



LAUSD APE Elementary Continuity of Learning Resource Calendar

MAY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 MAY Theme- May the 4th Be With You! Activity: In a Galaxy Fit Fit Away	5 MAY Theme- Superhero Week! Activity: Dance	6 MAY Theme- Superhero Week! Activity: Five Minute Workout	7 MAY Theme- Superhero Week! Activity: Cardiovascular Endurance	8 MAY Theme- Superhero Week! Activity: Mr. Ma's Warm Up
<p>Click on the link below to enjoy a Star Wars story through movement. Click on the second link to experience Star Wars trials and challenges.</p> <p>A Star Wars Movement Story Star Wars Trials and Challenges</p>	<p>Click on the link below to perform exercises to Spiderman's theme song. When you are done, you will be ready to follow along with a superhero dance.</p> <p>Superhero Dance</p>	<p>Click on the link below to access the video. Put on your cape and let us stretch, get strong and have some fun!</p> <p>Superhero Five Minute Workout</p>	<p>These superhero workouts will help build your endurance. You will finish off by building a spider web. Remember to concentrate as you navigate the web!</p> <p>Superhero Cardio</p>	<p>Click on the link below to follow Mr. Ma's superhero workout. This workout focuses on Identifying body parts and dynamic stretching.</p> <p>Mr. Ma's Superhero Workout</p>
11 MAY Theme- Getting Ready for the Carnival! Activity: Throwing and Catching	12 MAY Theme- Getting Ready for the Carnival! Activity: Underhand Toss for Accuracy	13 MAY Theme- Getting Ready for the Carnival! Activity: Throwing and Catching	14 MAY Theme- Getting Ready for the Carnival! Activity: Throwing and Catching	15 MAY Theme- Getting Ready for the Carnival! Activity: Scarf Juggling
<p>Click on the link below for six individual throwing and catching challenges!</p> <p>Throwing and Catching Challenge Part 1</p>	<p>You will begin today's activity with some warm-ups set to a counting song. Next, you will learn how to perform the underhand toss for accuracy.</p> <p>Underhand Toss</p>	<p>Click on the link below for part two of the throwing and catching challenge!</p> <p>Throwing and Catching Challenge Part 2</p>	<p>You will begin today's activity with a review of the counting song and warm up techniques. Next, you will practice your throwing and catching technique. This activity will challenge your eye-hand coordination!</p> <p>Throwing and Catching</p>	<p>Click on the link below to learn beginner technique for scarf juggling!</p> <p>Beginner Scarf Juggling</p>
18 MAY Theme- Multicultural Dance Activity: Indian Dance and African Dance	19 MAY Theme- Multicultural Dance Activity: African Dance and Hula Dance	20 MAY Theme- Multicultural Dance Activity: Haka Maori Dance and English Barn Dance	21 MAY Theme- Multicultural Dance Activity: Bollywood Dance and Mexican Hat Dance	22 MAY Theme- Multicultural Dance Activity: Tiklos Philippines Dance and Irish Stew Folk Dance
<p>Click the first link below to learn basic Dandiya dance steps and simple Garba dance steps from India! Click on the second link below for a fun 5-minute African inspired dance tutorial.</p> <p>Indian Dance African Inspired Dance</p>	<p>Today's activity includes learning African dance from a teacher from Zimbabwe. Then, you will learn Hula dance set to "He Mele No Lilo," from Disney's Lilo and Stitch!</p> <p>African Dance and Hula Dance</p>	<p>Click the first link to learn a quick 1-minute Haka routine! Click on the second link to follow along with a Berlin-based dance group to learn the Traditional English Barn Dance.</p> <p>1-Minute Haka Routine English Barn Dance</p>	<p>Today you will learn a Bollywood dance, which is the dance form used in many popular Indian films. After that, you will dance along to the Mexican Hat dance!</p> <p>Bollywood and Mexican Hat Dance</p>	<p>Click the first link to learn the Tiklos dance, which is a traditional folk dance from the Philippines. Click on the second link to follow along with students learning an Irish folk dance.</p> <p>Tiklos Philippines Dance Irish Stew Folk Dance</p>
25 MAY Theme- Roll with it! Activity: Let's Get Rolling!	26 MAY Theme- Roll with it! Activity: Rolling to a Partner	27 MAY Theme- Roll with it! Activity: Sock Bocce	28 MAY Theme- Roll with it! Activity: At Home Bowling	29 MAY Theme- Roll with it! Activity: Homemade Skee-Ball
<p>Learn how to make balls and targets out of household items, and learn the fundamentals of the skill rolling.</p> <p>Let's Get Rolling</p>	<p>In today's activity, you will learn the proper technique of rolling a ball! This is an important skill to have to master such activities as bowling and bocce.</p> <p>Rolling to a Partner</p>	<p>A great game to practice individually or play with the family! Grab a piece of paper and some socks. Roll a target ball (palino) and then see who can roll their socks closest to the target.</p> <p>Sock Bocce</p>	<p>Today's activity shows you how to play a modified version of bowling from the comfort of your own home!</p> <p>At Home Bowling</p>	<p>Fun for the whole family! Make your own skee-ball ramp with just a box, and some baskets or buckets. How many points can you score?</p> <p>Homemade Skee Ball</p>

****We strongly recommend that an adult supervises and/or participates in each of the activities with their student****