

# 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>>

General Employability – Mrs. McCollum

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

UIL Social Studies – A schoology page has been set up, please email [lblalock@mpisd.net](mailto:lblalock@mpisd.net) to receive a code.

Theatre Production Assignment – Dr. Lee

Theatre I and Technical Theatre I – Dr. Lee

# 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](mailto:jwilliams2@mpisd.net)

## THEORY ASSIGNMENT #4

### Directions:

1. Please do the analysis for this Back Chorale in pencil.
2. The key is D major.
3. Write the name of each pitch next to the note, or on a separate piece of paper.
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 26"
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?
8. Go to Breezin Thru Theory, you should have completed your initial log-in last week (I sent you a REMIND. This week complete chapters 5 and 6, please.

**BWV 26** Ach wie flüchtig, ach wie nichtig

The image shows the musical score for BWV 26, 'Ach wie flüchtig, ach wie nichtig'. The score is in D major and 4/4 time. It consists of three systems of two staves each (treble and bass clef). The first system shows the beginning of the piece with a treble clef and a key signature of one sharp (F#). The second system shows a key change to D major (no sharps or flats). The third system continues in D major. The music features a simple harmonic structure with a steady bass line and a melodic line in the treble. There are some markings above the notes, including a '3' and a '1'.

**Assignment #4 for:  
Piano classes**

1. Go to Breezin' Thru Theory and log in.
2. This week complete chapters 3 and 4, please.
3. You may also work in Music Theory.net

NOTE: I have not received work for everyone. Breezin' Thru Theory will automatically record your score and send me a report. Thank you.

Here is my email [nvines@mpisd.net](mailto:nvines@mpisd.net) if you have any questions, please contact me.

**Assignment #4 for:  
Belle Canto  
Chorale**

4. Go to Breezin' Thru Theory and log in. This week complete chapters 3 and 4, please.
5. Go to Breezin' Thru Theory (you should have created your account last week)
6. You may also work in Music Theory.net
7. Listening for the week:
  - metopera.org and watch the performances for the day/week.
  - 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.
8. We are updating choir student addresses and phone numbers in our data bank, email me your information so it is current, please. Thank you

NOTE: I have not received work for everyone. Breezin' Thru Theory will automatically record your score and send me a report. Thank you.

Here is my email [nvines@mpisd.net](mailto:nvines@mpisd.net) if you have any questions, please contact me.  
Directions:

# McCull GENERAL Employability

Name : \_\_\_\_\_

Date: \_\_\_\_\_

## **Directions:**

Please write your response of 4-5 sentences and submit by taking a picture and sending it to [kmccollum@mpis.net](mailto:kmccollum@mpis.net)

## **Topic:**

During this time of great change and loss of jobs, has anything caused you to change your future career choices from this pandemic?

---

---

---

---

---

---

---

---

---

---

# Art 1

Students will combine an Element and a Principle in the boxes below.

	BALANCE	MOVEMENT	VARIETY	PROPORTION	PATTERN	UNITY	EMPHASIS
LINE							
SHAPE							
FORM							
COLOR							
VALUE							
TEXTURE							
SPACE							

Name: \_\_\_\_\_ Class Period: \_\_\_\_\_

## MPHS Dance Class Daily Assignment

April 27<sup>th</sup> - May 1<sup>st</sup>

Directions: Please complete the following daily activities for dance class. Thank you!

Date	Assignment	Assignment	Assignment	Assignment
4/27	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split Practice Spring Show Routine - 15 Minutes
4/28	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split Practice Spring Show Routine - 15 Minutes
4/29	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split Practice Spring Show Routine - 15 Minutes
4/30	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split Practice Spring Show Routine - 15 Minutes
5/1	10 Minute Stretch	10 Second Right Split	10 Second Left Split	10 Second Middle Split Practice Spring Show Routine - 15 Minutes

**Spring Show has been postponed as of right now. If we are able to set a new date, it will be communicated on the MPHS and Tiger Doll social media pages.**

**Once I have locker clean out information, I will also communicate it on the Tiger Doll social media pages.**

**I miss y'all!! ☹️**

# 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)

II Scale w/ approach tones  
C Ionian

Chord  
Cmaj7

approach tones 5

C Mixolydian / Dominant  
C7

C Dorian  
Cm7

The image shows three musical staves in treble clef, 4/4 time. The first staff is for the C Ionian scale, with handwritten notes 'Scale w/ approach tones' and 'C Ionian'. The second staff is for the C Mixolydian / Dominant scale, with handwritten notes 'C Mixolydian / Dominant' and 'C7'. The third staff is for the C Dorian scale, with handwritten notes 'C Dorian' and 'Cm7'. Each staff shows the scale ascending and descending, with specific notes marked as 'approach tones' and '5'.





# THEATRE 1 AND TECHNICAL THEATRE 1 MAKEUP MORGUE

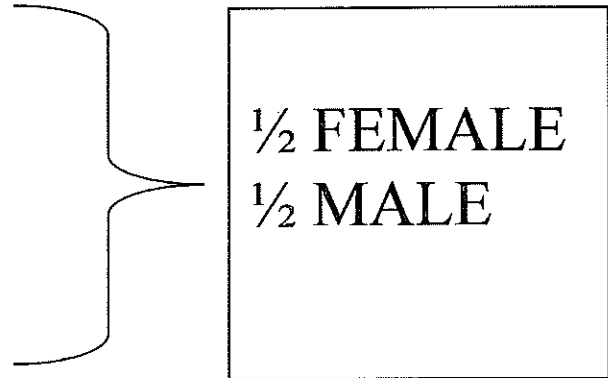
**Due Date: May 1<sup>st</sup>**

**This is the assignment that was originally due on April 1<sup>st</sup>.**

**You may email me if you need to see the sample PowerPoint I showed you in class.  
(elee@mpisd.net)**

You are going to make a folder called a "Makeup Morgue." This is a collection of pictures of people's faces and unusual makeups. You will collect pictures of people (not sketches, drawings or paintings) of various ages, unusual makeups (not masks), and unique or bizarre hairstyles. Collections of pictures, such as these provide a research base for makeup designers. A GRADE (100-90)

20 pictures of youth from 0-30 years of age  
20 pictures of middle age 35-55 years of age  
20 pictures of old age 55 years and beyond  
20 pictures of ears  
20 pictures of noses  
20 pictures of hands  
20 pictures of eyes  
20 pictures of beards  
10 pictures of specialty makeups (not masks) such as fairies,  
trolls, goblins, princesses, heroes etc.  
10 unique hairstyles



Each group of pictures should be labeled by group and which category the picture falls under.

Specialty makeup section can include make ups such as, mime and clown, make ups you wore with a Halloween costume, face painting from the Renaissance festival, a scar, and a tattoo can be included in this section of specialty makeup too. A picture of a mustache, a beard, would be in the hair section. Each section should have a divider. Pictures are to be mounted 2 to a page and on plain white paper. The picture should focus in on faces, not bodies, multiple faces in one picture count for ONE, no drawings or sketches, MINIMUM size for each is 1 inch by 1 inch.

**This can be done as a power point and one page on the power point is same as one page in a notebook.** Same expectations for number and type of pictures, etc for the PowerPoint as the notebook. You can email the PowerPoint to me or if the file is too large, you can put it on a jump drive and bring it to me and I will download it to my computer to grade. If you do a notebook, you will turn in the entire notebook on the due date or before.