

2019-2020 Grade 6-8 Visual & Performing Arts/Physical Education Choice Board

- Students should choose at least **one** activity from a **different standards column each day**
- **OR:** Students can design their own choice board on the blank copy provided.
- Please log the amount of time it took to complete the activity and have a caregiver/parent sign the bottom of the form.
- Students must return their activity log to their teacher **within 1 week** upon return to school.

Dance/Physical Education	Music	Theatre	Visual Arts
Take a walk around your block. What are the different patterns of steps you can take? Try skipping, hopping, and swinging your arms to create different patterns.	Pick your favorite song. Write down as many lyrics as you know. Identify the chorus, verses, and rhyme patterns. Can you make up a new song following the same rhythm?	Think about your favorite memory. Write a monologue that describe this memory. Perform this monologue for your family.	Find an object in your house. Draw a picture of the object, but change one thing about it.
Turn on your favorite song. Make up a dance routine. Teach a family member the routine and perform it together.	Do you know the history behind your favorite music genres? Research different genres or styles of music. Pick two to compare/contrast with a Venn Diagram.	Create a character for 2 people in your family. Write a short script with those characters and preform this for your remaining family members.	Find a book or magazine with illustrations or photos. Can you draw a similar picture using the style of the author/illustrator?
Set up an obstacle course in your house or backyard. Ask a family member to time you as you run through the course. Have races with other family members.	How do different objects or surfaces produce sound? Create your own "drum" set by tapping on various items around your house. Record the results and differences in sound.	Watch your favorite movie or TV show. Write down what you liked about 2 different characters. Can you act out a scene from the show?	Take a piece of paper and draw a line down the center. Make a symmetrical sketch (where whatever you draw on the left has to mirror what you draw on the right). How closely do your pictures match?
Sit still for 3 minutes. Take your pulse and record it on a piece of paper. Do 20 jumping jacks and take your pulse again. Record your findings. Repeat 5 times and chart the changes.	Write your own song lyrics and practice performing your song in front of others.	Think about your favorite book. Brainstorm what one of the settings from the book would look like on a stage. Draw and color the set.	Try looking at something from a new perspective (lay on the floor, flip upside down on the couch, etc.). How does your perspective change? Share your observations.

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