

MPHS ELECTIVES

PE – Coach Williams, Coach Chism, Coach Herron

AP Music Theory – Ms. Vines

Choir and Piano – Ms. Vines

Assignment for Choir and Piano classes<<https://protect-us.mimecast.com/s/3bgnCn5P4oc6EpEiJVZom?domain=docs.google.com>>

Art I – Mrs. Kirkland

Art 2-4 – Mrs. Kirkland – Refer to your Remind APP and contact Mrs. Kirkland via email or Remind asap

Dance – Mrs. Broach

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:

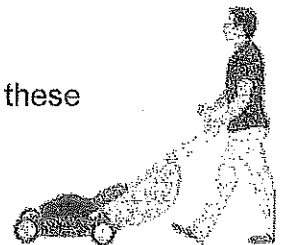
Instead of allowing them to stand on the sidelines, ask your parent(s) to join you for a walk up and down the soccer, football, or softball field, this is a great time to bond.

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

Assignment 3 for AP Theory

Breezin'Thru Theory is different online program that allows you to log-in and create a profile. Please use this program so that I can see your progress. Thank you!

**-This is the log in information for Breezin' Thru Theory work in the "Classic Edition"
Student Access - Mt Pleasant High School**

Username: btfun_3010

Password: key562

IMPORTANT Techy Tips for STUDENTS

1. Log in here <https://breezinthru.com/login>
2. **When you log in, type your name the exact same way** each time (no typos) or you will not see all your results.
3. Remember to click "**submit**" after you complete a drill/reflection or your result will not be recorded.
4. **See your Theory results** in 3 places: Drill page, Chapter Table of Contents, and your Student Dashboard (website-subscriber area). Do well and collect some fun rewards!
5. **Student Compositions:** After you've created a composition upload the "audio file" to your student dashboard — so you can play your tunes from there. It's very cool! Upload instructions in dashboard.

Here is my email nvines@mpisd.net or through REMIND if you have any questions, please contact me.

Assignment for:
Belle Canto
Chorale

I. Please go to musictheory.net and Breezin' Thru Theory strengthen your theory skills.

-Musictheory.net does not require a log-in, it is good practice.

-This is the log in information for Breezin' Thru Theory work in the "Classic Edition"

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II. Both Choirs - I am sending video links to you through REMIND for you to watch and listen to. If you are not receiving these texts, please text me through REMIND. Below are the next listening assignments. Enjoy!

The next listening links are:

- "Bring Him Home"

Pendyrus Male Voice Choir

- West Side Story (1961) "One Hand, One Heart"

- Go to Choral Stream and watch/ listen to 2 choral selections then send me a message on REMIND with the name of the selections that you listened to and one thing about the listening.

III. We are updating choir student addresses and phone numbers in our data bank, email me your information so it is current, please. Thank you

Here is my email nvines@mpisd.net if you have any questions, please contact me.

Assignment for Piano classes

Please go to musictheory.net and Breezin' Thru Theory to strengthen your keyboard and theory skills.

-Musictheory.net does not require a log-in, it is good practice.

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Student Access - Mt Pleasant High School

Username: btfun_3010

Password: key562

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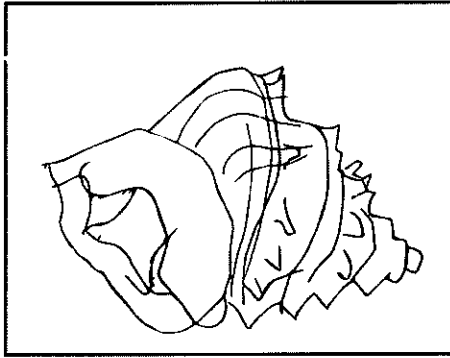
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LINES IN DRAWING

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

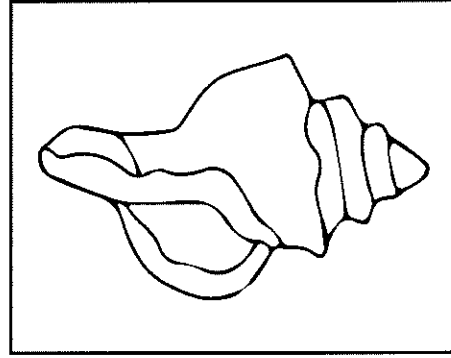
CONTOUR LINES

A contour line is a line which defines a form or an edge. It is, essentially, the outline or silhouette of given object or figure. There are different kinds of contour line drawings in art including the ones listed below.



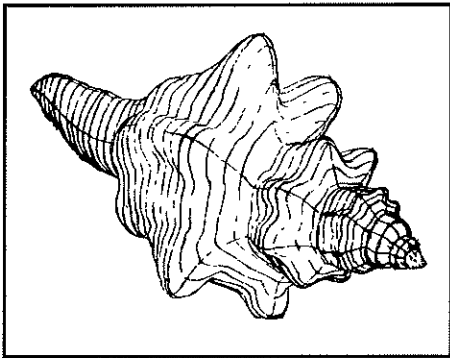
BLIND CONTOUR DRAWING

A blind contour line drawing is where you draw an object by only feeling it with your hands. You close your eyes and draw what you feel.



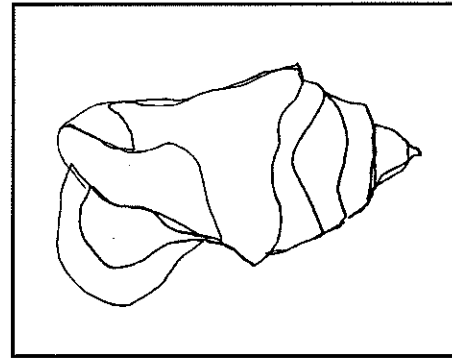
CONTOUR DRAWING

A contour line drawing is when you observe an object and draw the lines that define the object, or the edges of the object.



CROSS CONTOUR DRAWING

While contour lines describe edges, cross-contours describe form and volume. These lines move around and across objects as well as through them.



CONTINUOUS LINE DRAWING

A continuous line drawing is one in which a single, unbroken line is used to develop the image.

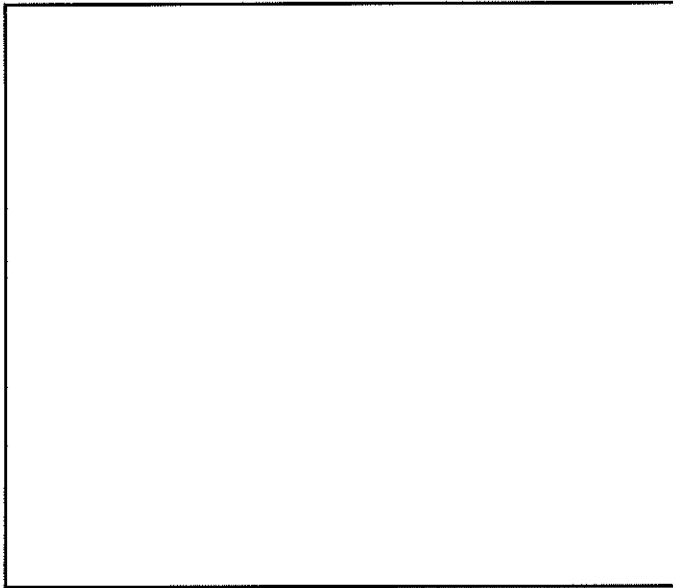
LINES IN DRAWING

Name: _____

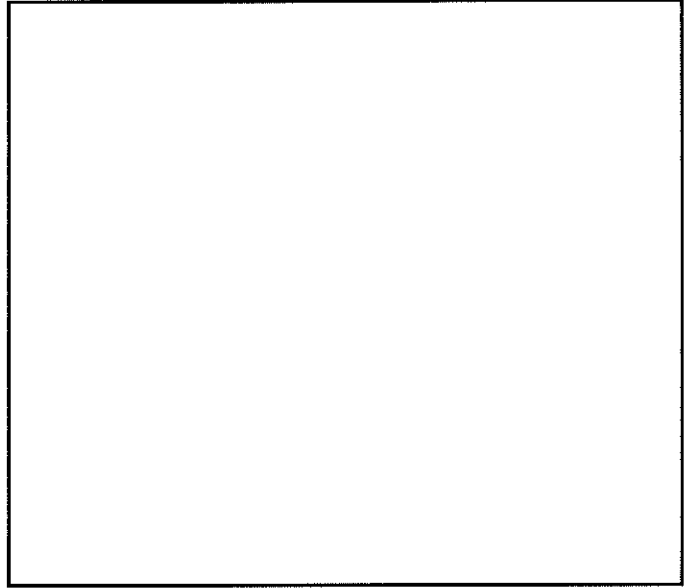
Choose an object to use to draw the contour lines listed below. Use the same object for each line drawing.

CONTOUR LINE PRACTICE

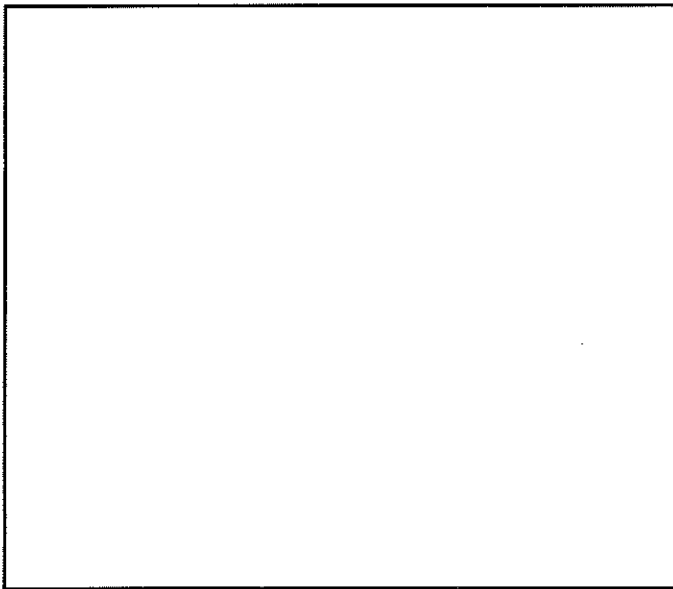
Remember that a contour line is a line which defines a form or an edge. Using the examples of the previous page complete the drawings listed below.



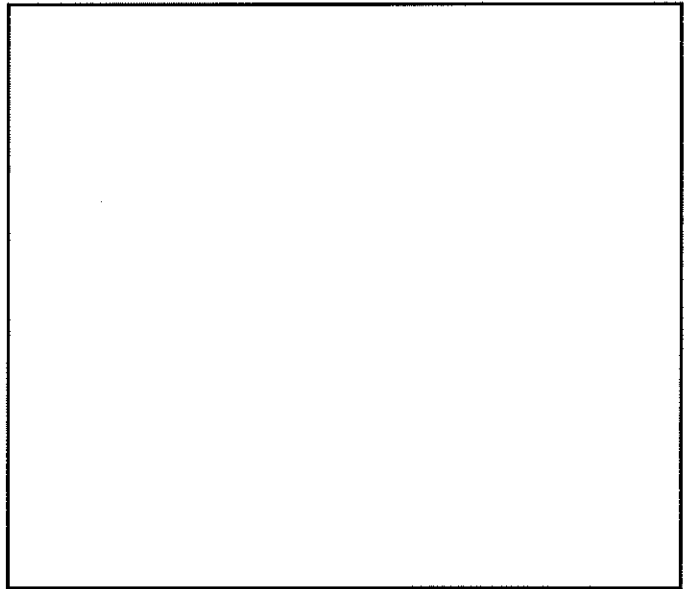
BLIND CONTOUR DRAWING



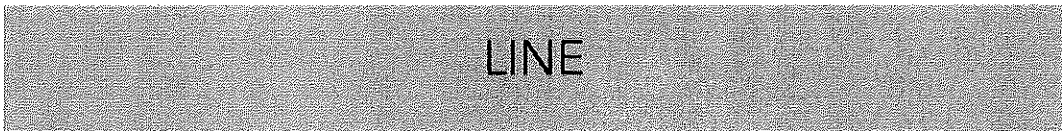
CONTOUR LINE DRAWING



CROSS CONTOUR DRAWING



CONTINUOUS LINE DRAWING



Name: _____ Class Period: _____

MPHS Dance Class Daily Assignment

April 13th - April 17th

Directions: Please complete the following daily activities for dance class. Once completed, please have a parent/guardian initial in the box. Thank you!

Date	Assignment	Assignment	Assignment	Assignment	Parent Initials
4/13	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split	Practice Spring Show Routine - 15 Minutes
4/14	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split	Practice Spring Show Routine - 15 Minutes
4/15	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split	Practice Spring Show Routine - 15 Minutes
4/16	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split	Practice Spring Show Routine - 15 Minutes
4/17	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split	Practice Spring Show Routine - 15 Minutes

I miss you and hope to see you soon!!!!

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.
 - i. Transpose this exercise to ALL keys!!
 - 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

115

Exercise Group 3

Exercise Group 3

Scale/Chord Exercises

(practice all exercises in this group in all keys)

Scale w/ approach tones
C Ionian C major

approach tones

C Mixolydian / Dominant

C7

C Dorian

C7

STEP #2b TECHNIQUE

Write in the counts for the following two pieces:

1. Ornithology - <https://www.youtube.com/watch?v=Z2tvlp7RnlM>

Tips: This piece is by Charlie Parker, and is from the Charlie Parker Omnibook. It is his transcribed solo. Reference recordings can be found on YouTube at the above link.

Ornithology

By Charlie Parker and Benny Harris

'BIRD SYMBOLS'
C. PARKER 407

$\text{♩} = 236$

140

1 **DRUMS** 3

E E⁻⁷

2 A7 D D- G7

3 C7 F#6 B7 E- B7+9 G#-

4 C#7 G#- G- F#- B7 E

5 G#- C#7 F#- B7 E C#7 F#- B7

TRPT. 3 3 3

ALTO 3 3 3 TENDR 3 3 3 GUITAR 3 3 3 ALTO

6 E E- A7

7 D D- G7

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