

Jersey Shore Area Middle School

Extended Academics

Alternative Enrichment & Review Education

Below is a list of educational enrichment resources that students can use to continue to engage their brain while school is closed. The activities are separated into curriculum programs. Teachers will continuously add resources so check back frequently. Teachers may also post additional resources on their Schoology pages.

Guidance Enrichment Activities

Format	Resource	Description
Online	Smart Futures	www.smartfutures.com Career Readiness Activities

Art Enrichment Activities

Format	Resource	Description
Paper	Draw / Paint	Create a drawing or painting
Online	What is Tessellation? by M. C. Escher inspired Tessellation Art - YouTube	M. C Escher inspired Tessellation Art
Online	https://artsandculture.google.com/partner?hl=en&tab=map	Google Arts and Culture- Exhibits around the world
Online	https://www.si.edu/exhibitions/online	Smithsonian Institute Virtual Exhibits
Online	Surrealism – What Is That? Tate Kids	Video exploring Surrealism
Online	Rotation Tessellation - Visual Art Lesson/Tutorial - YouTube	Visual Art Lesson/Tutorial

Business/Computer Apps Enrichment Activities

Format	Resource	Description
Paper	www.sba.gov	Have a business idea? Create a Business Plan
Online	https://financialfootball.com/	Learn financial concepts while playing football for the NFL. Team up with a family member and play together
Online	https://ig.ft.com/uber-ga	Practice budgeting while being an uber driver

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Paper	Online/Family Members	Ask your parent/guardian to help assist you to create a monthly budget which includes groceries and other expenses such as electricity, heat, rent, car payment, cell phone bill, etc. To challenge yourself, you could put it in an Excel spreadsheet and add formulas.

Intro to Pathways Enrichment Activities

Format	Resource	Description
Online	https://www.smartfutures.org/	Career Readiness Activities
Online	https://www.mynextmove.org/	My Next Move is a great resource to explore your own career interests and skills. GREAT RESOURCE TO WATCH SOME VIDEOS ABOUT DIFFERENT CAREERS.
Online	https://www.drkit.org/career-videos/	Job Shadow videos on different careers, as well as a section on Soft Skills development.
Online	https://www.onetonline.org/	Self assessments, explore careers
Online	http://www.teenbusiness.com/	Entrepreneurship - You want to run your own business? Teen Entrepreneurs, you don't need to wait to be an adult - find motivation and encouragement in other young people.
Online	www.bls.gov/k12/games/	Check out some fun games and activities related to career exploration and preparation.
Paper	Family Activity or On Your Own Career Caterpillar	Create a Career Caterpillar Can you get a section for each letter of the alphabet? Starting with the letter A, think of a career that starts with A, then the next one B and so on...how long is your caterpillar? Can you name a career for every letter of the alphabet? You can even let your creativity shine and take some time and draw some tools required of each occupation within that specific section of the caterpillar.

Health & Physical Education Enrichment Activities

Format	Resource	Description
Physical	Physical Activity	Do 30 minutes of physical activity per day
Health / Guidance	MS NTI Health Ed Prompts.pdf	Non-tradition health promotion ideas based on national health education standards (developed by Cairn Guidance and Kentucky SHAPE): <ul style="list-style-type: none"> • Middle School
Health	https://www.shapeamerica.org/uploads/pdfs/2020/resources/Logos-and-Slog	This activity is originally designed to be done in groups, but can be easily adapted to be done individually at home.

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PE	https://www.shapeamerica.org/uploads/pdfs/2020/resources/Physical-Activity-Log-Sample.pdf	This is a great opportunity for students to take charge of their own physical activity while not in school. Have them complete a log and reflection questions each week.
HPE	https://www.shapeamerica.org/uploads/pdfs/2020/resources/The-Daily-Big-3.pdf	The Daily Big 3 are three things students can do each day while they're out of school to take care of their physical and mental wellness. They will fill in the date for each day and check off items as they complete them.
online	http://www.greatlist.com	There are 50 bodyweight exercises that you can choose from that need no equipment and very little space.
online	http://www.lesmills.com	Pick one of the many workouts available and complete it.
online	http://www.pecentral.org	Workout logs are available that will allow you to track you progress
Hands On	Your body	Do a push up challenge with a family member. Start with 10 push-ups and then work your way down until you get to 1. Take a break between each set. See if you can complete it.
Hands On	Your body	Go for a walk or a bike ride near your house.
Online	www.gonoodle.com	Develop a list of things you can do around your house that can improve you social and emotional health.
Online	Your body	Develop your own dance and share it on a social media platform.
App	SWORKIT	Pick any workout on the app and complete it
Other	Teachers	Feel free to email Mr. Weaver @ sweaver@jsasd.org or Mrs. Dincher @ adincher@jsasd.org
Hands On	You	Clean your room or clean up around your house. MOVEMENT IS CREATIVITY! BE CREATIVE!

Music Enrichment Activities

Format	Resource	Description
Project	Instrument	Create a song
Online	https://www.noteflight.com/	Create, view, print and hear professional quality music

Online	https://www.smartmusic.com	Music education tools that support efficient practice, helping musicians to develop and grow.
Online	https://www.sightreadingfactory.com/	Practicing the important skill of sight reading- easy, effective and fun!
Online	https://www.musictheory.net/	Create and experiment with theory exercises.
Hands On	Instrument	Choose a song to play, practice it, and then share it with family and friends. It could be a song from a videogame, TV show, movie, or from the lesson book.
App	Garage Band	There are so many ways to create original music with this app. You can use the loops within it, play the software instruments, record REAL instruments, and even record random sounds to make a soundtrack to a video.
Audio	Device that plays music	Listen to new music! Find something you like, and then try to find something similar that you've never heard before. Ask your family and friends what their favorite songs are, and listen to those! If you want any listening suggestions, email neischeid@jsasd.org .
Online	https://www.jwpepper.com/sheet-music/welcome.jsp	Look up our current repertoire and try to practice your part along with it.
Online	https://www.jwpepper.com/sheet-music/school-choir-music.jsp	Create program notes/song introductions for our current repertoire that would educate and inform our audience in a grammatically correct paragraph.
hands on	paper	write down the lyrics to one of your favorite pop songs. Then analyze each sentence to find the meaning in those words for YOU and your life (talk to the text). What do those words mean for you personally? if you like you can take a pic of what you do and send it to abowers@jsasd.org
online	https://www.jwpepper.com/sheet-music/school-choir-music.jsp	using the following categories create your own "concert" of 5 songs by searching the jwpepper website: Folk, multi cultural, pop, concert opener/closer, anything else of your choice
Other	Teachers	If you have any questions or just want to share your musical activities, you can email Mr. Eischeid (neischeid@jsasd.org), Mrs. Bowers (ABowers@jsasd.org) or Mrs. White (CWhite@jsasd.org).