

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 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.

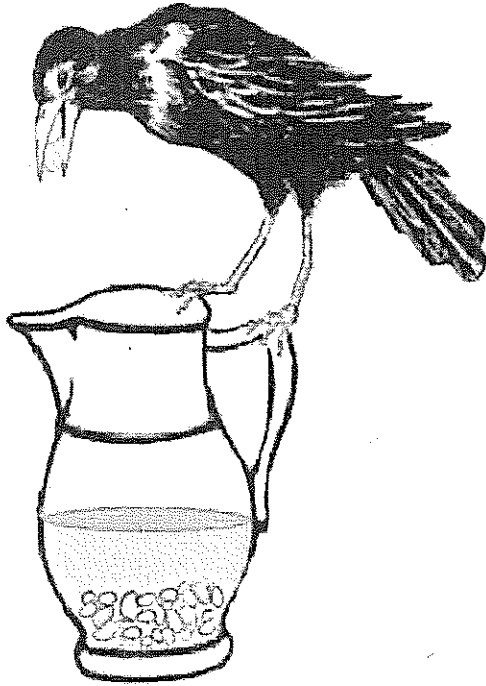
6. The chores count, too:

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

The Crow and the Pitcher of Water



He was one crow of many crows in a large tribe. He was not the fastest, the strongest, nor the best-looking crow. Most considered him strange because he rarely spoke, except for when he became excited by a thought or an idea. Because he seemed to stare at things for long periods of time and appeared to be detached from the world, the tribe nicknamed him *Stardust*.

One day, after a long spell of hot weather, which had dried up all the streams and ponds, the tribe of crows became fearful that they would die of thirst. Stardust remained calm and watched as the other crows panicked and flew away across the barren land in search of water. When the sun began to set and the weather was cool, Stardust flew to the only village nearby. There, he came across a pitcher of water sitting on a villager's table.

Stardust tried to drink from the pitcher, but there was only a little water left at the bottom, and his beak couldn't reach the bottom of the pitcher. He looked around and thought for a while, then suddenly Stardust hit upon the solution.

Stardust took a pebble and dropped it into the pitcher. Then, he took another pebble and dropped it into the pitcher. Stardust continued doing this, until at last he saw the water rise-up closer to him. Hence, Stardust was able to quench his thirst and save his life.

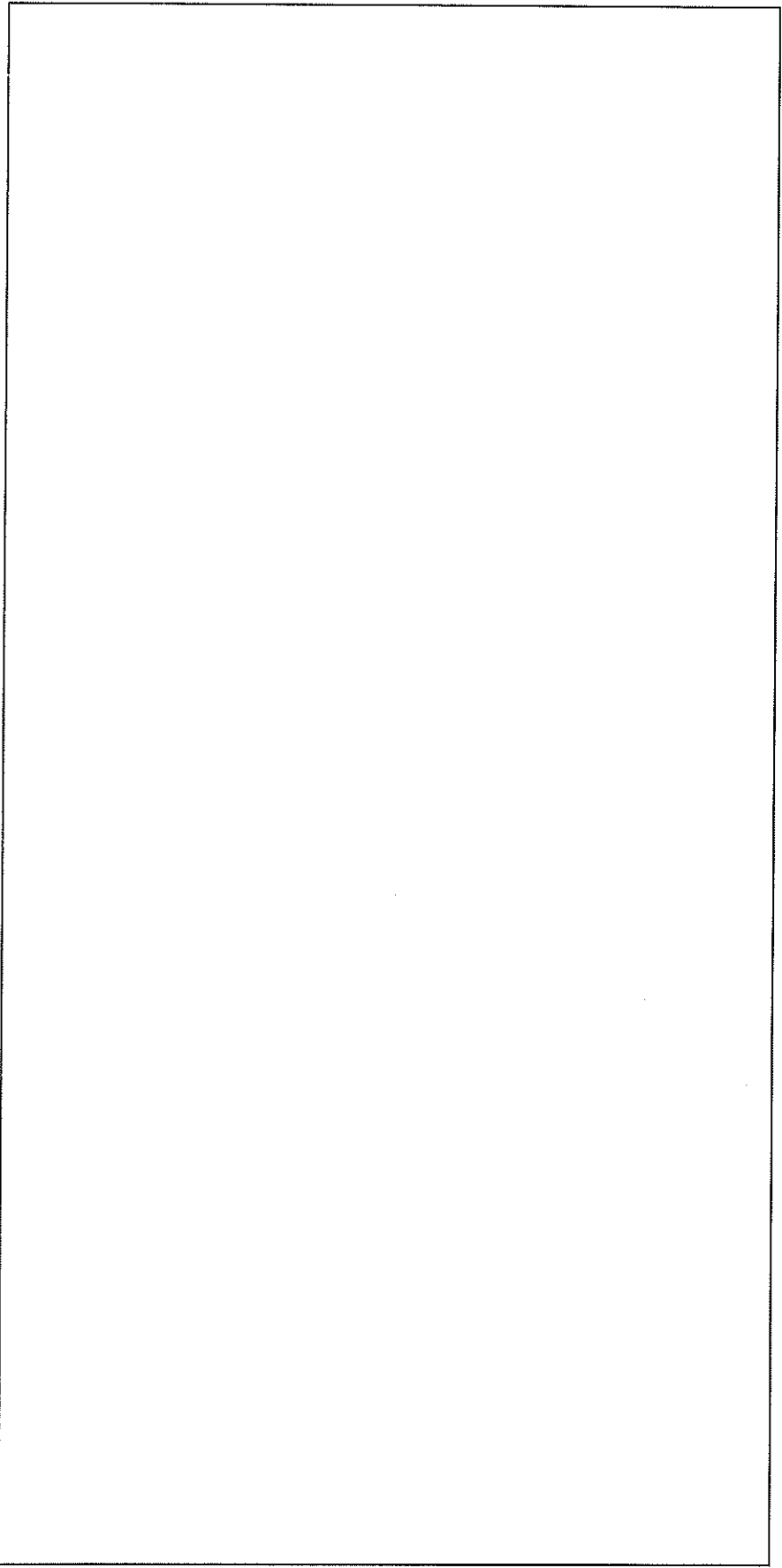
Inspired and adapted from Aesop's fable the Crow and the Pitcher.

Answer each question on a separate piece of paper.

- 1) Why did the tribe nickname the crow Stardust?
- 2) Though Stardust was not the fastest, strongest, or best-looking crow, what skill do you think he had?
- 3) Because the crows panicked, what do you think eventually happened to them?
- 4) Why do you think Stardust waited until the sun began to set, before flying to the village?
- 5) How was Stardust able to drink from the pitcher of water?
- 6) What do you think the point of the story was?

Art 1

Students will create a picture using as many Art Elements and Principles as they can. Your picture must be school appropriate.



MPHS Dance Class Distance Learning

May 4th - May 8th

The Tiger Doll Spring Show is moving to an online show. It will consist of Tiger Doll routines only—no guest performances. This means you will not get to perform your class routine this year. ☹️

Seniors, I enjoyed having you in my dance class. Some of you I had the pleasure of having for three years! I wish you the best of luck in this new chapter in your life.

Freshman, Sophomores, and Juniors, thank you for a fun year in dance. I hope you will join me again next year in dance!

To my dance class assistants, THANK YOU for all of your help this year. You were amazing and such a huge help!

I miss you all and am so sad our year ended this way.

Love, Mrs. Broach

Weekly Focus: Stretching/Flexibility/Core Exercises

Check out the following links:

<https://www.youtube.com/watch?v=RJ6PhW6Ni8M>

<https://www.youtube.com/watch?v=Ni1wNEdGtos>

<https://www.youtube.com/watch?v=p39UHZ7h5OA>

<https://www.youtube.com/watch?v=F6Hx-NBcgFk>

<https://www.youtube.com/watch?v=aqMUf4Hlwml>

THEATRE 1 AND TECHNICAL THEATRE 1 MAKEUP MORGUE

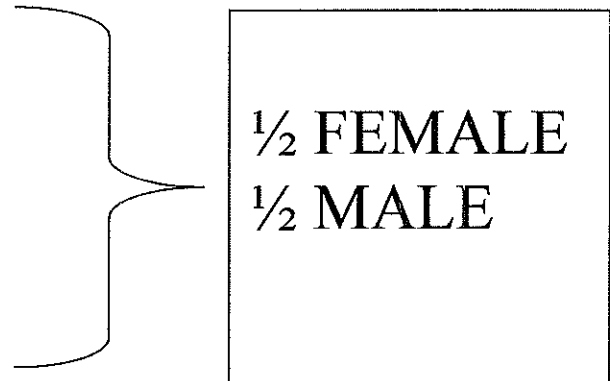
Due Date: May 8

This is the assignment that was originally due on April 1st.

**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.

THEORY ASSIGNMENT #5

Directions:

1. Go to Breezin' Thru Theory and log in. This week complete chapters 5 and 6, please.
2. Now go to Breezin' Thru Composing. Please watch the video on the "getting started" video.
3. This week complete chapters 1, 2 and 3 in the composing section. You may continue past chapter 3 and work on a composition now if you would like.

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

Assignment #5 for: Piano classes

1. Go to Breezin' Thru Theory and log in.
2. This week complete chapters 5 and 6, please.
3. You may also work in Music Theory.net

Assignment #5 for: Belle Canto Chorale

1. Go to Breezin' Thru Theory and log in. This week complete chapters 5 and 6, please.
2. You may also work in Music Theory.net
3. 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.
4. 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 if you have any questions, please contact me.

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!!**
3. Repertoire:
 - a. Practice any of the tunes already in your Jazz Band Folder.
4. Improvisation:
 - a. Improvise daily for at least 10 minutes.
5. **MAKE SURE TO TURN IN YOUR WORK ON REMIND**
 - a. You may check-in with me as needed. I will be happy to help!

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 exercises on a single staff in treble clef, 4/4 time. Each exercise consists of a scale followed by a chord. Handwritten annotations are present above and below the notes.

- Exercise 1:** Labeled "C Ionian" and "Scale w/ approach tones". The scale is C-D-E-F-G-A-B. The chord is Cmaj7. A bracket labeled "approach tones" is under the F and G notes of the scale.
- Exercise 2:** Labeled "C Mixolydian / Dominant". The scale is C-D-E-F-G-A-Bb. The chord is C7. A bracket labeled "approach tones" is under the F and G notes of the scale.
- Exercise 3:** Labeled "C Dorian". The scale is C-D-E-F-G-A-Bb. The chord is Cm7. A bracket labeled "approach tones" is under the F and G notes of the scale.