**Kindergarten-1st Grade Choice Board, Movements 1-3**

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| **Quincy Quarter Note** | **Ellie Eighth Note** | **Quinton Quarter Rest** |
| **Part 1:** Sing “The Note Family Song”.[Link is on ‘Directions’ page on web site.] First graders should perform the motions.  **Part 2:** Listen to “Quincy Quarter Note”. [Link is on ‘Directions’ page on web site.] What does the song tell you about Quincy Quarter Note?  **Quincy Quarter Note** is an average baseball-loving teenager. When his x-ray appears in music, his **tummy is filled in** (The children eat first at each meal!), and **he *always* carries his baseball bat**. When he**goes to gymnastics, he is upside down**. Quincy appears 4 times in a room and **shows 1 beat of sound**.      **Part 3:** Create Quincy Quarter Note in at least as many ways as your age; if you are 5 years old, create him 5 different ways. You can use food (carrot curls, Oreo cookies, etc.), yarn and pom-poms, buttons and popsicle sticks, quilling paper—whatever you have at home; you can also draw him in pudding, applesauce, or whipped cream. Be *creative*, but you must be *accurate* with his shape!  **Part 4:** Using the “Note and Rest Page” [Link is on ‘Directions’ page on web site.], draw a circle around all of the quarter notes; there are 13 quarter notes. | **Part 1:** Sing “The Note Family Song”. [Link is on ‘Directions’ page on web site.] First graders should perform the motions.  **Part 2:** Listen to “Ellie Eighth Note”. [Link is on ‘Directions’ page on web site.] What does the song tell you about Ellie Eighth Note?  **Ellie Eighth Note** is Quincy’s little sister. She is a cheerleader! When her x-ray appears in music, her **tummy is filled in**, and she ***always* carries her team’s flag**. She can be **by herself or she can hold a banner with her best buddy**. Like Quincy Quarter Note, she also goes to gymnastics. Ellie is **½ beat of sound, so it takes 2 of her to equal 1 of her brother**.        **Part 3:** Create Ellie Eighth Note in at least as many ways as your age; if you are 6 years old, create her 6 different ways. You can use food (carrot curls, Oreo cookies, etc.), yarn and pom-poms, buttons and popsicle sticks, quilling paper—whatever you have at home; you can also draw her in pudding, applesauce, or whipped cream. Be *creative*, but you must be *accurate* with her shape!  **Part 4:** Using the “Note and Rest Page” [Link is on ‘Directions’ page on web site.], draw a square around all of the eighth notes; there are 10 single eighth notes (with a flag) and 4 pairs of eighth notes (sharing a ‘banner’ or beam). | **Part 1:** Sing “The Note Family Song”. [Link is on ‘Directions’ page on web site.] When you hear the rest section in the middle, be really still and listen; do not sing about the rests!  **Part 2:** Listen to “Quinton Quarter Rest”. [Link is on ‘Directions’ page on web site.] What does the song tell you about Quinton Quarter Rest?  **Quinton Quarter Rest** is Quincy’s best friend. Sometimes he takes Quincy’s place at bat. Although Quinton always tries, he strikes out; the bat never ‘cracks’ against the ball. Quinton Quarter Rest **shows 1 beat of silence, or rest**. He looks like a **lightning bolt**and is easy to draw; make **a letter *Z* over a letter *C***! Quinton Quarter Rest is **never upside down**; he never sleeps with his head at the foot of the bed.  **Part 3:** Create Quinton Quarter Rest in at least as many ways as your age; if you are 7 years old, create him 7 different ways. You can use food (carrot curls, carrot sticks, celery sticks, etc.), yarn, popsicle sticks, quilling paper—whatever you have at home; you can also draw him in pudding, applesauce, or whipped cream. Be *creative*, but you must be *accurate* with his shape!  **Part 4:**Using the “Note and Rest Page” [Link is on ‘Directions’ page on web site.], draw a triangle around all of the quarter rests; there are 11 quarter rests. |