

4/23/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email (firstname.lastname@fsd145.org).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

April 23	April 27	May 4	Social Emotional Learning (SEL)
April 24	April 28	May 5	Electives
	April 29	May 6	
	April 30		
	May 1		

3rd Grade			4/23/20 - 5/6/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
April 20-24 Earth Week	Fiction -Retelling and Story Elements	Data and Measurement Multiplication/Division Fractions Elapsed Time Area and Perimeter Addition and Subtraction with regrouping- estimating	
April 27-May 1 Being a Good Citizen	NonFiction- Summarizing, Asking and answering questions	Data and Measurement Multiplication/Division Fractions Elapsed Time Area and Perimeter Addition and Subtraction with regrouping- estimating	
May 4-8 Celebrate Special People	Comparing and Contrasting, Character Traits	Data and Measurement Multiplication/Division Fractions Elapsed Time Area and Perimeter Addition and Subtraction with regrouping- estimating	

Remote Learning Activities for Students

3rd Grade -- April 23rd

Parents: Choose two activities from each page each day.

	Math Fractions	Reading and Writing Fiction/ Story Elements	Science/ Social Studies Citizenship	Extra Challenge [any subject]
Activity 1 and Instructions	<p><u>Fractions</u> Discuss with someone in your home how you use fractions throughout your daily life. For example:</p> <ul style="list-style-type: none">• Baking cooking• Playing a game• Using a ruler to measure <p>(3.NF.1)</p>	<p>Read a short fictional identify the story elements:</p> <ul style="list-style-type: none">• Characters• Setting• Problem• Plot• Solution <p>Write a sentence about each story element.</p> <p>(R.L.3.2)</p>	<p>Keep a log of how often you wash your hands for two days. Use the information to make a graph.</p> <p>Create posters at home to remind your family to wash their hands.</p>	<p>Earth Day</p> <p>Go outside and look for trash in your neighborhood. Make a picture, collage, card, or poster that shows how you can recycle or reuse the items you see.</p>
Activity 2 and Instructions	<p>Fraction story problems: Write and solve a story problem using fractions. Remember to show all your work. Draw pictures if needed. Label with the correct unit. Ex: $\frac{3}{4}$ c. of sugar or $\frac{1}{2}$ in.</p> <p>(3.NF.1)</p>	<p>Find a book you've already read. Add a character to the story and write 5 sentences about this character.</p> <p>(W.3.3)</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

3rd Grade -- April 24th

Parents: Choose two activities from each page each day.

	Math Telling Time/Elapsed Time	Reading and Writing Fiction: Retelling and Story Elements	Science/ Social Studies Earth Day	Extra Challenge (any subject) Writing
Activity 1 and Instructions	<p>Draw a digital clock on a piece of paper to match the times below. Label your clock with the words for that time.</p> <ul style="list-style-type: none">• Five thirty-six• Two forty-eight• Nine eighteen• Quarter past four• Ten to seven• Twenty past three <p>(3.MD.1)</p>	<p>Read a fiction story of your choice for twenty minutes. Then, write down three things that happened in the story you read.</p> <p>(RL.3.3)</p>	<p>Create a Sculpture</p> <p>Using items in your recycling bin, create a sculpture. Describe your sculpture and give it a name.</p>	<p>Write your own fiction story with a clear beginning, middle, and end. Make sure to include a problem and a solution in your plot.</p> <p>(W.3.3)</p>
Activity 2 and Instructions	<p>Find the elapsed time between the times listed below:</p> <p>4:15 p.m. - 6:45 p.m. 11:57 a.m. - 12:20 p.m. 3:42 p.m. - 4:05 p.m. 8:45 a.m. - 12:30 p.m. 7:36 p.m. - 8:00 p.m. 11:47 p.m. - 1:15 a.m.</p> <p>(3.MD.1)</p>	<p>Read a fiction story of your choosing for twenty minutes. Then, draw the plot of your story. Be sure to label the characters.</p> <p>(RL.3.3)</p>		

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Remote Learning Activities for Students

3rd Grade -- April 27th

Parents: Choose two activities from each page each day.

	Math Area and Perimeter	Reading and Writing Asking and Answering Questions/ Summarizing	Science/ Social Studies Citizenship	Extra Challenge (any subject) Writing				
Activity 1 and Instructions	<p>Design a community garden that has an area of 100 square feet. (Area = length x width). Make a detailed drawing.</p> <ul style="list-style-type: none"> ● What is the perimeter of your garden (add all the sides)-label them. ● How will you space out plants in the garden? ● What veggies/fruits will you grow? <p>(3. MD.6, 3.MD.8)</p>	<p>Read for 20 minutes</p> <p>Write a short summary of what you read. Include the main idea and details.</p> <p>(RI 3.2)</p>	<p>Make a bird feeder out of recyclable materials. It can be as simple or as complicated as you want. Decide on what foods to place in your bird feeder. Place it outside where you can make observations.</p> <p>Create a set of 2-column notes to record your observations.</p>	<p>Write a letter to your teacher about what you have been doing during the quarantine. Use descriptive details and adjectives to describe your activities. Remember all your parts of a friendly letter:</p> <ul style="list-style-type: none"> ● Date ● Greeting ● Body ● Closing ● Signature <p>(L.3.2, W.3.4)</p>				
Activity 2 and Instructions	<p>Create 4 different sized rectangular gardens that have an area of 100 square feet.</p> <p>(3. MD.6, 3.MD.8)</p>	<p>Read a biography or news article for 20 minutes about an important person.</p> <p>Write 5 questions you would ask President Trump or another important person. Write down how you think he would answer.</p> <p>(RI 3.1)</p>	<p>example:</p> <table border="1" style="width: 100px; height: 100px; margin-left: 20px;"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> <tr> <td style="width: 50px; height: 70px;"></td> <td style="width: 50px; height: 70px;"></td> </tr> </table>					

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Remote Learning Activities for Students

3rd Grade -- April 28th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject) Writing
	Rounding Adding and Subtracting	Asking and Answering Questions/ Summarizing	Citizenship	
Activity 1 and Instructions	<p><u>Rounding</u> Round these numbers to the nearest ten 15 22 399 427</p> <p>Round these numbers to the nearest hundred 50 214 499 525</p> <p>(NBT.1)</p>	<p><u>Citizenship</u> means being a member of and supporting one's community and country.</p> <p>Write about someone you know that is a good citizen. Who are they? How do you know them? What makes them a good citizen? How can you become more like them?</p> <p>(L.3.2, W.3.4)</p>	<p>Write a thank you letter to your local mail carrier. Be sure to tell them why you are thankful for their services as an essential worker.</p> <p>(L.3.2, W.3.4)</p>	<p>Create a list of ways that you can show respect within your family and your community. When you are finished, choose one idea to illustrate.</p> <p>Here is a link to a video that gives ideas of how to be a good citizen in your community. https://www.youtube.com/watch?v=3bwfo9aD5A8</p>
Activity 2 and Instructions	<p><u>Adding and Subtracting with Regrouping</u></p> <p>299 + 349= _____</p> <p>301 + 299= _____</p> <p>577 + 437= _____</p> <p>1,079 + 1,121= _____</p> <p>837 - 240= _____</p> <p>911 - 802= _____</p> <p>222 - 132= _____</p> <p>1,000 - 22= _____</p> <p>(NBT.2)</p>	<p>Think of something that is thoughtful and kind that you can do for your community or for children in another country. How can you accomplish this and what problems could there be when trying? Share your ideas with someone.</p> <p>(SL.3.6)</p>		

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Remote Learning Activities for Students

3rd Grade -- April 29th

Parents: Choose two activities from each page each day.

	Math Data/ Measurement	Reading and Writing Asking and Answering Questions/ Summarizing	Science/ Social Studies Citizenship	Extra Challenge (any subject) Writing
Activity 1 and Instructions	<p>Create a list of objects that are approximately one foot long. Create a second list with objects that are approximately one inch long. These can be from inside or outside your house.</p> <p>Remember: One foot is the length of a ruler or about as long as the height of a piece of notebook paper and one inch is about as long as a paperclip.</p> <p>(3.MD.4)</p>	<p>After reading a Nonfiction book or article, create a dictionary page with five words from the text.</p> <p>Dictionary entries should be in alphabetical order and include a definition and part of speech (verb, noun, adjective etc.)</p> <p>(L.3.1)</p>	<p>Make a collage of pictures or drawings that you feel represent honesty and integrity. Write about how those pictures show citizenship.</p>	<p>Create a poem using 7 different words for honesty and integrity.</p>
Activity 2 and Instructions	<p>Use the line plot below to answer these questions on a piece of paper or in your notebook.</p> <ol style="list-style-type: none"> How many people scored 65 points in the game? What was the difference in the number of people who scored 65 or more points compared to the number of people who scored less than 65 points? <p style="text-align: center;">Points Scored</p> <p style="text-align: center;">X = 5 people (3.MD.4)</p>	<p>Journal Topic: How could you build a treehouse if you didn't have any wood?</p> <p>Be sure to restate the prompt and include several details in your response.</p> <p>(W.3.1)</p>		

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Remote Learning Activities for Students

3rd Grade -- April 30th

Parents: Choose two activities from each page each day.

	Math Multiplication and Division	Reading and Writing Asking and Answering Questions/ Summarizing	Science/ Social Studies Citizenship	Extra Challenge (any subject)																		
Activity 1 and Instructions	<p>Complete the multiplication facts below. Then write 2 sentences about what you observe.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">4x1</td> <td style="width: 50%;">4x10</td> </tr> <tr> <td>4x2</td> <td>4x20</td> </tr> <tr> <td>4x3</td> <td>4x30</td> </tr> <tr> <td>4x4</td> <td>4x40</td> </tr> <tr> <td>4x5</td> <td>4x50</td> </tr> <tr> <td>4x6</td> <td>4x60</td> </tr> <tr> <td>4x7</td> <td>4x70</td> </tr> <tr> <td>4x8</td> <td>4x80</td> </tr> <tr> <td>4x9</td> <td>4x90</td> </tr> </table> <p>(3.NBT.A.3)</p>	4x1	4x10	4x2	4x20	4x3	4x30	4x4	4x40	4x5	4x50	4x6	4x60	4x7	4x70	4x8	4x80	4x9	4x90	<p>Read a nonfiction book or article. Create five questions to ask someone. Have them read the same book or article and see if they can answer the questions.</p> <p>(RI.3.1)</p>	<p>Create a poster to convince people to volunteer at a local animal shelter or food pantry. Your poster should explain why it is important to volunteer.</p> <p>(SS.IS.6.3-5)</p>	<p>1. Find a real life array (ex: window panes, cookies on a cookie sheet) Create a fact family that represents your array that you have found. (Two multiplication problems and two division problems.)</p>
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4x2	4x20																					
4x3	4x30																					
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Activity 2 and Instructions	<p>On one page of Robin's stamp book, she has arranged her stamps in a 7 by 6 array. How many stamps are on this page?</p> <p>On one page of Cody's stamp book, he has 54 stamps. The stamps are organized in 6 groups. How many stamps are in each group?</p> <p>(3.OA.3)</p>	<p>Who is an essential worker and why are they important? Write 5 sentences to explain your answers. Be sure to use capitalization, punctuation, and spacing.</p> <p>(W.3.2)</p>		<p>2. Create your own weather chart. Keep track of the weather for a week and create a bar graph to display your data. (Ex: Rainy Days, Sunny Days, Cloudy Days, and Snowy Days)</p>																		

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Parent Signature: _____

Remote Learning Activities for Students

3rd Grade -- May 1st

Parents: Choose two activities from each page each day.

	Math Fractions	Reading and Writing Asking and Answering Questions/ Summarizing	Science/ Social Studies Citizenship	Extra Challenge (any subject)
Activity 1 and Instructions	Fractions: Make a recipe using fractions and units of measurements. Be sure to include detailed directions and ingredients. (3.NF.1)	Find a nonfiction text, skim the text and write down 4 questions before reading. After reading the text, answer your questions in complete sentences. (R.I.3.1)	Use the seeds from a pine cone or a seed from a vegetable at home. Plant it and see what happens. Plant a few varieties. What grew? What didn't? Have fun! Wash your hands when you are done.	Create a game to play with your family or your stuffed animal. To make a board game, use some old cardboard or the back of a cereal box. Is your game for fun or for learning? Or both? Will it use cards or dice for the game? What is the object and the rules? Make it as detailed or as simple as you want. Then play your game. Take a picture and send it to your teacher if you'd like. Have fun!
Activity 2 and Instructions	Write each of the following fractions on a separate piece of scratch paper. <ul style="list-style-type: none">● $\frac{1}{8}$● $\frac{2}{3}$● $\frac{1}{2}$● $\frac{3}{4}$● $\frac{7}{8}$● $\frac{9}{10}$● $\frac{1}{4}$● $\frac{2}{2}$ Put them in order from least to greatest. (3.NF.2)	Read a nonfiction text. Write five questions that you still have about this topic. (W.3.2)		

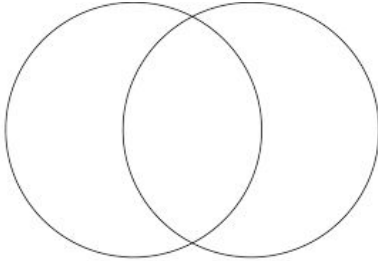
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Remote Learning Activities for Students

3rd Grade -- May 4th

Parents: Choose two activities from each page each day.

	Math Time	Reading and Writing Cause and Effect, Compare and Contrast	Science/ Social Studies Special People	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Solve each story problem.</p> <p>Charlie & Wrigley left for doggie daycare at eight thirty in the morning. They returned home at quarter to five. How much time did they get to spend at doggie daycare?</p> <p>Luna had to be at school by nine o'clock. It takes her mom forty-five minutes to drive her there. Luna likes to get up thirty minutes before they need to leave. What time would Luna need to get up? (3.MD.1)</p>	<p>Using a Venn-Diagram compare and contrast learning at school and learning at home. Write 5 sentences summarizing your Venn Diagram.</p> <div style="text-align: center;">  </div> <p>(RL.3.9)</p>	<p>Pick a special person in your life and draw a picture of them. Then, write down three reasons they are important to you.</p> <p>(SSCV.1.3)</p>	<p>Create your own elapsed time story problem using 5:30 pm to 6:10 pm.</p> <p>(3.MD.1)</p>
Activity 2 and Instructions	<p>Solve each story problem.</p> <p>Your family is going on vacation and their plane is leaving the airport at 1:00 p.m. in the afternoon. It takes two and a half hours to drive there. What time should your family be packed in the car and leaving for the airport?</p> <p>Jessica has an interview for a job at 3:40 p.m. They told her it would take an hour and fifteen minutes. She needs to be picked up after it's finished. What time should her mom plan to pick her up? (3.MD.1)</p>	<p>Read a fiction story of your choice. Look for examples of cause and effect in the story. Share those examples with someone or write them down. If the story has no examples, come up with examples of your own.</p> <p><u>Cause</u> - why something happened <u>Effect</u> - what happened</p> <p>(RL.3.1)</p>		

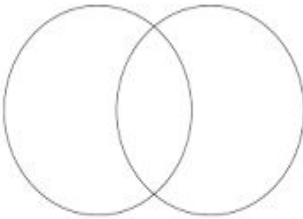
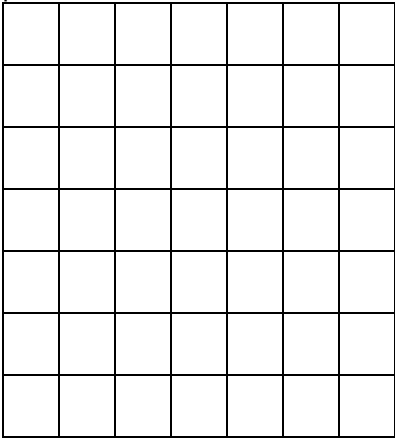
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

3rd Grade -- May 5th

Parents: Choose two activities from each page each day.

	Math Area and Perimeter	Reading and Writing Cause and Effect, Compare and Contrast	Science/ Social Studies Special People	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Solve the word problems:</p> <p>Sarah wants to draw a picture for a special person in her life. If the paper is 10 inches by 12 inches, find the area and perimeter of the paper. Draw a diagram to help you solve this problem.</p> <p>Sam is going to paint a wall in his grandma's room. The wall is 14 feet long and 8 feet tall. What is the area and perimeter of the wall?</p> <p>Remember: Area = length x width Perimeter = add up the sides</p> <p>(3. MD.6, 3.MD.8)</p>	<p>Read for 20 minutes</p> <p>Pick 2 characters and compare how they are alike and different.</p> <div style="text-align: center;">  </div> <p>(RL.3.3)</p>	<p>Interview a special person in your life about what it was like when they were in 3rd grade.</p> <p>Compare this to your life as a third grader. How is it the same and different?</p> <p>(SL.3.3)</p>	Practice your multiplication facts by drawing arrays and other diagrams.
Activity 2 and Instructions	<p>Shade two different quadrilaterals. Compare their area and perimeter.</p> <div style="text-align: center;">  </div> <p>(3. MD.6, 3.MD.8)</p>	<p>Read a fiction book for 20 minutes.</p> <p>Compare and contrast yourself to a character in the book.</p> <p>(RL.3.3)</p>		

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Remote Learning Activities for Students

3rd Grade -- May 6th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
	Rounding Adding and Subtracting	Cause and Effect, Compare and Contrast	Special People	
Activity 1 and Instructions	<p><u>Rounding</u> Mrs. Jackson's class collected aluminum cans for recycling. They collected 267 so far this year. About how many cans did they collect? Round to the nearest hundred.</p> <p>Dylan had 382 rocks in his rock collection. Estimate how many rocks he has. Round to the nearest hundred.</p> <p>(3.NBT.1)</p>	<p><u>Create a cause or effect for each scenario.</u></p> <p>Michaelle got lost hiking in the woods.</p> <p>Kate's dad was late picking her up from school.</p> <p>Kevin had a bad sunburn.</p> <p>Bethany had an allergic reaction.</p> <p>(RI.3.8)</p>	<p><u>Oil and Water Experiment</u></p> <p>What happens when you try mixing oil and water? Do they want to be mixed? Give it a go and find out!</p> <p>After you get your results, tell a special person what caused it to react the way it did.</p>	<p>Brainstorm memories you have created with special people in your life. Choose one memory and write the story of the memory and how it made you feel. Share with that person or someone else of your choice.</p> <p>(W.3.3)</p>
Activity 2 and Instructions	<p><u>Adding and Subtracting Word Problems with Regrouping</u></p> <p>Levi had 76 stickers. He gave some to Eli and now he has 19. How many stickers did he give away to Eli?</p> <p>There were 219 cats in the yard. 53 of them are white. How many are not white?</p> <p>Create two of your own word problems using adding with regrouping. Share them with your parents.</p> <p>(3.NBT.2)</p>	<p>Teigan was baking cookies. She had just put a batch of cookies in the oven, then the phone rang. It was her friend Alaurah. After a while, Teigan smelled something burning. "Oh no, the cookies!" She screamed and hung up the phone quickly. The cookies were burned, and Teigan had to throw all of them away in the garbage.</p> <p>What caused the cookies to burn? What was the effect of the burnt cookies?</p> <p>(RI.3.8)</p>		

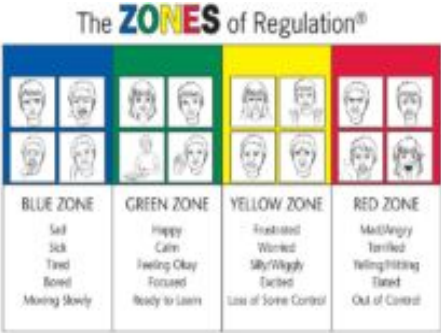
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Remote Learning Activities for Students

3rd Grade -- (SEL) Theme: Emotional Management

The columns below offer choices for student activities for any day.

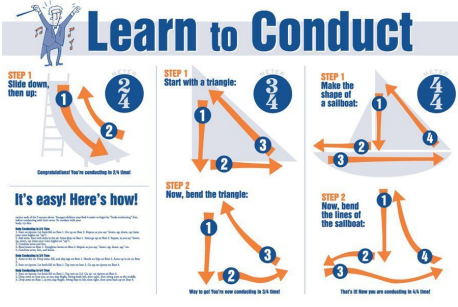
Social Emotional Learning Choice Board - Aligns with Standards; 1A.1a Recognizes own emotions and how emotions can impact behavior. 1A.1b Uses calming down techniques to control impulsive behavior and anger.		
<p>Talk about the following Zones of Regulation chart with your child and discuss how each zone makes them feel (inside and out):</p> 	<p>Role-play some of the following situations and then talk about ways to manage emotions:</p> <ol style="list-style-type: none"> 1. Not being able to play with your best friend. 2. Being told, "No!" 3. Arguing with a family member <p>What self-talk or calm down strategies did you use?</p> <p>Draw a picture or write about what you did.</p>	<p>Practice the following breathing techniques you can use to help get your body regulated.</p> <p>Balloon Breathing: Pretend like you are blowing up a balloon. Take a deep breath in, put the pretend balloon up to your mouth and blow your air out. Do this slowly four times.</p> <p>Volcano Breathing :Put your hands together in front of your chest. Keeping your hands together raise your hands up above your head all while you are breathing in. When you reach as high as you can let your air out and spread your arms apart and then bring them back to the starting position. Do this slowly four times.</p> <p>Soup/Brownie Breathing: Pretend like you have hot food in your hands, breathe the smells of that food in and then blow out to help cool down your food. Do this slowly four times.</p>
<p>Before a volcano erupts there are warning signs that come from the volcano. Before a person erupts with anger, they often have warning signs. Oftentimes, when we can identify our body becoming upset we can find a healthy way to calm our body down before we explode.</p> <p>Make a list or draw a picture of what your warning signs are. You can draw a picture of your body and write your warning signs right on the body.</p> <p>Some warning signs may include your face turning red and/or your heart starting to beat fast.</p>	<p>Place a small object (crayons or markers will work) of the following colors into a paper sack or a deep bowl: red, green, blue, purple, yellow, orange. Sit in a circle and have the first person reach into the bag/bowl and pull out an object. The color of the object correlates to a statement to discuss below.</p> <p>Red-Say one thing that makes you angry. Green-Show one way you can breathe when you are angry (balloon breathing, volcano breathing, soup breathing, box breathing). Blue-Say one thing you can do to help your body become regulated. Purple-Say one thing that makes you excited. Yellow-Say a poor choice you made when you were angry and what you could have done differently. Orange-Say a good choice you made when you were angry.</p>	<p>You are in control of your anger and if you are able to turn negative thoughts into positive thoughts that will help you have better control over your anger.</p> <p>Practice this by turning the following negative statements into positive statements. When you practice when you are not angry then you will be better able to apply this strategy when you are angry.</p> <p>Negative: I get blamed for everything Positive: I get compliments for the things I do well</p> <p>Turn the statements below into positive ones. ~No one wants to be my friend. ~I can't do anything right. ~I will never be able to fix it. ~He did that on purpose. ~I always get picked last.</p>
<p>We all have triggers, things that push our buttons. Triggers are things that can change our mood in a good or a bad way,</p> <p>Make a list or draw pictures of some of your triggers.</p> <p>-What triggers do you have that make you sad? -What triggers do you have that make you happy? -What triggers do you have that make you angry? -What triggers do you have that make you excited?</p>	<p>Time to Exercise! Exercise is a great way to regulate your emotions. Do the following: -10 Jumping Jacks -10 Push-ups -10 Sit-ups -Run in Place for 60 seconds</p> <p>**Go outside and have some free play (sidewalk chalk, shoot hoops etc...)</p> <p>When you come inside, use your self-talk... How does exercising make me feel on the inside? How can I use exercise when I am having BIG emotions?</p>	<p>Talking to your teacher or with friends when you are having BIG emotions is hard right now. Try one of the following:</p> <ol style="list-style-type: none"> 1. Write a letter to your friend/teacher 2. Call/Email your friend/teacher 3. Send your friend/teacher a postcard <p>Reaching out to friends and trusted adults can help manage our emotions.</p> <p>How did it feel to reach out? Who else's day can you make?</p>

Parent Signature: _____

Remote Learning Activities for Students

3rd Grade -- (Electives)

The columns below offer choices for student activities for any day.


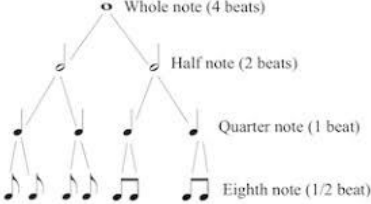
Art	Music	PE/Health																
<p>Color: Go outside and use different plants, with adult permission, and see what color the plant creates on the paper. Try this with at least 3 different items. Make a drawing out of the colors you have on your paper. Make a picture using the plant material, or dirt, to create a scene. Challenge: Add texture (how something feels) to your drawing.</p> <p>VA:Cr1.1.3a VA:Cr1.2.3a VA:Cr2.1.3a VA:Cr2.2.3a</p>	<p>(MU:Pr6.1) Crank up the music and have a family dance party! Can you try to dance alone AND with a partner? If you can, check out this video.</p> <p>https://www.youtube.com/watch?v=Rf55gHK48VQ</p>	<p>State Goal 19 - Spring Season! There are a few sports to play when the weather is nice. Can you think of some?.....Here's two you can practice on your own. Baseball/softball and kickball.</p> <p>Here's how to practice: How far can you kick a ball/object? How far can you hit a ball with a bat or any type of bat? How many times can you hit or kick a ball in a row? There are 4 bases in each game. How fast can you run around them? You can use whatever you want for bases. Can you think of other skills to practice from these games?</p>																
<p>Texture (how something feels) Study: Lay 1 item underneath a piece of paper and using a pencil (or crayon preferred if you have) rub the pencil/crayon on its side over the place where the item is located. Go back and forth till you can see the texture of the selected object. Try this with 5 objects total. Make sure paper is in between item and pencil/crayon and that an adult is okay with your choice to capture the texture of. Make the rubbing fill the shape of the object, so from the outline the viewer (person looking at your picture) can recognize what you drew. Make the object look like a scene. Challenge: Make the scene be something from their imagination.</p>	<p>(MU:Re.7.1) Be a conductor! You know-the person that waves their arms around at the band, choir, or orchestra! Choose a song that you can play on a listening device and see if you can find the beat and figure out how many beats are in a measure.</p>  <p>Learn to Conduct</p> <p>STEP 1 Slide down, then up: 1 2 3 4</p> <p>STEP 1 Start with a triangle: 1 2 3 4</p> <p>STEP 1 Make the shape of a softball: 1 2 3 4</p> <p>STEP 2 Now, bend the triangle: 1 2 3 4</p> <p>STEP 2 Now, bend the lines of the softball: 1 2 3 4</p>	<p>19.A.1b</p> <p>Fitness Poker: Using a Deck of cards see how fast you can get through each card! Draw a card and perform the exercise, related to the card, for however many times the card says.</p> <p>Face Cards (kings, queens, jacks, jokers) are worth 10 Aces are worth 1 Club- jumping jacks Spade- push up Heart - sit up Diamond- squat See how fast you can get through the deck!</p>																
<p>Observational drawing (draw what you see): Draw 5 items that you see around the house or outside. Add details. Challenge: Draw it in a way that it looks like a scene</p> <p>VA:Cr1.1.3a VA:Cr2.1.3a VA:Cr3.1.3a VA:Cn10.1.3a</p>	<p>(MU:Cr.2.1) Design, draw, and name a new instrument. You can use existing instruments as references. Be creative!</p> <p>If you have electronic access, you'll enjoy experimenting on these links: http://sfskids.org/ https://www.classicsforkids.com/ https://musiclab.chromeexperiments.com/ http://www.themusicinteractive.com/kbc/Chromebook/index.html</p>	<p>Activity: Healthy Eating (22.B.1a)</p> <p>Encourage your child to create a food diary for one day. During this time, they should write down everything they eat and drink for the entire day. At the end of the day have your child look at the list of foods and make a food chart based on how healthy each choice was. If a food item is perceived as "Bad" put that food item under the category "Whoa." For a food item that is "Good" put that food item under "Go." "Slow" means the food item is okay but should be eaten in moderation.</p> <table border="1" data-bbox="1055 1680 1502 1879"> <thead> <tr> <th>Food/Drink</th> <th>GO</th> <th>SLOW</th> <th>WHOA</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>2.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>3.</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Food/Drink	GO	SLOW	WHOA	1.				2.				3.			
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Parent Signature: _____

Remote Learning Activities for Students

3rd Grade -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>Arrange food into a sculpture.</p>  <p>VA:Cr1.1.3a VA:Cr1.2.3a</p>	<p>(MU:Cr2.1) Write your own 4 measure rhythm using any of the following: ta's (quarter notes) ti-ti's (two eighth notes), sh (quarter rests), two-oh (half notes) four (whole notes). Try to make it 4 beats per measure. Play it with some sticks (pencils). Add it to a song as an ostinato (a repeated rhythm to a song).</p> 	<p>All About Your Heart - State Goal 23 Our heart is very important to us and becomes stronger as we do certain exercises. How do certain activities affect how fast our heart beats?</p> <p>Make a chart, using anything available, telling what different exercises do to the speed of your heart. Make three columns. Write slow in the first, medium in the second, and fast in the third column. As you do different activities, write them down under which category they belong. Be creative in making your chart. If you have nothing to make a chart, just take mental notes of what each activity does.</p>
<p>We've heard of stick people lets create stick drawings using grass clippings, rocks, sticks (already found on the ground.), or other natural elements that have already fallen off. Please do not take items off a living object (for example don't tear a branch off a tree, and don't pick the flowers) Record what you made by drawing it on a paper.</p> <p>VA:Cr1.1.3a VA:Cr1.2.3a VA:Cr2.1.3a VA:Cr2.2.3a</p>	<p>(MU:Cn.11.1) Ask adult permission first! Put different levels of water in several different glasses. Arrange them in a row. Lightly tap them with a fork to hear how their pitch sounds different depending on the water level. What happened? Watch this video if you can. https://www.youtube.com/watch?v=_EvrF5v29d0</p>	<p>119.A.1b</p> <p>Song Run</p> <p>Play your favorite song or listen to a song on the radio, and run or skip until the song ends!</p> <p>Can you make it all the way through the song?</p>
<p>Create a sensory walk on the sidewalk or driveway for you and others to enjoy.</p> <p>VA:Cr1.1.3a VA:Cr2.2.3a VA:Re.7.2.3a</p>	<p>(MU:Pr.6.1) Make up new lyrics to a song you already know. You could make it funny, sad, serious.... Be creative! Sing it!</p> <p>If you have electronic access, you'll enjoy experimenting on these links: http://sfskids.org/ https://www.classicsforkids.com/ https://musiclab.chromeexperiments.com/ http://www.themusicinteractive.com/kbe/Chromebook/index.html</p>	<p>Activity: Health Related Components of Fitness Benefits (20.A.2a)</p> <p>Have your child perform each of the four Fitness Test exercises that we practice during PE class. Due to space limitations, students can perform the first test, jogging, while standing in place. The other tests are Push-Up Hold, Abdominal Crunches, and Flexibility. The number of repetitions is up to you. If you don't know how to do these tests, ask your child - we practice them a lot in PE!</p> <p>When finished ask your child to describe the benefits of maintaining a health-enhancing level of fitness. Please share responses :)</p>

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