

**L.I.T. (Liberating Inspirational Transformative)
Summer Curriculum 2021**

**School District of Palm Beach County's Teaching and Learning Division
Office of African, African American, Latino, Holocaust, and Gender Studies
K-12 Arts Education
K-12 Physical Education**

Before you begin, create a free account with the following sites:

- <https://www.learningforjustice.org/>
- <https://www.facinghistory.org/>

Outline:

- I. Understanding and Embracing Diversity/All About Me
- II. S.T.E.M - The World's Greatest Inventors, Scientists, and Mathematicians
- III. Culture and SociEvolution of Hip Hop
- IV. Professional Athletes as Real-Life Heroes and Activists
- V. The Making of Our Community: The History of Palm Beach County

Learning Objectives and Essential Questions:

- Participants will gain an appreciation of a multicultural/multiracial society
- What is diversity?
- How is diversity related to our own identity
- Participants will be able to discuss and describe the major contributors to STEM (Science, technology, engineering, and mathematics).
- Participants will be able to discuss how the arts can be used as a platform for Social Justice
- Participants will be able to define Hip Hop as a culture and discuss the five original elements of Hip Hop and discuss the origins and evolution of Hip Hop culture.
- Participants will be able to discuss how professional athletes can use their influence to create change in their communities and engage in social justice.
- Participants will examine the contributions of various groups of people to Florida.
- Who were the key people who led to the development of Palm Beach County?

Week 1 Lesson Plan/Sequence

Theme: Understanding and Embracing Diversity/All About Me

Unit objectives/questions:

- What is diversity?
- How is diversity related to our own identity

Day	Activities
Day 1	Introduction: After students read the following article, discuss : What Is Culture? Follow Culture, What You See and What You Don't (Scripted Lesson Plans) <i>Get up and move! Pick a BRAIN BREAK! Let's have fun being active!</i>
Day 2	Four Perspectives (Scripted Lesson Plan Included) The Origin of Race in the USA (Video) <i>Get up and move! Pick a BRAIN BREAK! Let's have fun being active!</i>
Day 3	Romare Bearden Self Portraits <i>Get up and move! Pick a BRAIN BREAK! Let's have fun being active!</i>
Day 4	Romare Bearden Self Portraits <i>Get up and move! Pick a BRAIN BREAK! Let's have fun being active!</i>

Week 2 Lesson Plan/Sequence

Theme: S.T.E.M - The World's Greatest Inventors, Scientists, and Mathematicians

Unit objective: Participants will be able to discuss and describe the major contributors to STEM (Science, technology, engineering, and mathematics).

Day 1

Participants will use the readings below to learn about inventors and scientists who have had an impact on civilization.

The participants will select at least 3 articles from each day.

The participants will take notes as they read through the articles about the contributions.

Day 2

Create your own invention:

Materials needed: pencils, paper, rulers, markers, colored pencils, or crayons

Divide participants into groups

Distribute a set a materials to each group

Participants will brainstorm ideas to create their own invention

Participants will draw a prototype for their invention

Participants will write a brief description of their invention

Each group will present their invention

Day	Activities
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<p>Day 1</p>	<p>Imhotep Egyptian architect, physician, and statesman Africa's Major Contributions to Civilization 5 Mayan Inventions That Will Surprise You Five Muslim inventions that shaped our world Notable European Scientists Throughout History Nikola Tesla - Engineer & Inventor Biography Nikola Tesla and his incredible inventions (Video) Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>
<p>Day 2</p>	<p>5 American Inventors That Changed the World 19th Century Black Discoveries (Video) Benjamin Banneker African-American Inventors Luis von Ahn (Guatemala) co-created CAPTCHA 10 Hispanic pioneers in medicine AMA Top List of Mexican Inventors Inventors and their inventions presentation 11 famous African American mathematicians you should know about blog post 11 famous African American Mathematicians you should know about video Black Mathematicians 10 Famous women mathematicians infographic Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>
<p>Day 3</p>	<p>Asian Inventors Chien -Shiung Wu experimental physicist 6 Chinese Inventions That May Surprise You! Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>
<p>Day 4</p>	<p>Jazz: An American Invention Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>

Week 3 Lesson Plan/Sequence
Theme: Culture and Social Justice Through the Arts

Unit objectives: Participants will be able to discuss how the arts can be used as a platform for Social Justice.

Day	Activities
Day 1	"The Hill We Climb" by Amanda Gorman (Script Included) Identity and Individuality: Exploring Art & Literature (Script Included) Always Running Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 2	The Music and Poetry Behind the Red Power Movement (Script Included) Chocquibtown: Embracing Cultural Identity Through Colombian Rap (Script Included) Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 3	Gordon Parks Kadir Afrin Nelson Calida Garcia Rawles Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 4	Faith Ringgold and Tar beach - Wishes for the future Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!

Week 4 Lesson Plan/Sequence

Theme: The History and Evolution of Hip Hop

Unit objective: Participants will be able to define Hip Hop as a culture and discuss the five original elements of Hip Hop and discuss the origins and evolution of Hip Hop culture.

Day 1

conduct independent research on your favorite Hip Hop artist(s)/contributor(s) from any era. Projects must include all of the following information:

- Background or History
- Why did you make this selection?
- Impact (The impact that this person has had on Hip Hop and the students in the group)
- Analysis of a song or a project that this person/persons created that resonates most with you.

Day 2

Participants will use this information and present it through a digital format of their choice. Examples; Prezi, PowerPoint, or Google Site. These are only some examples of multimedia platforms that students can use to complete their projects.

Day	Activities
Day 1	Hip-Hop: A Culture of Vision and Voice The Birth of Hip-Hop Generation X (Video) The Birth of Hip Hop (Video) Pick a BRAIN BREAK! Choose what works best for your students. Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 2	How Hip-Hop Got Its Name 3 DJ Pioneers of Hip Hop Culture The Origins of Hip Hop (Hip Hop) HISTORY OF THE BREAKBEAT (Hip Hop) Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 3	Meet The Pioneering Queens of Hip-Hop The Latin Influence on Hip-Hop A Latino History of Hip-Hop, Part I (Video) Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 4	Hip Hop Artist Dramatic Presentation Activity Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!

Week 5 Lesson Plan/Sequence

Theme: Professional Athletes as Real-Life Heroes and Activists

Unit objective: Participants will be able to discuss how professional athletes can use their influence to create change in their communities and engage in social justice.

Day 1

Read & Say Something

- Divide participants into groups
- Distribute the article
- Divide the reading into sections or paragraphs
- Assign each participant a section or paragraph

- Decide who will start the reading
- After the first participant has read, the student will discuss **one** of the following:
 - Identify an unfamiliar vocabulary term
 - Make a prediction
 - Ask a question
 - Clarify something you misunderstood
 - Make a connection
 - Make a comment
- The next participant will read and say something about the reading using one of the discussion points above.
- After the reading is complete, participants may have an open discussion about the reading.

Day 2

Discussion Questions:

Should professional athletes get involved with political activism?

Can you name an athlete who has taken a stand against an injustice?

Identify an issue that is important to you. Write a letter to an athlete persuading them to join your cause.

Day	Activities
Day 1	Arthur Ashe's real legacy was his activism, not his tennis Remember When: Muhammad Ali Protested Against the Vietnam War (Video) Women's Equal Rights in Sports - Billie Jean King Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 2	How Tommie Smith's Cry For Freedom Sparked a Legacy of Athlete Activism Olympic Project for Human Rights (1968) U.S Olympic Sprinters Protest Racial Inequality Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 3	Gesture Drawing: Ballerinas of Color - Dance and movement of the body Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 4	Gesture Drawing: Ballerinas of Color - Dance and movement of the body Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!

Week 6 Lesson Plan/Sequence

Theme: The Making of Our Community: The History of Palm Beach County

Unit objectives/questions:

- Participants will examine the contributions of various groups of people to Florida.
- Who were the key people who led to the development of Palm Beach County?

Lesson Directions:

Read & Say Something

- Divide participants into groups
- Distribute the article
- Divide the reading into sections or paragraphs
- Assign each student a section or paragraph
- Decide who will start the reading
- After the first participant has read, the student will discuss **one** of the following:
 - Identify an unfamiliar vocabulary term
 - Make a prediction
 - Ask a question
 - Clarify something you misunderstood
 - Make a connection
 - Make a comment
- The next participant will read and say something about the reading using one of the discussion points above.
- After the reading is complete, participants may have an open discussion about the reading.

Day	Activities
Day 1	Native Americans in Palm Beach County Jupiter Inlet in Spanish colonial history Pioneer Life A Case Study of Fannie and Samuel James Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!
Day 2	Flagler Era (Students will read the following) <ul style="list-style-type: none"> ● Build it and they will come ● Hotel Life ● The Styx

	<ul style="list-style-type: none"> • The Other Side of Lake Worth • Goods and Services • Teaching and Preaching • Getting Around • Fun and Games become Culture • Beyond the Palm Beaches <p>Maps & Photos</p> <p>Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>
Day 3	<p>African American Communities</p> <p>The Styx of Palm Beach Video</p> <p>Yamato Colony</p> <p>Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>
Day 4	<p>Origami Lesson</p> <p>Get Up and Move! Pick a BRAIN BREAK! Let's have Fun being Active!</p>

Summer Camp Academic Brain Breaks Activities
Physical Education K-12

Organization/Grades	Websites /Resources	Description
<p>GoNoodle (K-5)</p> 	<p>GoNoodle Activity</p>	<p>Great activity breaks with music and incorporates other subjects into learning. Engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, and at home.</p>
<p>NYC DOE Move -To Improve Physical Activity Guide for Elementary School: Visual Aid cards included (K-5)</p> 	<p>Physical Activity Guide _K-5_move-to-improve</p> <p>Move-to-Improve program materials collection</p> <p>MTI-4-5-visual-aid-cards</p>	<p>Teachers can use this physical activity guide breaks to implement the Move-to-Improve program in their grades K-5 classrooms. The guide includes fitness activity breaks with academic integration extension in math, science, literacy and health. Downloads available for music, visual aid cards and much more in the collection.</p>
<p>Eat More, Move More NC (K-8)</p>	<p>For Elementary School</p>	<p>Elementary and middle school energizers are classroom-based physical activities that help teachers</p>

	<p>Complete set of Energizers for Elementary School</p> <p><u>For Middle School</u></p> <p>Healthful Living Energizers</p> <p>Language Arts Energizers</p> <p>Math Energizers</p> <p>Music Energizers</p> <p>Science Energizers</p> <p>Social Studies Energizers</p> <p><u>For After School</u></p> <p>After-School Energizers</p>	<p>integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide physical activity to children.</p>
Organization/Grades	Websites /Resources	Description
<p>EAST CAROLINA UNIVERSITY Activity Promotion Laboratory Department of Exercise and Sport Science College of Health and Human Performance (K-2 & 6-8)</p>	<p><u>Energizers K-2</u></p> <p><u>Language Arts Middle-School Energizers</u></p>	<p>K-2 and 6-8 Classroom based physical activities with academic concepts.</p> 
<p>Let's Move Active Schools West Virginia (K-8)</p> 	<p><u>Let's Move Active Schools West Virginia</u></p>	<p>In alignment with "Let's Move!", America's campaign to raise a generation of healthier kids, the West Virginia Department of Education supports and promotes the participation of students in daily physical activity, and is committed to supporting a healthy school environment. Let's Move! WV is about putting children on the path to a healthy future.</p>
<p>The Colorado Education Initiative (6-12)</p> 	<p><u>Take a Break!</u></p>	<p>Take a Break by adding an array of physical activity breaks for students in the 6th through 12th grades to your Teacher Toolbox. These 1-5 minutes breaks should be used once every 30-60 minutes every day for all students, and even yourself.</p>

<p>BOKS (K-9)</p> 	<p><u>Summer BOKS FUN PACK</u></p> 	<p>BOKS has compiled a Spring & Summer Fun Pack that is meant to engage kids and allow them to “Create Their Own Adventure of Fun”for the warmer weather months. This package is full of easy to follow activities for kids to do independently, as a family, or for camp counselors/childcare providers to engage kids on a daily basis.</p>
<p>OPEN PHYSED NOW (K-12)</p>  <p>OPEN PHYSED (K-5)</p>	<p><u>Active Classrooms (NOW) - OPEN Physical Education Curriculum</u></p> <p><u>Active Classrooms - OPEN Physical Education Curriculum K-5</u></p>	<p>This landing page is designed to help give you and your students a much needed physical activity boost every day. Download the activity card, watch the video, and start moving.Students can stand up and move at their desks or play along via video meeting.Look for new activities each month.</p> <p>View our Pre-COVID Active Classroom Page for more ideas.</p>
<p>NETFLEX- Health and fitness videos for kids (K-12)</p> 	<p><u>NETFLEX Health & Fitness Videos For Kids</u></p>	<p>A vast library of kids health and fitness videos from the following categories: Physical Education, seated, dance, health and the human body, music, teens, workouts, interactive fitness games, just dance, brain breaks, yoga, mindfulness.....</p>
<p>Organization/Grades</p>	<p>Websites /Resources</p>	<p>Description</p>
<p>Hip Hop Public Health</p> 	<p><u>Hip Hop Public H.E.A.L.S</u></p>	<p>Enjoy our health content music and videos that feature some of the coolest artists in the world like Ariana Grande, Jordin Sparks, Ashanti, Jeremy Jordan, Hip Hop pioneers DMC from Run DMC, creator of the “Dougie dance” Doug E Fresh, and Chuck D from Public Enemy. Select one or more of the categories below to filter and sort through our music, videos, teaching guides and more. Search for resources using a variety of criteria such as grade level, content area and media type as well as by the National Health and Physical Education Learning Standards and the Healthy Out of School Time (HOST) Standards. Play our video games, download our incredible comics, and hang out with The Hip Hop MD, P-Ideon, and The C.O.C. (Counter Of Calories).</p>