**Buck Lake Elementary**

**Special Area Assignments : May 18-22**

**Superhero Theme Week**

**\*\*These are all enrichment activities. Parents do not need to let classroom teachers know if the assignments are completed. \*\***

**Physical Education (Kindergarten – 5th Grade / Mrs. Barrett and Mrs. Kay)**

Pick your favorite physical activity to do this week and/or try some of the Superhero exercise videos listed below :

 1. Move Like The Avengers : <https://youtu.be/uYi1kyMeFHQ>

2. The Batman Kids Workout : <https://youtu.be/8dLNbAcMqzc>

3. Justice League Fitness Tabata : <https://youtu.be/u8IZfNrA17w>

4. Superhero Battle Fitness : <https://youtu.be/1HuFAkhPeKQ>

5. Spider Power Yoga : <https://youtu.be/fnO-lGEMOXk>

**Music (Kindergarten – 5th Grade / Mrs. Hartsfield)**

Superhero Sound Effects

Find your favorite Short Story Book. If you can find one with a superhero, all the better!

Create sound effects to go with a story (such as rain sounds, action sounds, sounds for each character, etc.). Perform them with the story for everyone at home.

I've included the song I’m A superhero in the Quaver lesson for the week! Who’s going to win the backpack??

**Art (Kindergarten – 5th Grade / Mrs. McDowell)**

**DRAW a SUPER HERO!** It can be YOU or someone else. It does not have to be a comic/cartoon Super Hero, it could be one of our many community helpers. **COLORING is optional** but it makes it  COOL.

There are lots of ways to draw people. Use simple shapes (ovals/rectangles/triangles) to draw the body/head, draw stick figure person or maybe draw a LEGO Super Hero. Make it BIG! *Use any art/drawing materials\_ PARENT APPROVED*

CHECK OUT ART webpage\_ [https://www.leonschools.net/Page/46](https://www.leonschools.net/Page/46913)

**Media (Kindergarten – 5th Grade / Mrs. Young)**

Watch Super Digital Citizen Video for tips on being a good digital citizen while you are distance learning.

<https://youtu.be/S7A2n1c3UiA>

**STEM (3rd, 4th & 5th Grade / Mrs. Perez)**

Our Superheros need your help as they fight to make the world a better place and our '*Buck Lake STEM Lab*' FaceBook page needs your photos to see your MARVELous solutions!

Choose at least one Superhero STEM activity to complete this week, or do one each day!

* Batman needs a new car!  Using 2 index cards, 2 popsicle sticks, 4 LifeSaver Mints, 2 straws and a piece of paper, plan, build, test, improve and test again a windcar that Batman can use and be environmentally friendly.  Remember, if it is a wind car to plan and design your sail to be most effective.  Use your art skills to decorate Batman's cool windcar!
* Parachute to Safety!  Design a parachute and holder for an egg (a very 'egg-citing superhero) to escape from pursuing villains from an 8-ft. drop.  Use household materials such as empty egg carton, cloth, string, grass, etc to work with.  What innovative materials can you use?  Use your imagination as you peruse your home.
* Design Wonder Woman's glider!  Think about different paper airplanes you've tested in the past.  How can you adapt your design so that you can attach a small toy figure and allow Wonder Woman to glide to safety at least 10 ft away.
* Aquaman needs your help!  Using any plastic hero for aquaman (even a tube of toothpaste will work), create an independent device Aquaman can wear to stay suspended in water...that means he can't sink to the bottom and he can't float to the top.  Use any household items you choose!
* Ironman needs a new rocket and launcher!  Plan, build, test, improve a straw rocket launcher using only a straw and no more than 1/2 sheet of paper.  Test your design with accuracy, distance, or both!  A straw rocket launcher requires you to place the paper 'rocket' (your design) around the end of the straw, and when you blow through the straw it forces the rocket into the air.  Email me your greatest distance and design!

**Writing (2nd Grade / Ms. Frederick)**

You have some fantastic personality traits that would be perfect for a superhero. Think about yourself and what things about you would help you be an amazing superhero.

**Guidance (Kindergarten/1st Grade – Mrs. Howell)**

Listen to "Ten Rules of Being a Super Hero" by Deb Pilutti. <https://www.youtube.com/watch?v=WyzHDKa0a3M> Now, pretend you had the super power to make anyone smile. How would you do it? Write or draw an idea or two about how you could make someone SMILE! 🙂