

Circle: Farragher or Miller

DUE DATE: MAY 29, 2020



Column 1 - Each exercise below has a demonstration video link.

Column 2 - Watch each short demo and follow instructions to perform the exercise.

Column 3 - Use Muscles Word Bank to determine major muscles used during exercise.

Exercise and Demo	Perform	Which muscles?
Planks	3 times for 30 seconds	
Dumbbell Curls	Choose your weight, 3 sets of 10 repetitions	
Calf Raises	3 sets of 20 repetitions	
Chest Flies	Choose your weight, 3 sets of 10 repetitions	
Kayaks	Choose your weight, 3 sets of 10 repetitions	
Wall Sits	3 times for 30 seconds	
Extensions	Choose your weight, 3 sets of 10 repetitions	
Arm Circles	3 times for 30 seconds	
Shoulder Press	Choose your weight, 3 sets of 10 repetitions	
Squats	Use just your body weight, 3 sets of 10 repetitions	
Upright rows	Choose your weight, 3 sets of 10 repetitions	
Bicycle Crunches	3 sets of 20 repetitions	
Push ups	3 sets of 10 repetitions	

Muscles Word Bank

Deltoids	Quadriceps	Latissimus Dorsi	Biceps
Triceps	Hamstrings	Abdominals	Pectorals
Gastrocnemius	Trapezius	Gluteus Maximus	Obliques

Circle: Farragher or Miller

Due Date: June 5th 2020



Heart Rate Activity

1. Find and record your heart rate.

Take pulse for 10 seconds and multiply by 6

OR Download Instant Heart Rate App (free) on your phone

_____ = **beats per minute (BPM)**

2. Complete the following activities and record your heart rate.

a. Arm circles (30 seconds) - _____

b. Push-ups (20 reps) - _____

c. Speed Walking/Jog (2 minutes)- _____

3. Figure your maximum heart rate using this equation

- $220 - \text{your age} = \text{maximum heart rate}$

Answer here =

4. Figure your target heart rate for **MODERATE** exercise intensity using this equation.

- *Moderate exercise intensity is 50-70% of max HR*

Max HR x .5 =

Max HR x .7 =

5. Figure your target heart rate for **VIGOROUS** exercise intensity using this equation.

- *Vigorous exercise intensity is 70-85% of max HR*

Max HR x .7 =

Max HR x .85 =

6. Complete the following activities and record your heart rate

Choose 3 of the following activities

a. Squats (20 on/10 second rest for 2 minutes)-_____

- b. Jog/brisk walk around track (4 laps) - _____
- c. Step Ups (2 minutes) - _____
- d. Planks (20 on/10 second rest for 2 minutes) - _____
- e. Crunches/ Sit-ups (20 on/10 second rest for 2 minutes) - _____
- f. Shoulder Press (20 on/10 second rest for 2 minutes) - _____

7. Which exercises did you workout in the **MODERATE** exercise intensity?

8. Which exercises did you workout in the **VIGOROUS** exercise intensity?

Name: _____

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Health Related and Skill Related Components of Fitness

Directions: Throughout the semester, you learned and participated in several physical activities that helped you develop your health-related and skill-related components of fitness. **In this assignment, you need to explain how you helped improve each health and skill related component of fitness in Physical Education this semester. Each response needs to be at least three sentences. Use the example below as a guideline.**

Example: I helped improve my muscular strength in P.E. this semester by performing push-ups and curl-ups. Push-ups improved my upper body strength, while curl-ups helped improve my abdominal strength. Having good muscular strength is important because it will allow me to perform everyday tasks easier in my life.

Health Related Components of Fitness:

Muscular Endurance-

Muscular Strength-

Cardiovascular Endurance-

Flexibility-

Body Composition-

Skill-Related Components of Fitness:

Agility-

Balance-

Coordination-

Power-

Reaction Time-

Speed-



Media

Due 5/29/20

Name: _____

Evaluating Websites and URL Extensions

Standard: 2. a. Evaluate sources based on currency, authority, reliability, bias, point of view and relevance to select sources that best meet the information need.

Answer the following questions by marking an x on the line of the correct answer.

1. Which URL extension means it is for an educational organization?
A. ____ .com B. ____ .edu C. ____ .org D. ____ .net
2. Which URL extension means it is from an organization?
A. ____ .com B. ____ .edu C. ____ .org D. ____ .net
3. Which URL extension means it is for a company?
A. ____ .com B. ____ .edu C. ____ .org D. ____ .gov
4. Which URL extension means it is for a government agency?
A. ____ .com B. ____ .edu C. ____ .org D. ____ .gov
5. If you were researching a topic for a school research paper which three types of websites would be best to find credible, current, and accurate information?
A. ____ .org, .gov, .com B. ____ .com, .edu, .org C. ____ .edu, .org, .gov
6. ____ True or ____ False **Databases provide credible and accurate information.**
7. ____ True or ____ False **When researching you always to evaluate a website to make sure it is providing accurate and credible information because anyone can publish information on the Internet.**
8. Which type of website should you NOT use for academic research?
A. ____ Educational website C. ____ Personal Website/Blog
B. ____ Government Website D. ____ Organizational Website
9. If a website has many spelling and grammar mistakes, you should...
A. ____ Not use the website because it most likely is not credible
B. ____ Use the website anyway because it is about the topic you are researching
10. For your current events assignment in your Social Studies class, you should check that the website was updated...
A. ____ within the last few days B. ____ last year C. ____ 10 years ago

Short Answer: Why is it important to evaluate the websites you will be using for a research report? Explain your answer. _____



Media/ Technology Due 6/5/20 Name: _____ Date: _____

Standard 2. b. Apply safe practices for both assignment-related and personal online searches.

Internet Safety and Cyberbullying Review

Please choose the correct answer to the following questions.

- When creating a password, you should...**
 - ___ only give it to your best friend
 - ___ give it to anyone
 - ___ never give your password to anyone, except to your parents or a trusted adult
- When you receive an email with an attachment that you were NOT expecting, you should...**
 - ___ Ask a trusted adult if you should open the attachment
 - ___ Ask a friend if you should open it
 - ___ open the attachment
- Electronic junk mail is called...**
 - ___ Spam
 - ___ Text
 - ___ Hack
 - ___ Virus
- A hidden computer program that sneaks into your computer through email or the Internet that can hurt your computer is called...**
 - ___ Spam
 - ___ Hack
 - ___ Virus
 - ___ Hack
- The correct or acceptable way of communicating on the Internet is called...**
 - ___ Etiquette
 - ___ Netiquette
 - ___ Phishing
 - ___ Hacking
- Which one of the following is NOT considered personal information?**
 - ___ your school name
 - ___ your pets name
 - ___ your name
 - ___ your parents name
- What is cyberbullying?**
 - ___ watching TV online
 - ___ another word for texting
 - ___ constant harassment online
- If I see someone being teased online, who should I report that to?**
 - ___ a friend
 - ___ a teacher or trusted adult
 - ___ my best friend
 - ___ no one
- Kids who are cyberbullied are more likely to:**
 - ___ skip school
 - ___ get bad grades
 - ___ have health problem
 - ___ all of the above
- What is the best way to prove that you have been a victim of cyberbullying?**
 - ___ Save screenshots of instances where you've been harassed
 - ___ Delete the harassing messages
 - ___ Reply back to the harassing texts or emails
- When you send a picture to someone online, remember that the picture...**
 - ___ is on the Internet forever
 - ___ can be screenshotted and saved
 - ___ can be used for identity theft
 - ___ All of the above
- By clicking on pop-ups that say, "You've Won!" most likely ...**
 - ___ can win you a prize
 - ___ can download a virus to your device

Short Answer: What can you infer from the fact that people are more likely to say mean things online than in person? Explain your answer.



Media/ Technology Due: 6/12/2020 by 10:00 A.M. Name: _____

Library Literacy Skills Review

Standard 3. a. Follow circulation procedures and policies in the library media center and other libraries.
b. Locate and select literature and/or multimedia in a variety of genres.

Please answer the following questions below. This is a review of the library literacy skills you learned in media class.

- How are books in the fiction section arranged?**
A. ___ ABC order by title B. ___ ABC order by author
C. ___ by subject D. ___ by size of the book
- How are books in the nonfiction section arranged?**
A. ___ ABC order by title B. ___ ABC order by author
C. ___ by Dewey Decimal System D. ___ by the length of the book
- What do you call the list of sources you used for a report? (Clue: Last page of your report)**
A. ___ Biography B. ___ Bibliography/Works Cited C. ___ Index D. ___ Table of Contents
- Which of these do NOT indicate the reliability of a website?**
A. ___ How recently it was updated B. ___ Who the author is
C. ___ The size of the font D. ___ If the information can also be found in other sources
- Where is the index of a book found?**
A. ___ Near the back of the book B. ___ At the front of the book
- Where is the table of contents of a book found?**
A. ___ Near the back of the book B. ___ At the front of the book
- What is the reason to cite your sources?**
A. ___ You do not need to cite your sources B. ___ To give the original author money
C. ___ To make your paper look fancy D. ___ To give credit to the original author for their work
- What would be the correct call number for the fiction book, Maniac Magee by Jerry Spinelli?**
A. ___ 001.31 SPI B. ___ F JER C. ___ F MAN D. ___ F SPI
- What would be the correct call number for the fiction book, The Chocolate War by Robert Cormier?**
A. ___ 001.31 COR B. ___ F COR C. ___ F CHO D. ___ F WAR
- If a person writes a book about her own life, what kind of book is that?**
A. ___ fantasy B. ___ mystery C. ___ biography D. ___ autobiography
- If a person writes a book about someone else's life, what kind of book is that?**
A. ___ fantasy B. ___ mystery C. ___ biography D. ___ autobiography
- An article about snakes would be found in which volume of the encyclopedia?**
A. ___ C-Ch B. ___ S-Sn C. ___ A D. ___ So-Sz
- Which kinds of books are written about facts and real events?**
A. ___ Biographies B. Encyclopedias C. ___ Nonfiction(History) D. ___ All of the above
- Periodicals are...**
A. ___ magazines and newspapers B. ___ fiction and nonfiction books
- The best types of websites to use for an academic research paper are...**
A. ___ .gov B. ___ .org C. ___ .edu D. ___ All of the above



HEALTH EDUCATION WEEKS 7,8,9

Name:

Date:

Habit 2...Begin With the End In Mind

With fewer commitments to attend to in the next few weeks, what can you accomplish?

What are 3 personal goals that you can accomplish in the next few weeks? Write them in SMART goal format. (Specific, Measurable, Attainable, Realistic and Time oriented). Perhaps this extra time can allow you to finally organize your closet, read a book or learn a new food recipe. Make sure to list the steps you will need to take to accomplish your goal.

GOAL 1.

GOAL 2.

GOAL 3.

LESSON 4

Grand Staff

If you have a piano, or your music room has a piano, you can see how the **notes** on the piano match up with the **note** names on the **grand staff**.

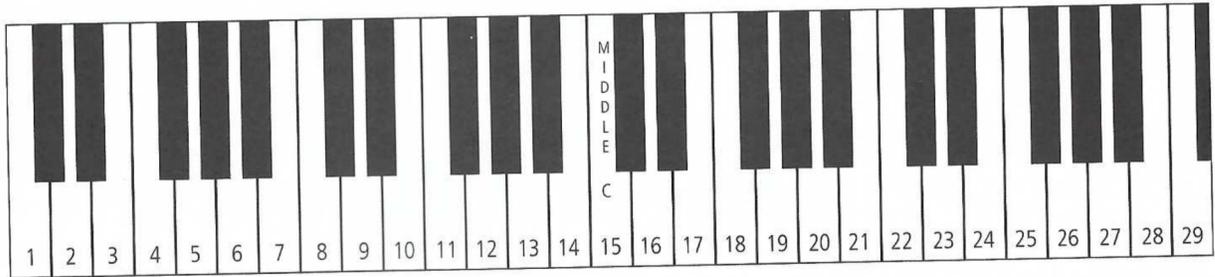
Notice that the first **ledger line** below the **treble clef** is a C, and that the first **ledger line** above the **bass clef** is also a C. On a **grand staff**, it's the same **note**, and is known as "middle C."





Quiz 53

Keyboard Identification – White Notes



DIRECTIONS: On the line below each note, write the correct number from the keyboard shown above.

1. _____

2. _____

3. _____

4. _____



Jonny Lang

Biography

- **Born**

29 January 1981 (age 39)

- **Born In**

Fargo, Cass County, North Dakota, United States

Jonny Lang (born Jon Gordon Langseth, Jr. in Fargo, North Dakota, January 29, 1981) is a Grammy Award-winning American singer and guitarist performing [blues](#), [gospel](#), [soul](#), and [rock](#) music, his latest work being 2013's '[Fight For My Soul](#)'. In 1995, at the age of 14, Lang released his first album, '[Smokin](#)'. Performing both as himself and as as 'Kid Jonny Lang & The Big Bang', he achieved some budding success. As a result of the LP becoming a regional hit, a major-label bidding war ensued that culminated in Lang signing to A&M Records in 1996.

In 1997, at the age of 15, he released his major-label debut, '[Lie to Me](#)'. Though it picked up mixed critical reviews, the album served as a commercial breakthrough, with single "[Lie to Me](#)" particularly receiving much airplay and earning the #12 slot on Billboard's Mainstream Rock chart. That [blues rock](#) track continues to be beloved by Lang's fan-base.

Lang followed with '[Wander This World](#)', released on October 20, 1998. Broadening his sound somewhat with influences from classic [soul](#) and modern [rock](#), the release experienced widespread success. His singles, "[Wander This World](#)" and "[Still Rainin](#)", did particularly well, the latter tune reaching the #8 slot on Billboard's Mainstream Rock chart.

Several releases and constant touring later, Lang's latest work is '[Fight For My Soul](#)', released on September 2, 2013. The album has received critical acclaim from publications such as Allmusic, with the reviewers remarking that Lang "dives headfirst into classic soul and R&B, its elastic, funky grooves allowing the guitarist plenty of

space to solo". It also hit the #20 slot on Billboard's 'Top Rock Albums' chart, selling extremely well.

Part of his success has been due to a voice that sounds somewhat like that of a 40-year-old blues veteran, containing what fans have seen as a harshness tempered by a fine falsetto that has taken prominence in his newest albums. Another part of his success is his scorching, electrifying guitar solos, which display a prodigious natural talent honed by years of practice and playing. Whatever the secret to his success, the youngster has quickly become a fixture in the blues world, drawing crowds wherever he goes.

Lang has drawn deeply from the wellspring of influences from the likes of [Stevie Ray Vaughan](#), [Albert King](#), [Luther Allison](#), and [Albert Collins](#). Many blues artists have also been encouraged to pick up the guitar from his example. As he becomes more confident in his role as a musical veteran instead of a boy wonder, one can see the possibilities he has yet to share with his fans.

PROJECT: Heart Art – for Kent County High School (Examples below)**What's the BIG IDEA?/Why am I learning this:**

Art Standards: (grade 5-8) Anchor Standard 10: Through art-making, people make meaning by investigating and developing awareness of perceptions, knowledge, and experiences.

Your Assignment: To create a heart that shows YOUR self expression:

Hearts, they are a pretty-easy and basic thing to draw, right? Why would I be asking middle school art students to draw a heart? It's pretty-simple. Hearts are a universal symbol for care and compassion. We each have a heart in our bodies that pump blood through our circulatory system. They are essential to life. They are also essential to a project that we are going to participate in that the High School is putting together. **The intention of the project is to share LOVE and JOY throughout our community.**

The Kent County High School Art Department has asked that each student at KCMS in Art create a heart that is at least 8 inches tall and 8 inches wide (8"x8"). You can make this heart out of any material(s) that you like and make it look however you want. From the projects that we have been doing over our distance learning, you know that you can use household items, items from nature, magazines, coloring tools, scissors, recyclable materials, food, etc. to create art with. Traditional materials aren't necessary. ***These hearts will be shared in a county-wide KCHS art project that you will see later in the summer.**

How will you do this:

Step 1: Draw out your 8" x 8" heart on a piece of paper or cardboard for stability. Hearts can be symmetrical (mirror image) or not. It's up to you and there is no right or wrong way to do this.

Step 2: Use whatever material or lots of materials to make your heart to add color and design.

Step 3: Use as much or as little color as you want to add your own personal pizzazz.

Personal Story: In a college class I was asked to make a "Quilt of my life". We could make it out of anything that we wanted to, and I decided that I would make mine out of glass. I love making stained glass and so I made each square in my quilt a different color that represented someone special in my life. My husband was red, and I was aqua. My grandmother was purple, and my dad was blue. I still have it in my kitchen window. **The point is that you can make this heart out of anything that makes sense to you.**

Materials: Whatever you have to create your heart with: coloring tools, paper, household items, items from nature, magazines, scissors, recyclable materials, food, etc.

How to turn in: Turn in via Google Classroom OR take a photograph of your artwork and email it to Mrs. McCormick: jmccormick@kent.k12.md.us

PROJECT: Drawing animals in Australia (Examples below)

Frilled neck lizard



Koala



Quokka



Sugar Glider

What's the BIG IDEA?/Why am I learning this:

Art Standards: (grade 5-8) Anchor Standard 10: Synthesize and Relate knowledge and personal experiences to make art. **Anchor Standard 11:** Relate artistic ideas and works with societal, cultural, and historical context to deepen understanding.

Some 180 million years ago, the super continent of Gondwana split. One of the breakaway landmasses from that separation, contained what would become Australia and Antarctica. By 30 million years ago Australia had fully separated and journeyed north on its own. Since then, changes in land formation and climate, and the physical separation from the rest of the world, led to the unique flora and fauna that we know in Australia today. **More than 80% of the plants, mammals, reptiles and frogs are unique to Australia and are found nowhere else in the world.**

Your Assignment: To draw an animal that is Unique to Australia:

Your assignment is do do a drawing of an animal that lives in Australia. Please do a little research on the types of animals in Australia that are interesting to you. The animal can live on land or in the ocean. Then, choose a photo where you can clearly see the details on that animal. Get a piece of paper and pencil and draw that animal with as much detail as you can. **You can use colored pencil if you want to but please remember to add value regardless.**

This is just like our 100-minute drawings at school, so this should take you about an hour and a half. You can do it all in 1 sitting or break it up into a few days like we do for the first 10 minutes of each class. **You know how much I push you to keep adding value and detail, so please be sure to try your very best on this. Remember-I know what you are capable of. Do not turn in a project that took you 30 minutes. Give it your ALL! YOU CAN DO THIS IN COLOR IF YOU LIKE**

Below you will find some links to Australian animals as a starting point.

<https://www.natureaustralia.org.au/what-we-do/our-priorities/wildlife/wildlife-stories/10-weird-and-wonderful-wildlife-of-australia/>

<https://www.natureaustralia.org.au/what-we-do/our-priorities/wildlife/wildlife-stories/australian-animal-oddities/>

<https://www.natureaustralia.org.au/what-we-do/our-priorities/wildlife/wildlife-stories/australias-endangered-animals/>

Materials: Paper, pencil, colored pencils (optional)

How to turn in: Turn in via Google Classroom OR take a photograph of your artwork and email it to Mrs. McCormick: jmccormick@kent.k12.md.us

PROJECT: What I am Grateful for (Word Art)

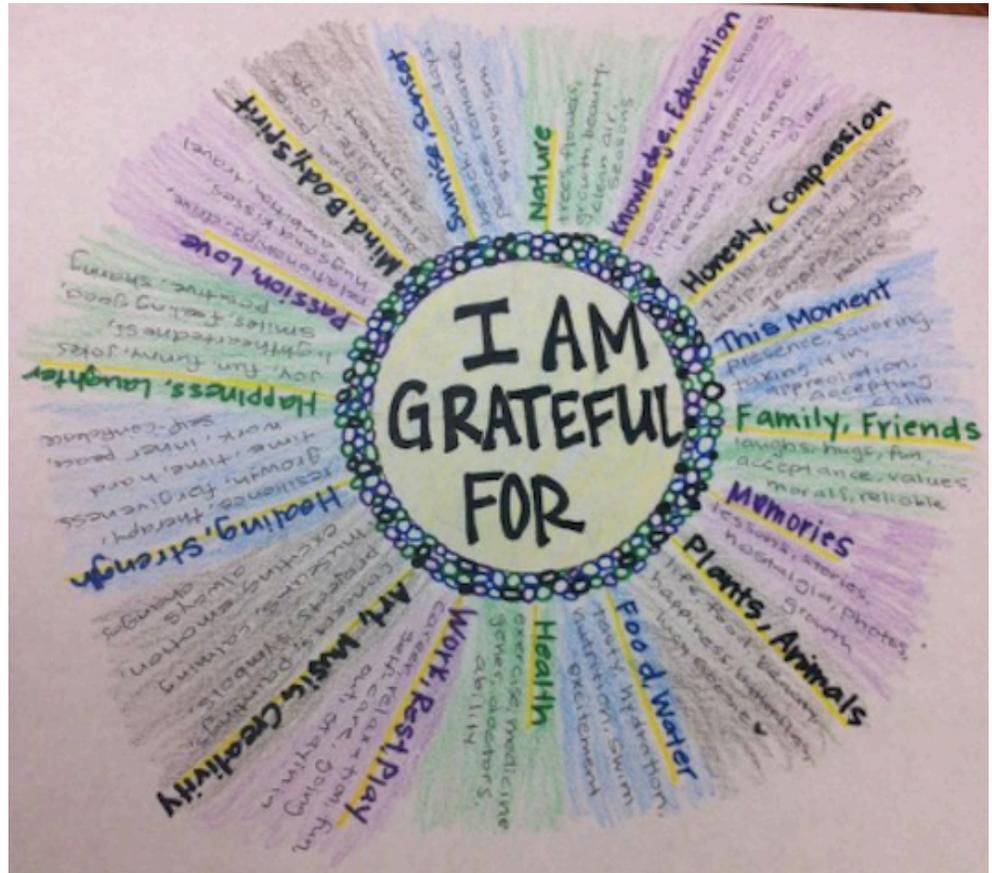
What's the BIG IDEA?/Why am I learning this:

Art Standards:
(grade 5-8)

Anchor

Standard 10:

Through art-making, people make meaning by investigating and developing awareness of perceptions, knowledge, and experiences.

**Your Assignment: To create a Gratefulness Piece of Art with words:**

Art comes in many forms. Art isn't only made painting, drawing, and sculpting things that look real or are abstract. Art can also be made with words and different kind of type (fonts). For this project we are going to leave images behind and use our feelings and personal opinions instead. This can be done with paper and pencil OR you can do this on the computer in a layout program like Google Slides or anything that you are used to. If you do this on your Chromebook be sure to use a variety of different fonts and colors to add even more pizzazz to your project.

How will you do this:

Step 1: The first thing that you'll need is a list of words of things that you're Grateful for. I want you to think of at least 15 major things that you are grateful for in life. Trust me-there are more than 15 major things that you could be grateful for. I'll call these **TOPICS**. These are **VERY** general things like **Health, Food, Plants, Memories, Family, Friends, Creativity, Travel, Sports, etc.** You need 15 of these.

Step 2: You will list out at least **3 detailed sub-categories** for the TOPICS. For example: The TOPIC of FAMILY: Reliability, Acceptance, Comfort, Love. The TOPIC of FOOD: Nourishment, Yummy, Mouth Watering

Step 3: On a different piece of paper, start this project. Decide on a shape for the center of your drawing. It can be any shape (geometric or organic) that you want. Inside it write the words: **I am Grateful For**.

Step 4: Evenly space out your 15 TOPIC words with enough space below them to write your subtopics. Write your subtopics. The sections don't have to have straight lines. They can be curvy, wavy, zig zag, etc.-Mix it up if you like.

Step 5: Color each TOPIC and the Sub-Categories so that they look like separate sections. I like to think that the one above looks like a Sunshine. But you make yours look like whatever you want to.

Add any other personal extras that you want to in or around this. This is for YOU so please give it your all. Many people hang these up in a spot that they look at every day to remind themselves of what to be Thankful for every day.

Materials: 2 pieces of paper OR Chromebook, coloring tools

How to turn in: Turn in via Google Classroom OR take a photograph of your artwork and email it to Mrs. McCormick: jmccormick@kent.k12.md.us

Computer Skills Work for Weeks 5/25, 6/1, & 6/8



- **Week of 5/25:** We will be working with some of the effects of filters on Photopea. For our first assignment we will take a photo and be converting it to have a comic book type effect. As always, I'll be posting the video on Classroom, and doing open office on Tuesday and Thursday.
- **Week of 6/1:** We will be continuing our look into Photoshop effects, we will be working on adding movie type special effects to a photo. Ideally we will be learning to add a glowing effect to objects.
- **Week of 6/8:** This week we will be making our final project in Photoshop. Because it is our final project, I want it to be a surprise, but I will say it should tie a bunch of our lessons together