

Unified Arts *November* Newsletter

BMS Health & Physical Education

What are the 5th & 7th graders up to? *Well... Ultimate Frisbee of course!*

Together, we have learned and practiced the skills of:

- ☐ Various frisbee grips
- ☐ Backhand & forehand throw
- ☐ Throwing to teammates on the move
- ☐ Competitive Ultimate Frisbee game rules and strategies



YOU
got
this

Connecticut State Physical Fitness Testing

Students are in the midsts of completing their CT State Physical Fitness Test. There are 4 components to the test, in addition to the 1-mile run already completed.

- #1. **Curl-Ups** - Muscular Endurance
- #2. **90 Degree Push-Ups** - Muscular Strength
- #3. **Back-saver Sit and Reach** - Flexibility
- #4. **P.A.C.E.R.** - Cardiovascular Endurance



Follow BMS Health & P.E. on instagram!

USERNAME: bmshealthandpe

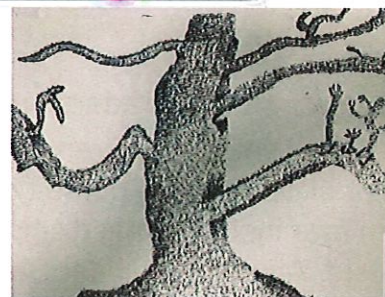
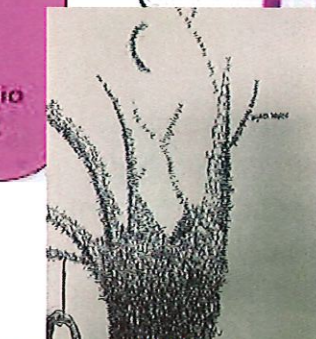
- ★ Fun and exciting at-home fitness challenges!
- ★ See what we are doing in P.E. class, before you get to school!

8th grade is currently working on choice-based projects. Possible projects are murals, collages, or cross-hatching pen and ink drawings. Students are working independently in a studio setting and are creating some beautiful work.

ART

6th grade has now started on a zentangle landscape and watercolor mixed media work. Students are encouraged to think outside of the box at their approach on landscapes. Some ideas they have come up with are planets, clouds, candyland, and flower petals up close! Great ideas!

6th grade has just finished a tree drawing project that used pen to create depth and shading in their trees. Look closely at their work, and you will see that their shading was done with the overlapping of a written name or word.



6th grade tree artists:
Left: Kyle Stringer
Right: Adelina Tate



Left: 8th graders
work on their part
of collaborative
murals.

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TECHNOLOGY



5th & 7th Graders are both continuing to develop their typing skills on www.typing.com and have been encouraged to practice at home 10-15 minutes every time they meet for technology class at school. Encourage your child to use the home row and good posture when practicing!

7th Graders have ended their last unit on Voki and currently beginning to explore our Photo editing unit using Adobe Photoshop. Students will be challenged to edit and combine photos using a variety of tools and methods in order to create unique images and enhance others.



5th Grade- We are currently ending our unit on the parts of the computer and will be starting our unit on Prezi which is a new presentation software much different than google slides or powerpoint which they are familiar with. This presentation software spreads the information out on a virtual canvas and zooms into and rotates to different parts of the canvas. This creates a unique way to share information that is different than a traditional slide show.

What's playing in the Music room?

For November, we are
REINFORCING and EXPANDING!

8th Grade - Expanding to Piano

Grasping the basics of Guitar, the 8th graders begin to roll in some piano training to add to their skill set. They aren't done with Guitar, but they're ready to expand their skills with the pursuit of a second instrument. Soon, they will choose from four instrumental disciplines to continue their personal journeys on; Ukulele, Advanced Guitar/Bass, Drum Set, or Piano.



6th Grade - Reinforcing Piano Skills

Finding our stride in personal and community musicianship, the 6th grade is rocking and rolling in their Piano Fundamentals. Up next for them is tackling some classic and modern tunes on the piano, calling forth all that they have learned from 5th grade and reinforcing it with refined skills from 6th. Time to read and play some music with style!

