

# Power Hour 2019

12:30 – 1:30 Tuesday

Session 2: February 5, 12, 19, 26 and March 5, 12



# Canadian Boats and Tanks

To learn more about boats and tanks used during the wars.

To gain an appreciation the achievements and sacrifices the soldiers took using tanks and boats.

I can think critically about the importance of the use of boats and tanks during the wars.



# Garage Band

Come join us as we learn how to create original music using GarageBand!

Why is this important:

Students will:

- Gain insights into music through meaningful musical activities
- Have the opportunity for self-expression and creativity
- Communicate through multimedia

After this powerhour, I can.....:

- Navigate and use the application GarageBand
- Create an original song using instrument clips
- Layer instruments to create different musical effects



# Scratch Coding

Students will work through tutorials on the Scratch website to learn the basics of coding. Once they feel competent they will create their own story, animation and/or game.

Why is this important: Students will learn to think creatively, reason systematically, and work collaboratively.

After this Power Hour, I can.....:

- understand that an algorithm is a list of instructions that must be done in the right order
- control and debug commands for a Screen Sprite to move it to a given position
- predict where the Screen Sprite will finish after a list of commands take place
- explain to others how to create a program



# Painting like the Impressionists

Together we will explore two Impressionists  
- Van Gogh's Starry Night and George Seurat pointalism.

Students will create their own paintings in the style of these two masters. Goal would be two paintings by the end of the session. Explore ways of looking at light and interpreting how to express light with paint.

I can create a painting in the style of impressionism.

I can explore paint, color and light.

I can express myself through art.



# Actors Corner

Do you have a flair for the dramatic?  
Explore the dramatic arts through a variety  
of drama games and activities.

Why is this important:

- To develop competency in communication skills through drama.
- To foster an appreciation for drama as an art form.
- Practice moving in different ways in response to a variety of stimuli

After this powerhour, I can.... :

- communicate my ideas through drama
- appreciate the importance on drama for myself and my community
- Be aware of my body movements as a means of communication



# The World Depends on Pi Math Club

**The World Depends on Pi Math Club** will help you find your way out of a maze, travel to your home base in space, figure out which potato didn't make it into the campfire, and play froggy hopscotch. You will play around, work with others, and solve different challenges for the first few sessions, and then you will select your favourite one to create a math-fair style display to challenge your friends.

**The World Depends on Pi Math Club** is important for the following reasons\*:

- You will learn some all-important problem-solving skills, such as asking yourself, “*How would you...*” or saying, “*Maybe if I try it this way...*”. These skills could save the world one day.
- You will also continue to work with others to solve various problems, a skill that could also save the world one day.

*\*Not all reasons are included, and not all reasons are known to Ms Lauf. Only you will know all your reasons.*

After this PoWer Hour, I can....

... solve problems in a whole bunch of neat ways.

... try, try, try again, and if my result is not satisfactory, then I can ask for help or get a nudge in a different direction.

... explore different ideas, like a crew from *Star Trek* can.

... identify that  $\pi$  is not a pie (apple or pizza), but it's important to understand that math (and  $\pi$ ) will help me figure out which will give me more pizza: 2 - 12" pizzas or 1-18" pizza.





# Destination Imagination

Do you like to build? Do you like to work with materials like Lego and cardboard? Have you ever wanted to design an invention? Students will work with a variety of materials to complete STEM (Science, Technology, Engineering, Mathematics) challenges each week. Students will be encouraged to work with a variety of peers across grade groups to think critically, creatively, and constructively. Each week will contain a new STEM challenge. Challenges will use a variety of building materials such as Lego, cardboard, tape, balls, elastics, etc.

Donated materials would be greatly appreciated! This could include items like:

- Wire
- Cardboard
- Egg cartons
- Plastic bottles
- Jars and lids
- Straws
- String
- Cups
- Etc.

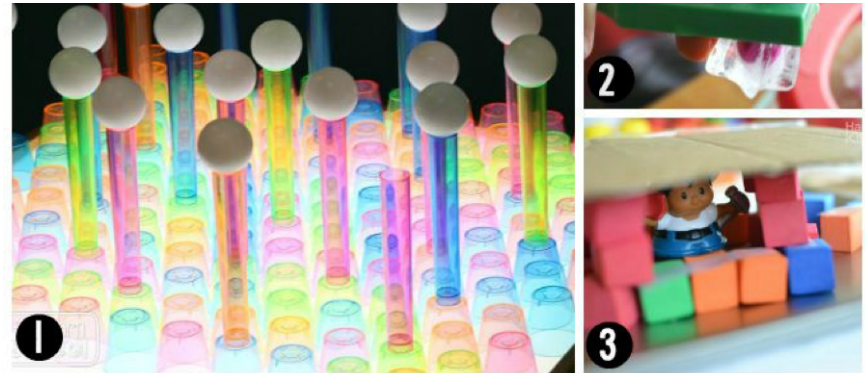
\* Please note that these materials will be continued and will most likely not be returned.

Why it is important:

- Use direct and indirect measurement to solve problems
- Describe the characteristics of 3-D objects and 2-D shapes and analyze the relationships among them
- Describe and analyze position and motion of objects and shapes
- Use experimental or theoretical probabilities to represent and solve problems involving uncertainty
- Investigate practical problems and develop possible solutions

I Can Statements:

- I can work with a variety of peers
- I can work with different materials
- I can be safe
- I can think critically, creatively, and constructively to solve problems
- I can verbally explain my thinking to others
- I can communicate through a variety of media



## Simple STEM CHALLENGES for young children



# Speed Stackers

Would you like to be in a learning environment that uses mind and body to release energy, develop coordination and stimulates your brain?

In this POWER hour we will begin with a mindfulness strategy to clear and focus our brain. We will then learn to speed stack in North American standard competition style as well as the opportunity to freestyle. We will have a pro style speed stack competition during the last POWER hour session.

Why is this important:

According to our Physical Education Program of Studies:

- Health
  - Participation in physical activity can improve fitness—muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance—and reduce the risk factors related to heart disease, including obesity and high blood pressure. Regular physical activity increases bone density to create a stronger skeleton. It can be an outlet for releasing tensions and anxieties in the promotion of mental health.
- Active Lifestyle
  - Physical activity, over time, is beneficial to personal well-being. Physical education promotes personal responsibility for health and fitness and for students to develop a desire to participate for life.
- Skill Development
  - Physical education develops physical skills that allow for enjoyable and successful participation in movement activities. Students perceived competence is a key determinant for future involvement in physical activity.
- Positive Interactions
  - Interaction with others is an important aspect of most physical activities. Physical education provides a natural learning environment in which to develop cooperation and fair play skills. For example, students have opportunities to assume leadership, develop teamwork skills, officiate and take responsibility for their actions while playing.
- Self-confidence and Self-esteem
  - Physical activity can instill a strong sense of self-worth in students. They can become more confident, assertive and independent.
- Goal Setting
  - Physical education provides opportunities for students to practise goal setting as they participate.

According to the World Sport Stacking Association:

Sport stacking not only promotes physical fitness, but also academic learning. Students that sport stack on a regular basis have shown increases in test scores and levels of concentration. This is achieved by students using both their right and left sides of their brain. When students sport stack they are crossing the "midline" of their bodies and developing new connections in their brains. These new connections help to spur brain growth which in turn promotes greater academic achievement.

**After this powerhour:**

I can use speed stacks to develop hand eye coordination. I can activate right and left brain development. I can organize my brain for better concentration and problem solving. I can release worries and enjoy the moment.



# Hammadieh's Hip-Hop Street

Hip hop classes are very upbeat and incorporate a variety of fun music which makes the class very enjoyable and exciting for dancers to be a part of. In this power hour you will learn different hip-hop moves. You will learn how to isolate different parts of your body, and groove to different rhythms. You and your group will have a chance to create and choreograph your own dance routine! If you like music video dancing, this is the class for you.

Why is this important:

Dancing provides you with the opportunity to appreciate the importance of physical activity, while discovering essential life skills, such as cooperation, leadership, and teamwork. Participants will experience movement, involving components of fitness, select, perform and refine basic dance steps and pattern. Students will be able to describe positive benefits gained from dancing. Dancing provides the opportunity for self-expression and most importantly an opportunity to practice self-confidence.

After this powerhour, I can.....:

- I can create short dances that use simple choreographic forms and structures
- I can compare spontaneous movement (improvisation) and planned movement (choreography).
- can create short dances that communicate abstract ideas.
- I can use teacher-led improvisation in the process of creating dance phrases.
- I can use basic elements of movement (body, time, space, energy) to generate short dance phrases.
- I can use independent, cooperative, and collaborative skills to improvise and create dance.



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# Origami

“You got to when to fold it,  
Know when to crease it,  
Know when to flip it,  
Know when to turn . . .”

Paper that is.

Origami is the Japanese art of folding paper into various shapes and figures. The students will learn some basic folding techniques and how to follow directions oral, written, and illustrative.

Why this is important:

Language Arts:

Students engage in exploratory language to determine the kind and amount of information needed to accomplish their various purposes, both artistic and functional. Students communicate ideas and information more effectively when they select forms and conventions appropriate to specific purposes and audiences.

Math:

Spatial sense involves visualization, mental imagery and spatial reasoning. Spatial sense enables students to communicate about shapes and objects and to create their own representations.

After this Powerhour, I can. . .

- remember the sequence of a story.
- fold the paper to make the different figures from each part of the story.
- fold paper into other figures following directions.



# Modeling Fun

In this power hour, students will create 2 clay projects and experiment with different ways of working with plasticine in order to create their own plasticine murals. We will examine the work of author and illustrator, Barbara Reid, whose award winning artwork is created with plasticine.

Why is this important: Working with clay and plasticine is very calming and therapeutic. As well as helping to calm our brains and emotions, it also helps to develop fine motor skills.

After this powerhour, I can....:

I can decide how I want to show what I am thinking or feeling.

I can sculpt two- and three-dimensional objects.

I can create art about different themes in my life.

I can recognize and show different ways to express feelings.



# Intramural Madness

Students will explore and participate in different large group cooperative games. Each week, students will participate in a round robin style tournament as they play a new game each week. Students will compete with a team throughout the power hour session.

## **Why is This Important:**

- Students will use their understanding of fundamental movement and cooperation to learn and play new games.
- Physical activity helps us in our learning! It is important for students to get their heart rates up and to be active everyday
- Students will develop a sense of belonging while engaging their competitive side as well.
- Students will get to explore different cooperative games such as European Handball, Soccer, Basketball, Hockey + student choice



## **After This Power Hour I Can...:**

- Say I've tried a variety of games and tried my best
- Worked as a team to win points for my house league
- Encouraged my teammates and my opponents during games
- Applied my knowledge of fundamental movements to a variety of sports