

**TPK Music Distant Learning Plans**  
**Ms. Beers ([Nakea.beers@totowa.k12.nj.us](mailto:Nakea.beers@totowa.k12.nj.us))**

**Week 1**

Use a beanbag, ball or stuffed animal and follow the directions in the songs.

<https://youtu.be/Ish2YYg7onE>

<https://youtu.be/npyrInsXE08>

<https://youtu.be/TY22vBSZfLs>

**Week 2**

Practice walking, hopping, skipping and running to the beat.

[https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Follow along while the song begins slowly and then gradually increases the tempo.

[https://family.gonoodle.com/activities/little-green-](https://family.gonoodle.com/activities/little-green-froggy?utm_content=teacher&utm_medium=4674388&utm_campaign=share_link&utm_term=little-green-froggy&utm_source=clipboard)

[froggy?utm\\_content=teacher&utm\\_medium=4674388&utm\\_campaign=share link&utm\\_term=little-green-froggy&utm\\_source=clipboard](https://family.gonoodle.com/activities/little-green-froggy?utm_content=teacher&utm_medium=4674388&utm_campaign=share_link&utm_term=little-green-froggy&utm_source=clipboard)