

MPHS ELECTIVES

PE – Coach Williams, Coach Chism, Coach Herron

AP Music Theory – Ms. Vines

General Employability Skills – Mrs. McCollum

Art – Mrs. Kirkland

Jazz Band – Mr. Sterrett

Marching Band – Dr. Lockett – Refer to your Remind APP

Mount Pleasant High School Physical Education

6 Tips: Physical Activity at Home, Work, and Play

Adding activity into your day is possible. Choose activities that you enjoy. Students and young adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important — have fun while being active!

1. Take 10:

Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work or between classwork and add a 10-minute walk during free time.



2. Be ready anytime:

Keep comfortable clothes and walking or running shoes in the car and close by, if you feel the urge, break some sweat and get moving. Take a brisk walk around the yard, jog to the park, or ride your bike to the park or store.



3. Work out during TV time:

Watch a movie while you jog in place or download a video on your phone of in home exercise.

4. Get your parent(s) involved:

Instead of allowing them to stand on the sidelines, ask your parent(s) to join you for a walk up and down the soccer, football, or softball field, this is a great time to bond.

5. Enjoy the great outdoors:

Go play some soccer or basketball, make sure to be safe and stay healthy, during this interaction.

6. The chores count, too:

Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.



Williams, Jabara
Physical Education Teacher
Jwilliams2@mpisd.net

AP Music Theory

Ms. Vines

THEORY ASSIGNMENT

Directions:

1. Please do the analysis for this Bach Chorale in pencil.
2. The key is A major.
3. Write then name of each pitch next to the note.
4. Next write the Roman numeral figured bass below the staff under each chord. Make certain you write the inversion, if applicable.
5. When you complete the analysis, go to the browser on your computer (or your phone) and type in "Bach Chorale BWV 376"
6. Listen to the recording while reading your music.
7. Listen again listening for the harmonic structure of the chorale. Does it change keys? What is the tempo? What else can you identify?

BWV 376

Lobt Gott, ihr Christen allzugleich

OTHER OPPORTUNITIES to practice your Theory are:
collegeboard.org and musictheory.net

Mrs. McCollum-General Employability Skills

Please feel free to contact me with any concerns that you have during this time of distance learning. Stay safe, and know that I surely miss seeing you all!

Contact Information:

kmccollum@mpisd.net

(903) 634-7403

Google Voice Phone Number

Name:

Date:

WORD OF THE DAY:

HOURLY PAY

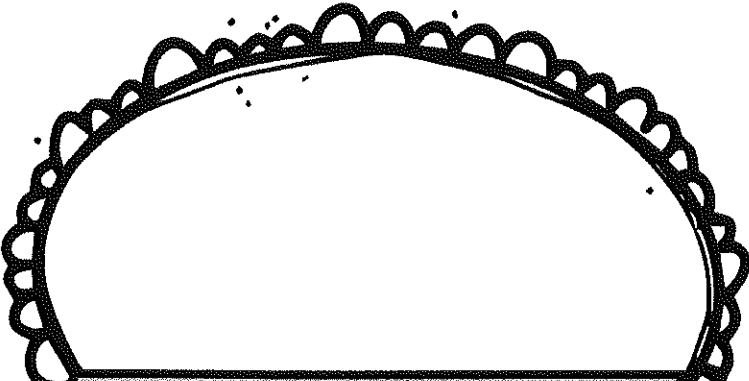
DEFINITION

This is how much money you make every hour you work.

MATH TIME

If you make \$12.25 an hour, how much would you make working 35 hours?

If you make \$9.80 an hour, how much would you make working 22 hours?



SKETCH

QUESTION

What is one example of a job that pays HOURLY PAY?

.....

SENTENCE

Write a sentence using the word HOURLY PAY.

.....

.....

.....

Name: _____

Date: _____

Homophones Worksheet (to, too, two) Part 1 ELA-Literacy.L.4.1g

A homophone is a word that is pronounced the same as another word but has a different meaning.

to- towards a location

too- also

two- number, a couple

Directions: Write which version of (to, too, two) that best completes each sentence.

Example A- I had _____ go to school in the morning. (to, too, two)

Answer- to

1. I have exactly _____ pairs of shoes under my bed. (to, too, two)
2. Do we have _____ put a feather in our cap? (to, too, two)
3. There are _____ potatoes left on our plates. (to, too, two)
4. The hospital is taking _____ long to help us. (to, too, two)
5. I went _____ the garage sale. (to, too, two)
6. We lost _____ of our best players due to injury. (to, too, two)
7. We were available _____ perform at the show. (to, too, two)
8. It takes _____ long to collect all the money. (to, too, two)
9. I have _____ tell my husband about the event. (to, too, two)
10. Make sure _____ go to the principal's office. (to, too, two)
11. It took _____ long to prevent the spread of the fire. (to, too, two)
12. I have _____ tell you about my terrible dream. (to, too, two)

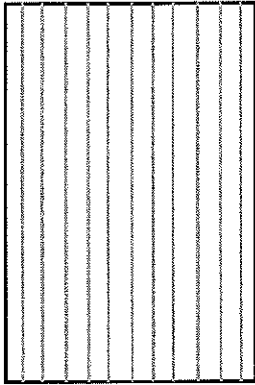
Art

LINE

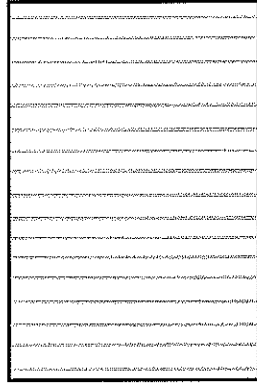
A mark made by a pointed tool, can be long, short, straight, curved, thick or thin. Lines can be geometric or organic.

GEOMETRIC

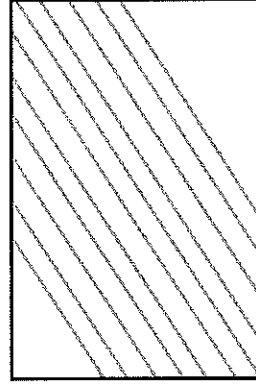
Geometric lines are man-made. They can be horizontal, vertical, diagonal, jagged, etc.



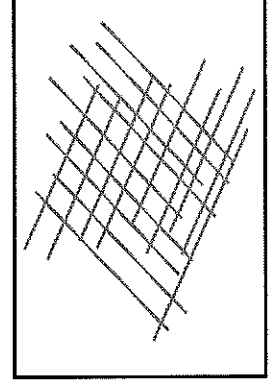
VERTICAL LINES



HORIZONTAL LINES



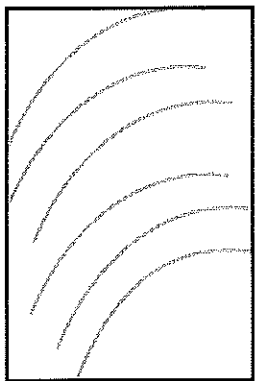
DIAGONAL LINES



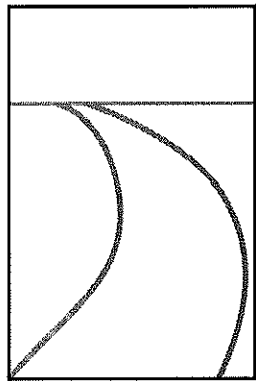
CROSS-HATCHED

ORGANIC

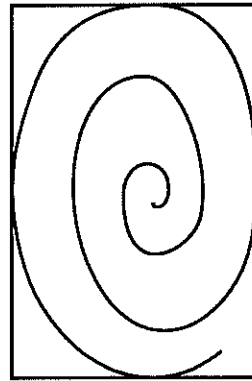
Organic lines are curved and natural and are often seen in nature.



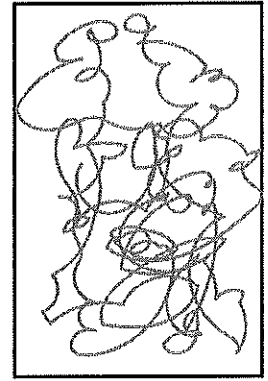
CURVED LINES



PERSPECTIVE LINES



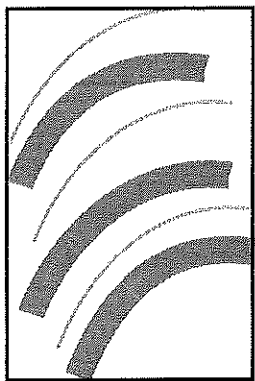
SPIRALING LINES



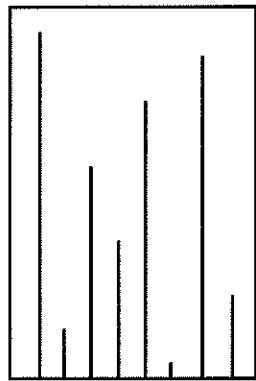
SCRIBBLED

LINE VARIETY

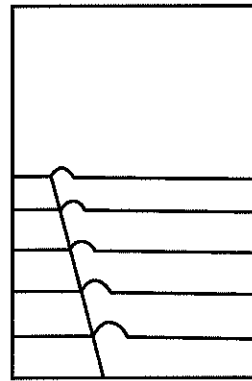
Lines can vary in thickness, in length and can denote texture or movement in art.



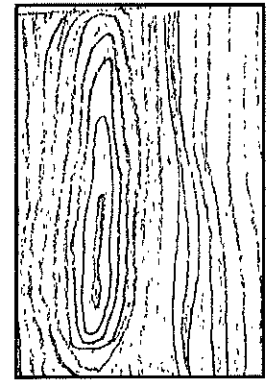
THICKNESS



LENGTH



MOVEMENT



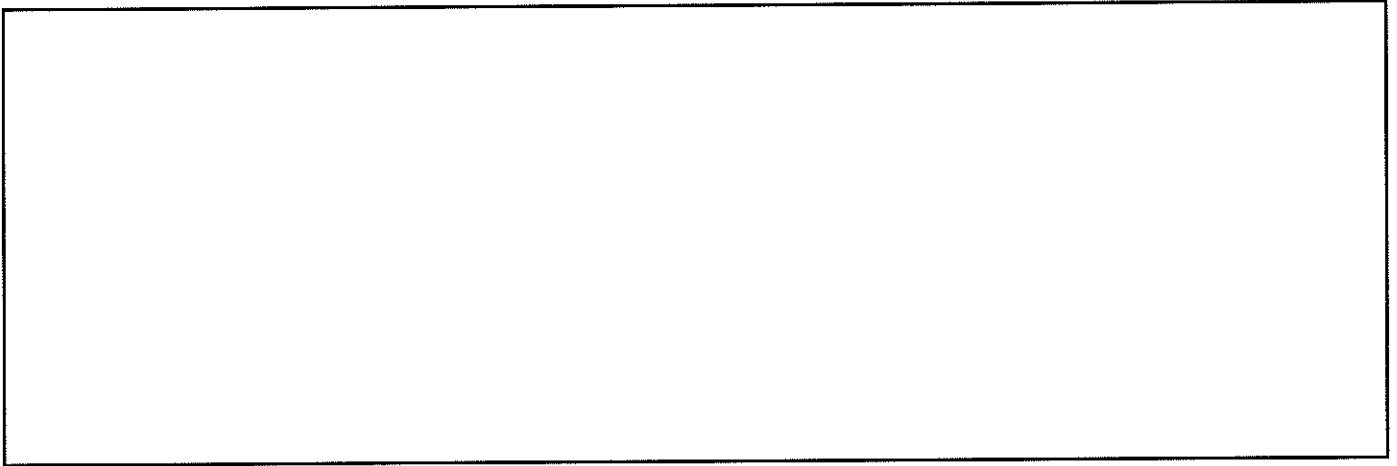
TEXTURE

LINE

Name: _____

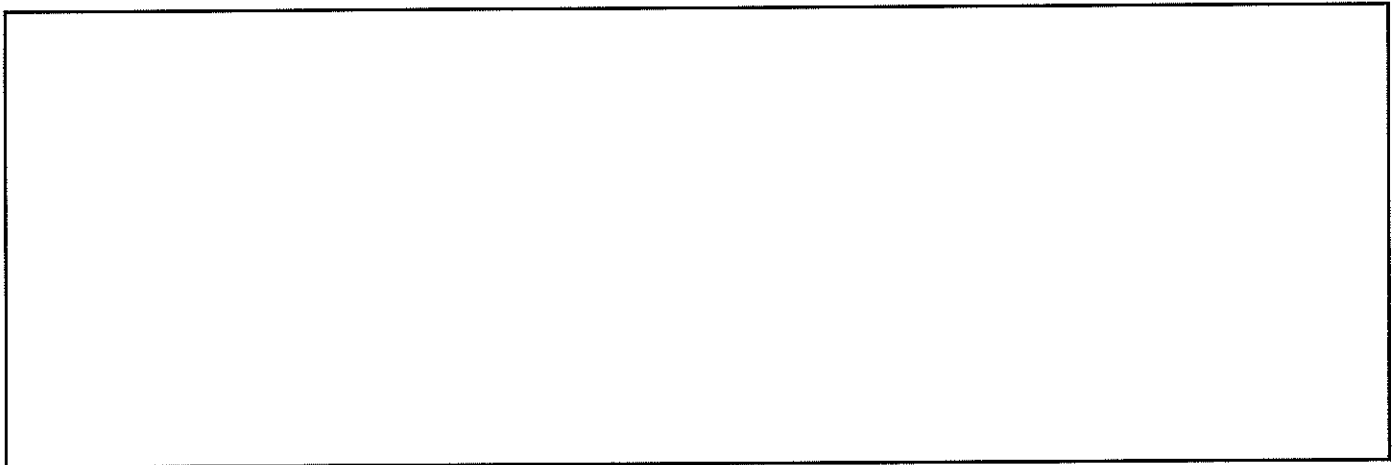
GEOMETRIC

Draw a line design using only geometric lines in the box below.



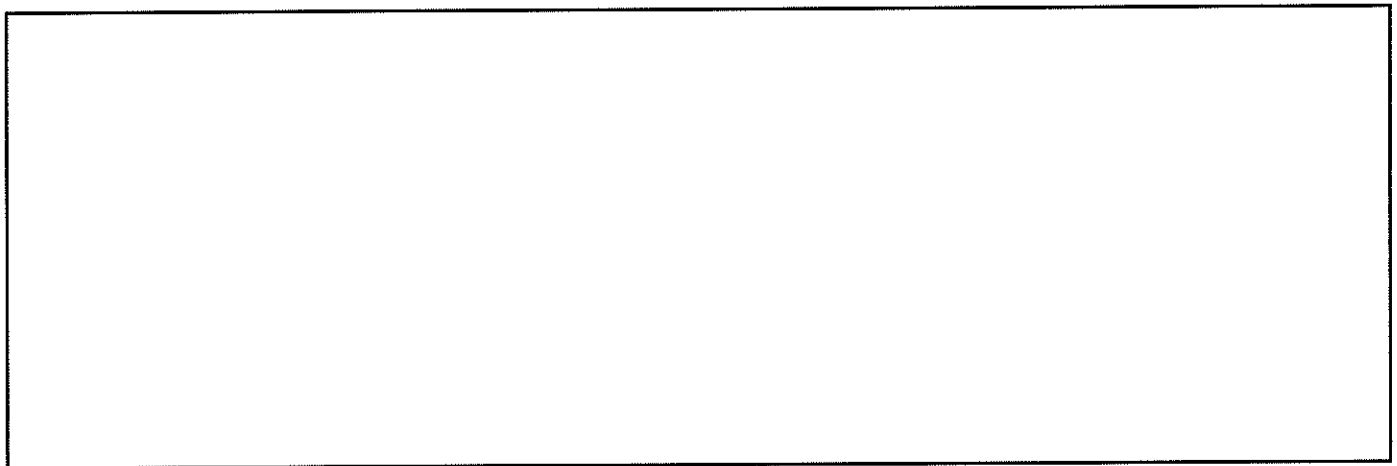
ORGANIC

Draw a line design using only organic lines in the box below.



VARIETY

Draw a line design using both geometric and organic line, vary the length, thickness etc.



LINE

Jazz Band Packet Instructions

Complete the following steps daily

1. Tone:
 - a. Play through the Jazz Band Warm-up
2. Technique:
 - a. Practice the following scale exercises. See below.
 - b. Write in the counts. See STEP #2b below.
3. Repertoire:
 - a. Practice any of the tunes already in your Jazz Band Folder.
4. Improvisation:
 - a. Improvise daily for at least 10 minutes.

STEP #2a TECHNIQUE

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Exercise Group 3

Exercise Group 3

Scale/Chord Exercises

(Practice all exercises in this group in all keys)

The image shows three musical staves in treble clef, each with a 4/4 time signature. The first staff is labeled 'C Ionian' and 'Scale w/ approach tones'. It shows a scale starting on C4, with handwritten notes 'approach tones' pointing to the intervals between the 4th and 5th notes, and the 7th and 8th notes. The second staff is labeled 'C Mixolydian / Dominant' and 'C7'. It shows a scale starting on C4, with a flat on the 7th note (Bb). The third staff is labeled 'C Dorian' and 'Cm7'. It shows a scale starting on C4, with flats on the 2nd and 7th notes (Bb and Fb).

STEP #2b TECHNIQUE

Write in the counts for the following two pieces:

1. Blues for Alice - <https://www.youtube.com/watch?v=4s5FZBisaf8>
2. Scapple from the Apple - <https://www.youtube.com/watch?v=c-69SscIpC8>

Tips: Both of these pieces are by Charlie Parker, and are from the Charlie Parker Omnibook. They are his transcribed solos. Reference recordings can be found on YouTube at the above links.

This page contains eight staves of handwritten musical notation for guitar. The notation includes various chords, melodic lines, and technical markings such as triplets and accidentals.

Staff 1: Chords: G7, G#^o, D, F#⁻, B7, E-. Techniques: triplets (3).

Staff 2: Chords: A7, E-, A7. Techniques: triplets (3).

Staff 3: Chords: D, G7, G#^o, D, D.

Staff 4: Chords: C#-, F#7, B7, B7.

Staff 5: Chords: E7, E-, A7. Techniques: triplets (3).

Staff 6: Chords: E-, A7, E-, A7. Techniques: triplets (3).

Staff 7: Chords: D, G7, G#^o, D, D, B7^{b9}. Techniques: triplets (3).

Scrapple From The Apple

By Charlie Parker

BLUE RIBBON 8011/UP FRONT 171/CHARLIE PARKER RECORDS 407/SAVOY 1108

$\text{♩} = 200$

The musical score consists of eight staves of music, numbered 1 through 8. The key signature is one sharp (F#) and the time signature is 4/4. The tempo is marked as quarter note = 200. The score includes various chords and articulations:

- Staff 1:** Chords E-, A7, E-, A7. Features a triplet of eighth notes.
- Staff 2:** Chords D, G7, G#⁰, D. Features a triplet of eighth notes and a first ending bracket.
- Staff 3:** Chords D, D, C#-, F#7. Features a triplet of eighth notes and a second ending bracket.
- Staff 4:** Chords B7, B7, E7. Features a triplet of eighth notes.
- Staff 5:** Chords E7, E-, A7, E-. Features a triplet of eighth notes.
- Staff 6:** Chords A7, E-, A7, D. Features a triplet of eighth notes.
- Staff 7:** Chords G7, G#⁰, D, D, E-. Features a triplet of eighth notes.
- Staff 8:** Chords A7, E-, A7, D. Features a triplet of eighth notes.

Handwritten musical notation for Charlie Parker's "Birds" in concert key. The notation consists of five staves of music, each with a treble clef and a key signature of one flat (B-flat major). The music is characterized by complex rhythmic patterns, including many triplets and sixteenth-note runs. Chord symbols are written above the notes, and some notes are marked with fingerings (e.g., 3, 5, 6). The chords include: F-, Bb7, E-, A7, D, C#6, F#7, B-, E7, A-, D7, G7, G-, C7, F#-, F-, Bb7, E-, A7, D, E-, A7, and D.

ALSO AVAILABLE

CHARLIE PARKER OMNIBOOK

For C Instruments (Treble Clef) • Transcribed From His Recorded Solos • Transposed To Concert Key

CHARLIE PARKER OMNIBOOK

Transposed for B Flat Instruments • Transcribed Exactly From His Recorded Solos

