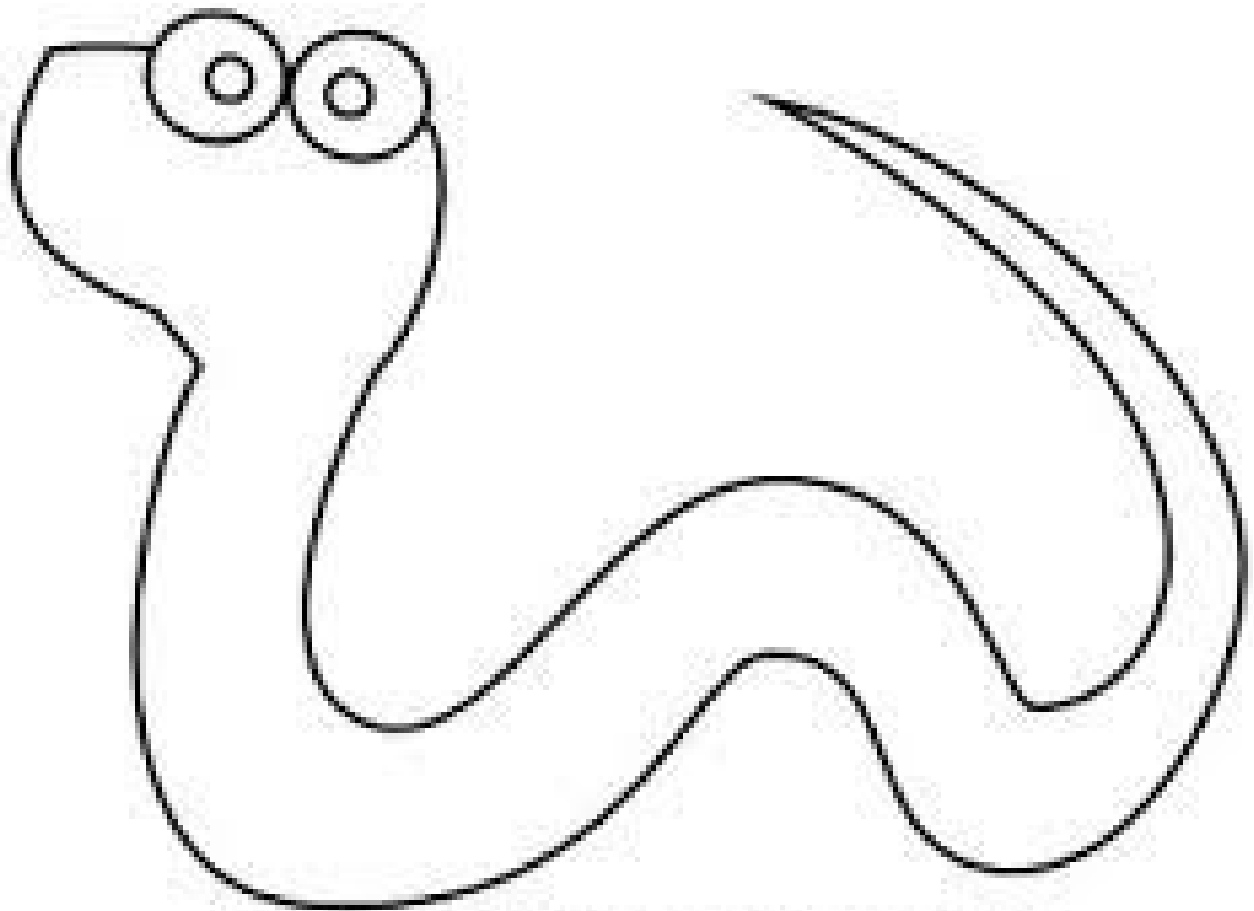
7. _____



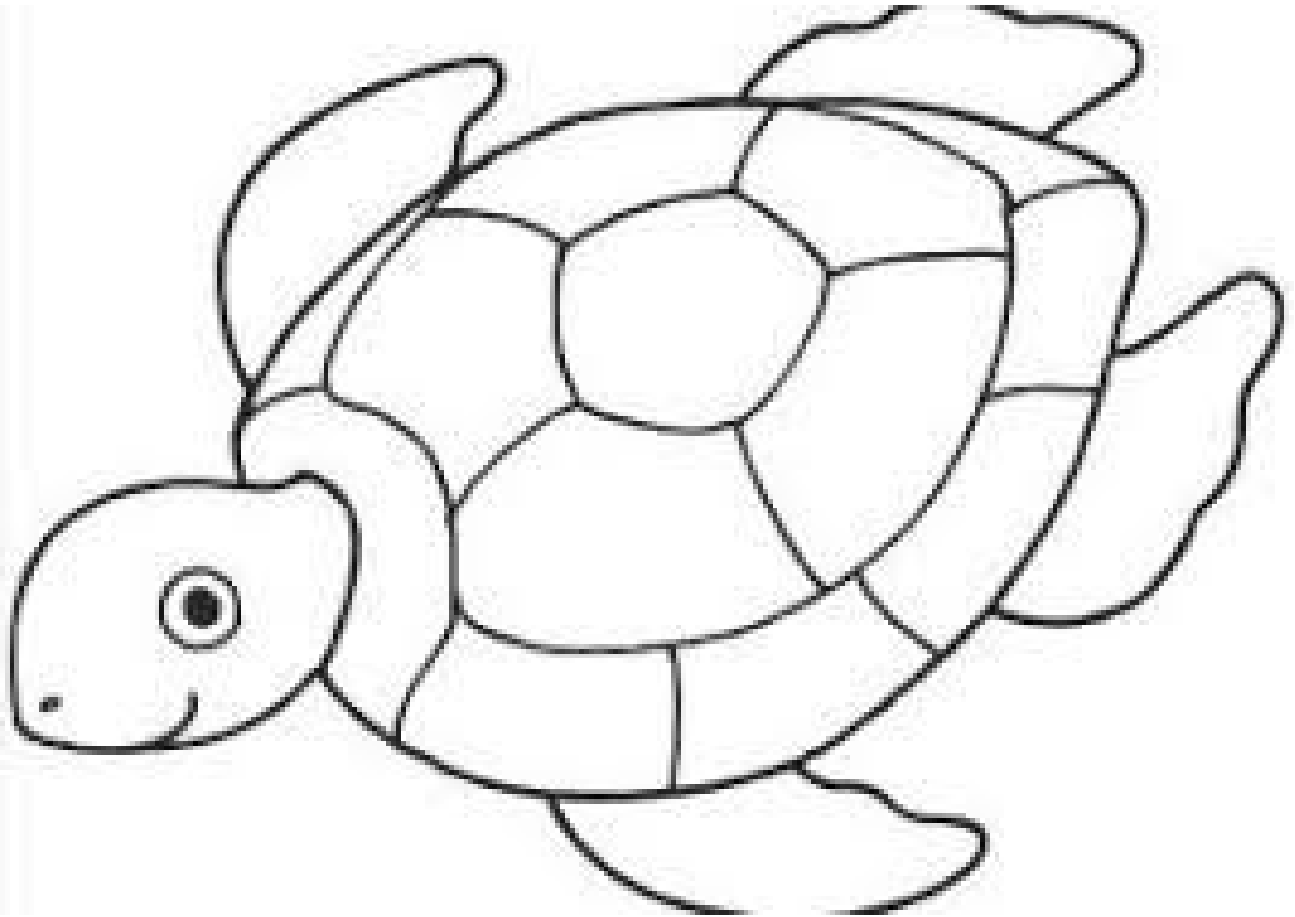
Tree Dance(a dance incorporating levels- low, medium, and high and tempo-slow, medium, and fast):

- Start out in a small ball as seed in the ground(low level): How small can you make your body?
- Next start to grow and sprout(stretch your legs move to a medium level)
- Then add leaves(fingers) and branches(arm) movements and grow to another level
- Then grow to full height(tip toes): How tall can you make your tree?
- Then repeat the dance with music, try making your tree grow super slow or super fast

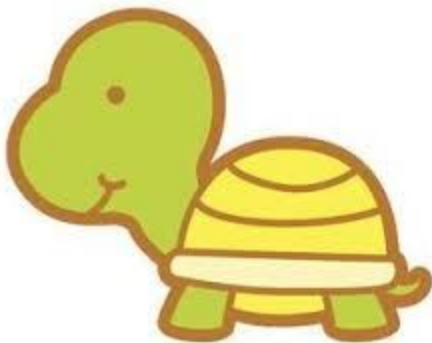




How-to-draw-funny-cartoons.com



PreK3: circle which way you like to move? Like a snake? Or like a frog? Or a turtle?



Prek 4: Fill in the blank with either Frog or Snake or Turtle

My favorite way to move is like the _____.

Kindergarten and 1st Grade: Fill in the blank

Word Bank: Turtle, Frog, Snake, Slow, Fast, Jump

I like to move like a _____ the

best because I like to/ or move _____.

Lena Horne: Being Green (cover of 'Being Green by The Muppets') Written by Joe Raposo

It's not easy bein' green
Having to spend each day
The color of the leaves
When I think it would be much nicer
Bein' red or yellow or gold
Or something much more colorful like that

It's not easy bein' green
It seems you blend in
With so many other ordinary things
And people tend to pass you over
'Cause you're not standing out
Like flashy sparkles on the water
Or stars in the sky

But green is the color of spring
And green can be cool and friendly like
And green can be big like an ocean
Or important like a mountain or tall like a tree

When green is all there is to be
It could make you wonder why
But, why wonder why, why wonder?
And I'm green and it'll do fine
It's beautiful and I think it's what I want to be



COLOR & EMOTIONS

RED	BLUE	GREEN	YELLOW	ORANGE	PURPLE
Love	trust calm	GROWTH	happy	cheerful	imaginative
bold energy	STRENGTH	relaxation	optimism	WARMTH	ROYAL
EXCITEMENT	peace	LUCKY	ENERGY	confidence	via MAGICAL
POWER	stability	peacefulness	joyful	YOUTHFUL	generosity
passion	LOYALTY	clarity	confidence	stability FUN	wealth

stardust
memorials



Draw a line to the color you think matches that feeling
PreK4, Kindergarten, and 1st write emotion you think it is under the square
Word Bank: Angry, Happy, and Sad

Angry



Happy



Sad



Calm



How do you feel today?

PreK3: Circle how you feel

PreK4: Fill in the blank

Kindergarten and 1st: Fill in the blanks

Word Bank	
Happy	Calm
Excited	Exhausted
Nervous	Angry
Tired	Sad

PreK4:

Today I am feeling

Kindergarten and 1st Grade:

Today I am feeling

Because _____.

Now put a movement to how you are feeling

Ex. I feel happy!

Movement: jumping up and down

List(PreK3 Circle) 5 dance moves you would do with the emotion HAPPY

Skipping	Running	Crab Walk
Leaping	Walking	Roll
Jumping	Twisting	Gallop
Hopping	Bending	
Sliding	Stretching	

1. _____

2. _____

3. _____

4. _____

5. _____

DANCE: All 5 movements in order, repeat the dance 2 more times

- 1st time do the dance regular tempo/speed

- 2nd time do the dance fast tempo/speed
- 3rd time do the dance slow tempo/speed

Resources for Parents:

We are using one YouTube Channel for the 3 Center City campuses that have dance

Ms. Weissler's YouTube channel:

On this channel, you can find movement games, movement stories and more!

<https://tinyurl.com/WeisslerDance>

Ms. Weissler also has a playlist on Spotify! Text her at 224-383-5149 and she can share it with you via text. Petworth and Capitol Hill campuses please feel free to reach out to your dance teachers if you are also needing music. **Feel free to also send videos and photos of students completing their work!**

Movement Videos and Songs for Students:

GoNoodle Channel. Plenty of videos for students! <https://www.youtube.com/user/GoNoodleGames>

Additional Resources for this packet:

-Color Dance Song fun for the family

<https://www.youtube.com/watch?v=EvMPRnMHfx8>

-Game- Color Freeze Dance Game

<https://www.youtube.com/watch?v=cap54yZoiQ8>

-Read Aloud- Book titled Color Dance

https://www.youtube.com/watch?v=31_smhOzIFE

-Learn Colors with Dancing Children

<https://www.youtube.com/watch?v=bqWCViRlu5M>

-Rainbow Colors Song

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

More Resources:

Dinosaur March by Laurie Berkner Band <https://www.youtube.com/watch?v=vPrmY7labLA>

Sticky Sticky Bubblegum by The Kiboomers <https://www.youtube.com/watch?v=VB8WOSyNyrc>

The Goldfish by Laurie Berkner Band <https://www.youtube.com/watch?v=Cg-wnQKRHTs>

Animal Action by Pinkfong <https://www.youtube.com/watch?v=AgKaN5t5BpQ>

Animal Action by Tumble Tots <https://www.youtube.com/watch?v=F8I2HUU91Ro>

