



# Belair Elementary School

3925 Harper Franklin Ave  
Augusta, GA 30909

Shetina Roulhac, Principal  
Cheronda Harris, Assistant Principal  
Tan Ivery, Assistant Principal

Office 706-821-2766  
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## Asynchronous Day **Art** Choice Board

**Students may complete one or more activities on the following asynchronous learning days:**  
September 3, 2024, October 11, 2024, February 18, 2025, and March 10, 2025.



Choose an ART project that you would like to complete.

<b>Lines</b> Use different types of lines to create a drawing of a room in your home. You can draw yourself in the room doing something cool!	<b>Shapes</b> Draw at least 3 objects in your home that are geometric and 3 objects that you would consider organic. Have fun!	<b>Texture</b> Draw something that looks wet, rough, and fuzzy. You should have 3 drawings when you are done.
<b>Color</b> Ask your parent if you can go outside to draw a scene from nature. Make sure you color everything you draw.	<b>Form</b> Pick an object from your home. (example: remote control or tissue box) Draw that object in 3-dimensional form. (Make it look "real")	<b>Value</b> Pick only one color and draw and color a picture showing the values of that color. (The value of a color will include how light or dark that color is.)

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## Asynchronous Day **Music** Choice Board

**Students may complete one or more activities on the following asynchronous learning days:**  
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## Music Tic Tac Toe

**Complete at least one activity from the board. If you like, you can complete 3 in a row to make tic tac toe.**

Write new lyrics to your favorite song	Use found sounds (keys, drums, paper, pencils) to drum along with the rhythm to a song.	Listen to a song that you have never heard before and draw a picture of how it makes you feel.
Teach a song from music class to someone at home.	Listen to a song and draw the contour of the melody. When the singer's voice goes up, you line goes up and when it goes down, you go down.	Write a song about what you are doing while you are home.
Write 4 rhythms and play them on found sounds (pots, pans, pencils, etc.)	Practice singing a song from music class in silly voices (monster voice, queen voice, whisper voice, etc.)	Teach a game from music class to someone at home.

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## Asynchronous Day **STEM** Choice Board

Students may complete one or more activities on the following asynchronous learning days:  
September 3, 2024, October 11, 2024, February 18, 2025, and March 10, 2025.

Pre-K, K, 1 <sup>st</sup>	2 <sup>nd</sup> and 3 <sup>rd</sup>	4 <sup>th</sup> and 5 <sup>th</sup>
Engage in on of the activities in the video below with a family member. <a href="https://www.youtube.com/watch?v=O7FBTDUDHM">https://www.youtube.com/watch?v=O7FBTDUDHM</a>		
<b>Build Shapes</b> 	<b>Build a House</b> 	<b>Build a Bridge</b> 
<b>Make Super Flyer</b> 	<b>Make an airplane</b> 	<b>Build a ship that floats</b> 

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## Belair Elementary Health and P.E. Bingo Choice Board

**Only 1 Activity / Square is Required for each Asynchronous Learning Day: 9/3/24, 10/11/24, 2/18/25, 3/10/25.**  
**(A parent's Signature should be given for EVERY completed task)**

<p><b>Get Outside!</b> (30 Minutes)</p> <p>Get some fresh air in your lungs. A few outdoor activity ideas: Playing Basketball, Nature Walk Throw a Frisbee, Go for a Walk / Run Play Football, Go Fishing Play Hopscotch, Play Soccer Throw a Baseball</p>	<p><b>Create your OWN Physical Education Warm-Up</b></p> <p>If you were in charge of P.E., what would you have students do when they first arrive in the gym to have them physically and mentally prepared to participate in today's activities?</p> <p>1) Create a list of warm-up activities that you would like students to do.</p> <p>Complete the activities yourself and make any necessary changes.</p>	<p><b>Proper Dental Hygiene</b></p> <p>Answer the Following Questions and complete the task below:</p> <ol style="list-style-type: none"> <li>1) How often should you brush your teeth?</li> <li>2) How often should you floss your teeth?</li> <li>3) Why do people use mouthwash?</li> </ol> <p>Show your parents that you can brush and floss your teeth all by yourself using the proper techniques.</p>	<p><b>Fit Georgia Strength Challenge</b></p> <p>Within the Fit Georgia tests, students measure their strength by the number of push-ups they can do with the audio cadence provided.</p> <ol style="list-style-type: none"> <li>1) How many push-ups can you do?</li> <li>2) Try to do push-ups every day for 5 days and see if you get stronger.</li> </ol> <p>(Push-ups = knees off the ground no matter your gender.)</p>
<p><b>Favorite Food Paragraph</b></p> <p>Write a paragraph about your favorite food. Be sure to include what food group it is in, why you like it, and where you get it from.</p>	<p><b>Rhythm and Dance</b></p> <p>Music can be a great motivator to get moving! Learn a new dance or create your own!</p> <p><a href="https://www.gonoodle.com">gonoodle.com</a> has some great guided dance tutorials on their website. Just remember to get up and get moving!</p>	<p><b>Bending and Stretching (Non-Locomotor Skills)</b></p> <p>Non-Locomotor skills the ability of our bodies being able to bend, twist, sway, stretch, curl, swing, etc.</p> <p>It also a great way to prepare your muscles for exercise. Practice your non-locomotor skills!</p>	<p><b>Favorite Sport Challenge</b></p> <p>What is your favorite sport? In this activity, you will write what sport you enjoy most, what about the sport makes it your favorite, how you win, are there any rules you would change, and in your opinion, how could the game be made better? Then, play it! (If you are able to)</p>
<p><b>Favorite P.E. Game</b></p> <p>What is your favorite P.E. Game?</p> <p>Get your family together, teach them the rules, and play the game. If you cannot remember the rules, have an adult help you look them up on the internet.</p> <p>Some games that we play in P.E. are: 4 Square, Dodgeball with Variations (Walk-The-Plank, Knock-Out, Swamp Ball, Etc.) Knock-Out (Basketball), Shooting Gallery (Bowling Pins), Pinball Soccer, Bump Tag, and Hula Hoop Rescue</p>	<p><b>Obstacle Course Challenge</b></p> <p>In this activity, you will design an obstacle course using items around your house. It must include running, crawling, balancing, jumping, and throwing. Have everyone in your family attempt the course and see who has the fastest time!</p> <p>And, as always, be safe!</p>	<p><b>Fit Georgia Endurance Challenge</b></p> <p>Two of the Exercises that focus on endurance in the Fit Georgia Program are the "Pacer" test and the "Curl-Up" test.</p> <p>The Pacer test measures Cardiovascular Endurance by having students run for as long as they can with the audio cadence or by the amount of time it takes them to run one mile.</p> <p>The Curl-Up test allows students to do as many sit-ups as they can with an audio cadence. (80 Max)</p>	<p><b>My Plate (5 Food Groups)</b></p> <p>Using <a href="https://myplate.gov">myplate.gov</a>, explore the 5 food groups!</p> <p>List 3 foods from each food group. (5 Food Groups x 3 Foods = 15 Total Foods Listed)</p> <p>Which food group is your favorite? Write 1-4 sentences to explain why.</p>
<p><b>Go Noodle (Stay Active Using Technology)</b></p> <p>Using <a href="https://www.gonoodle.com">gonoodle.com</a>, participate in 4 of the videos available.</p> <p>Some of the most popular videos are: Pop Si Ko 2 Dance, Blazer Fresh Trio, Kidz Bop, and Peanut Butter in a Cup!</p>	<p><b>Personal Information</b></p> <p>Do you know your personal information? Have someone test you on how well you remember the following: Your Full Name, Your Address, Your Birthday, Your Parents / Guardians First and Last Name, Your Parent's Guardians Phone Number(s)</p>	<p><b>A Healthy Heart</b></p> <p>Did you know that your heart is a muscle? It is such a strong muscle that it can pump blood throughout your whole body! In order for us to keep our heart healthy, we have to eat the right foods and make it pump faster. Two ways to make it pump faster is by running and jumping rope. Do one of those two exercises today. When you stop, put your hand on your chest and feel your heart beating faster. If you know how, take your pulse before and after you exercise.</p>	<p><b>Personal Fitness</b></p> <p>Part of being personal fitness is being physically fit. Complete the following exercises for today's activity!</p> <ul style="list-style-type: none"> <li>• 30 jumping jacks</li> <li>• 5-10 push ups</li> <li>• High Knees for 1 minute</li> <li>• 15 sit ups</li> </ul>

If you need help or have any questions, please feel free to contact me. I am always here to help! [usrywe@boe.richmond.k12.ga.us](mailto:usrywe@boe.richmond.k12.ga.us)

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