

5/21/20

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:

[May 21](#)

[May 26](#)

[June 1](#)

[Social Emotional Learning \(SEL\)](#)

[May 22](#)

[May 27](#)

[Electives](#)

[May 28](#)


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Kindergarten			5/21/20 - 6/1/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
	Letter sounds	Counting on from a given number	
	Comprehension	Counting by 1's and 10's	
	Story Connections	Measurement	
	Author's Purpose		

Remote Learning Activities for Students

Kindergarten -- May 21

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<p>Activity 1 and Instructions</p> <p>Draw a picture to illustrate the story problem. Then write a number sentence.</p> <p>Marco's dog had puppies last week. 4 of them are white and 5 are brown. How many new puppies are there?</p> <p>_____ + _____ = _____</p>	<p>Go outside and play sight word stomp. Use sidewalk chalk to write 12 sight words. Call out a sight word and have your child stomp on the word called. You can play this game inside too. Just write the words on small pieces of paper.</p>	<p>I can be a good citizen!</p> <p>Help your child draw a picture of themselves. Talk about some ways that we can all be good citizens. Have your child come up with some ways they can be a good citizen. Write it on their picture.</p> 	<p>READING CHALLENGE Color as you go!</p> <p>Read a book your friend likes.</p> <p>Read under a blanket fort.</p> <p>Read a book about superheroes.</p> <p>Read under the stars.</p> <p>Read a newspaper or magazine.</p>	
<p>Activity 2 and Instructions</p> <p>Make a number line from 0-30. Use a small toy as a marker on the number line. Have your child choose a spot on the number line that they want to start at. Roll a dice and have your child count that many forward or backward from the chosen number. Name the new number. Do this several times.</p>	<p>Read a non-fiction book or listen to one on Youtube or myon. Write two facts about what you heard in the book. Draw a picture to illustrate one of your facts.</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

Kindergarten -- May 22

Parents: Choose two activities from each page each day.

	Math COG Math 2 COG Math 3	Reading and Writing	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	<p style="text-align: center;">Repeated addition</p> <p>There are 5 fingers on 1 hand. How many fingers are there on 2 hands? 3 hands? 4 hands?</p> <p>Help your child trace their hands to solve.</p> <p>A cat has 4 legs. How many legs do 2 cats have? 3 cats? 4 cats?</p> <p>Have your child draw pictures of cats to solve.</p> <p>Challenge: Continue drawing hands/cats to solve for larger numbers.</p>	<p style="text-align: center;">Sight Word Match</p> <p>Using scratch paper write sight words from the list below. Write each word on two pieces of paper. Then lay out the word face down. Flip over two at a time until a match is found. Remember to practice reading the sight words, after flipping them up. Continue playing until all words are matched.</p> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> - come - look - be - this - she - out - put - girl - not <ul style="list-style-type: none"> - did - had - have - from - yes - or - all - no - boy </div>	<p>Help your student cut open 4 different kinds of fruits to find the seeds. Have them tell you about their observations. What do the different seeds look like? Feel like? Are they big or small? On a sheet of paper, have your student draw a picture of the fruit and a picture of its seed next to it, labeling each fruit.</p>	<p>Using different objects around the house, try to make the numbers 1-10 using that number of materials. (1 spaghetti noodle to make a 1, 2 bananas to make a 2, etc.) Can you go higher than 10?</p>
Activity 2 and Instructions	<p style="text-align: center;">Missing Numbers</p> <p>Write the lists of numbers on a separate sheet of paper. Have your child fill in the missing numbers.</p> <p>Ex:</p> <p>1, _, 3, _, 5, _, 7, _, 9, _</p> <p>12, 13, _, _, 16, _, 18,_, 20, _</p> <p>21, 22, _, _, 25, _, 27, _, _, 30</p> <p>Challenge: Continue writing missing number problems for your child. Start from a random number, leave more blank, and use larger numbers.</p>	<p style="text-align: center;">Writing</p> <p>Have your child describe their favorite animal or food. Encourage them to be as specific as they can.</p> <p>Next, have your child draw what they described, adding as much detail as possible. Then, label the picture.</p> <p>When they are finished drawing and labeling, have your child write 2-4 sentences about their drawing.</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

Kindergarten -- May 26

Parents: Choose two activities from each page each day.

	Math Cog 1, 2, 3	Reading and Writing LLD 3-5 LLD 7-10	Science/ Social Studies	Extra Challenge
Activity 1 and Instructions	<p>Summer addition word problems!</p> <p>Katie had 5 shells. She found 3 more shells. How many shells does she have in all?</p> <p>Have your child draw a picture to solve the problem. Then write the equation.</p> <p>____ + ____ =</p> <p>Dan saw 4 yellow starfish. John saw 5 red starfish. How many starfish did they see altogether?</p> <p>Illustrate and then write the equation.</p> <p>A few more examples of problems:</p> <p>Ann brought 2 beach balls to the beach. Jan brought 4 beach balls. How many beach balls do they have altogether?</p> <p>Jim caught 3 fish on Friday. He caught 7 fish on Saturday. How many fish did he catch in all?</p>	<p>Let's Make a Book!</p> <p>Materials.. 4 pieces of paper Pencil and crayons or markers</p> <p>Think of what you want your book to be about...Spring, animals, friends, family etc</p> <p>Make a title page with a title, author and illustrator (that would be YOU-the student :))</p> <p>Fill in the blanks and write each of the following sentences on the next 3 pages. One sentence per page. (Don't forget capital letters, spaces between words, and ending punctuation)</p> <p>Page 1-I see the _____.</p> <p>Page 2-Look at the _____.</p> <p>Page 3-He can see the _____.</p> <p>The End</p> <p>Now, go back and illustrate each page with what you wrote about...Have fun! Read the book to your family and friends and pets!!!</p>	<p>Rules and Manners: Good choices vs. bad choices</p> <p>Good listeners: At home and at School Problems and solutions School Rules vs. Community Rules Lending a Helping Hand</p> <p>Emotions: Identifying emotions Recognizing feelings Actions and consequences</p> <p>Illustrating emotions Anger management</p>	<p>With an adult, take a bag outside and gather 5 items (rocks, flowers etc) Come back in and take the items out one by one. Sound each item out, and write down the sounds you hear. <i>*It is okay if the word is misspelled. This activity is designed to practice the words phonetically, meaning just writing the sounds you HEAR. Ex...flower might be written as "flwr"</i></p> <p>Scavenger Hunt! Find...</p> <p>Something blue. Something green. A leaf. A bird. A bug. A butterfly. A dog. A house. A car. A person-give the person a BIG HUG!</p>
Activity 2 and Instructions	<p>Counting practice!</p> <p>Practice counting by 1's to 100</p> <p>Practice counting by 10's to 100</p> <p>Practice counting by 5's to 100</p> <p>Use objects at home to one-to-one count up to 20 or higher.</p>	<p>CVC WORDS (consonant-vowel-consonant)</p> <p>Tap out the sounds of the words with your fingers... Ex...Cat (c-a-t Tap three times)</p> <p>ham ran man mat pup tin cop rat</p> <p>Now let's write them on a piece of paper! (Use pencil, crayons, or markers) Draw a picture of your favorite 3 words!</p>		

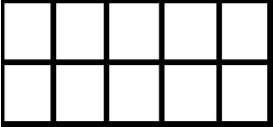
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- May 27

Parents: Choose two activities from each page each day.

	Math Cog Math 1,2,3	Reading and Writing LLD 1-2, 5-10	Science/ Social Studies ATL-Reg 2 SED 1-2, 4	Extra Challenge LLD 1-10 Cog Math 2-3
Activity 1 and Instructions	<p>Coby and Zack went to a party for one of their classmates. They each got to take home 4 balloons. How many balloons do Coby and Zack have in all? How do you know? Draw a picture or act it out to help you solve your problem. Write a number sentence about the problem. Challenge: What if Coby took home 5 balloons and Zack only 3. How many balloons would they have in all?</p>	<p>Reading Elements- Making a Connection to a story is when reader's think about their own experiences and what they know about the topic. Choose a book or story about Pirates, or a Treasure Hunt (Peter Pan). Have someone read it to you OR listen to the story online of "How I Became a Pirate" by Melinda Long. If you had a treasure like the pirates, where would you hide it? Draw a picture and write a sentence about it.</p> <p>Extension Activity: Make your own treasure map. Let a family member read your map and try to find the treasure.</p>	<p>Science: Gather 6 cups; paper towels; water; and food coloring. Fill three cups, one with red, then yellow, and one with blue colored water. Fill the last three with plain water. Arrange them in a circle with a colored one in between the plain ones. Roll up a paper towel and place one end in a color cup, and place the other end into the plain cup. Take another paper towel and place it in the plain cup, then the next color cup, creating a chain. Finish the chain around the circle with each color. Ask the students to predict what might happen. Slowly the color is absorbed into the wet paper towel and travels up to meet with the next color. They will learn about absorbency and color mixing. What happens when the red meets the yellow? What happens when the yellow meets blue? What happens when the blue meets the red?</p>	<p>Starfall.com (free website for Pre-K, K, 1st, 2nd) Choose 3 activities. Have Fun!</p> <p>Math Read Alouds</p> <p>Ten Magic Butterflies</p> <p>http://www.viewpure.com/k_Bi_RoXKVo0?ref=bkmk</p> <p>Counting With Frida http://www.viewpure.com/x3_VugmhTSQ?ref=bkmk</p>
Activity 2 and Instructions	<p>Katie has to read 10 books for the book club. Katie has already read 3 books. How many more books does Katie need to read? Draw a picture, use a ten frame, act it out or talk about the problem to solve it.</p> <div style="text-align: center;">  </div>	<p>Reading Elements- Author's Purpose - to Persuade, Inform, or Entertain. Choose a Non-fiction book or story about an animal of your choice. Have someone read it to you OR listen to a story online.</p> <p>What is the author's purpose of writing this story? Draw a picture of the animal you chose, and add details to help others learn something new about the animal. Draw where the animal lives, and what does it eat? What colors do you need to draw it?</p>	<p>Social Studies: *Practice belly breathing steps. *Help mom or dad with a chore around the house without being asked</p>	

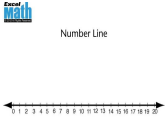
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

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Remote Learning Activities for Students

Kindergarten -- May 28

Parents: Choose two activities from each page each day.

	Math COG: Math 2 COG: Math 3	Reading and Writing LLD 9 LLD 6 LLD 4 LLD 5	Science/ Social Studies LLD 3 LLD 9 ALT-REG 1 COG:Math 1	Extra Challenge COG:Math 2 COG:Math 3
Activity 1 and Instructions	<p style="text-align: center;">High Card</p> <p>Get a deck of cards. Shuffle the cards. Place in a pile facedown. Each player takes 2 cards and adds them together...any face card is worth 10...so if you draw a king and a 3 that would be worth 13. Whichever player has the highest combined number wins all of the cards from that round. When all the cards are gone from the center pile each player counts them and the player with the most wins. (variations: use a piece of paper to write the equation $10+3=13$...after everyone figures out how much they have roll one di; if you roll an even number the player with the most wins, if you roll an odd number the person with the least amount wins.</p>	<p style="text-align: center;">Trashketball</p> <p>Find scraps of paper from the recycle bin or “scratch paper.” On each piece of scrap paper write one of the following sight words. (what, are, was, this, one, two, up, down, my, the, can, he, she, look, like, here, there) After you write a word crumble up the piece of paper into a ball. Set the garbage can 5 big steps away from you. Pick one of the papers, “uncrumble” it, read the word, say it in a sentence, crumble it up again and shoot a basket! How many can you sink!?</p>	<p style="text-align: center;">Sensory Hunt</p> <p>Fold a piece of paper in half...staple, glue or tape the edges leaving the top open so it makes a pocket to put things in. Punch 2 holes in the top 2 corners and tie yarn or string to make the envelope able to be worn around your neck. (optional) On the envelope draw 6-9 squares. In each square write one of the following words. (bumpy, smooth, soft, hard, smelly, stinky, yellow, green, heavy, light, long, short) Put the envelope around your neck and go hunt for something to represent each word. If it's something you can collect in your envelope do it! If it's not something you can collect, ask to borrow a device to take a picture of it instead. Talk with an adult about what you found and why these items represent those words.</p>	<p>Draw a numberline outside with chalk or inside on a big piece of paper. Number it 1-20. Put a coin or trinket of some sort on each of the numbers. Get a game piece or something to mark your place with. Roll a die and move that many places. Take the coin or trinket on the spot you land. Roll again and decide if you want to go forward or backwards. Whichever spot you end on is the trinket or coin you take. Say the equation outloud. For example, if you roll a 4 and then on your next roll you roll a 5 you would say $4+5=9$, in this case you can't go back 5 when only on 4. However if you were on 4 and then rolled a 3 you could do $4+3=7$ or $4-3=1$. Play until all trinkets are gone.</p>  <p style="text-align: center;">Number Line</p>
Activity 2 and Instructions	<p style="text-align: center;">Fun with 100!</p> <p>Collect 100 things. This could be 100 coins, cars, cereal pieces, toys, cut circles, etc. Place the 100 items into groups of 10's and count them by 10's, then organize them into groups of 5's and practice counting by 5's. Link this to how much a penny is worth, a nickel is worth and a dime is worth. Then put them into groups of 25 and talk about the quarter.</p>	<p style="text-align: center;">Inference Bags</p> <p>Show the student a bag filled with different items that belong to a fictional person. Tell students that they will be helping you figure out who may own the bag by identifying what is inside. Example: a red pen, worksheets, an apple, a book, and a marker (the bag belongs to a teacher). Discuss how detailed descriptions in books provide information the reader can use to infer something about characters.</p>		

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Remote Learning Activities for Students

Kindergarten -- May 29

Parents: Choose two activities from each page each day.

	Math Cog: Math 2 Cog: Math 3	Reading and Writing LLD 8 LLD 9	Science/ Social Studies K-LS1-1 SS.EC.1.K	Extra Challenge
Activity 1 and Instructions	Grab Bag Making 10 **Place 10 objects in a bag (Ex. dried pasta, legos, small blocks, toy cars, etc.) **Have your child reach in the bag, grab a handful of objects and count how many they got **Ask, "How many more to get to 10?" and have them explain how they got the answer.	I'm Thinking of a Word... **Say: "I'm thinking of a word named /c/ /a/ /t/ (say sounds of letters in word. **Ask: "What is my word?" Examples of words to include (Remember to say the sounds the letters make): men tin hop fun cap nut lot ham set pig Extra challenge: jump ring dent brag slot	Science Exploring sense of taste- **Have your child close their eyes and plug their nose **Place a small piece of food in their mouth. **Can they guess what food they ate? Social studies Review "needs" and "wants with your child. Ask them to name a few examples of each and if they are not able to, you can help them think of some. Walk around your house and find a few examples and have your child name them as a need or a want.	Trace your child's body on the sidewalk using sidewalk chalk. They can then find different objects to measure themselves with. (leaves, rocks, sticks, toys, etc) If you do not have sidewalk chalk they could just lay on the sidewalk and you could put something at their head/feet to show where to measure. Grow a bean in a bag Get a lima bean, ziploc baggie, paper towel(wet it with water and ring it out slightly). Wrap the bean in the towel and place inside the bag. Tape the bag to a sun facing window, wait a few days and observe.Seed should start to sprout inside the bag!
Activity 2 and Instructions	<u>Counting from any given number</u> On a blank piece of paper draw a number line and write the numbers 0 to 20. Your child will roll a dice and count the dots. Then, find that number on the number and count forward. Roll the dice again, proceed to find the number of the line and this time ask them to count backwards. Variation: Roll 2 dice and find that number of the number line, count forward. Roll again and find the number and count backwards. Keep practicing as many times as you would like	Sight word "SLAP" (played with a partner) -write out 15-20 sight words on small pieces of paper (1 word per paper and make sure you can not see through paper), then write SLAP on 5 pieces of paper. Mix up all the papers and turn them upside down on the table. Child picks a card-if they can read the word they keep the paper-if they can not read the word they put paper back at the bottom of the pile. If they pick a SLAP they have to put back all their cards. Play continues until there are only SLAP papers left.	Review "needs" and "wants with your child. Ask them to name a few examples of each and if they are not able to, you can help them think of some. Walk around your house and find a few examples and have your child name them as a need or a want.	Trace your child's body on the sidewalk using sidewalk chalk. They can then find different objects to measure themselves with. (leaves, rocks, sticks, toys, etc) If you do not have sidewalk chalk they could just lay on the sidewalk and you could put something at their head/feet to show where to measure. Grow a bean in a bag Get a lima bean, ziploc baggie, paper towel(wet it with water and ring it out slightly). Wrap the bean in the towel and place inside the bag. Tape the bag to a sun facing window, wait a few days and observe.Seed should start to sprout inside the bag!

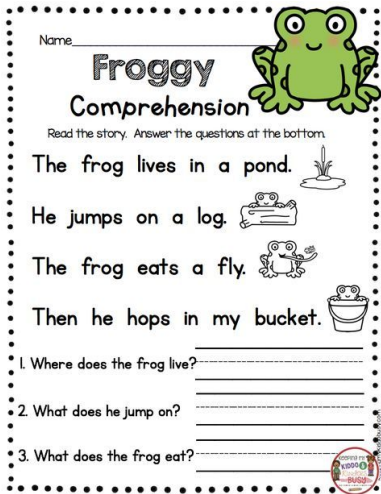




Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- June 1

Parents: Choose two activities from each page each day.

	Math Cog Math 2 Cog Math 4	Reading and Writing LLD 6 LLD 8	Science/ Social Studies SED 2 SED 3 LLD 3 LLD4	Extra Challenge
Activity 1 and Instructions	Order six toys by length from tallest to shortest and then get 6 different toys and order them from shortest to tallest. Explain your math thinking.	<p style="text-align: center;">...Salt Tray...</p> Put salt on the bottom of a cookie tray or plate. write the words below in the salt by using your finger: cat, bug, red, pin, job	Talk with your child about what city and state they live in. Help your child know their address and phone number. Have a conversation with your child about today being the last day of school. If you can, make it special by taking their picture or having a celebration in your house or back yard. Make signs or have them make a sign to help celebrate that the school year has ended.	<u>Kindergarten checklist:</u> -I can write my first and last name -I know all uppercase and lowercase letters -I know all letter sounds -I can identify the first, middle, and last sounds in 3 letters words -I can count to 100 by 1's and 10's -I can write numbers 0-20 -I can solve simple addition and subtraction problems within 10. -I can identify 2D and 3D shapes.
Activity 2 and Instructions	Count on from a number other than zero to 100. Complete this activity 3 times each time starting at a different number. Write numbers 0-20.	 <p style="text-align: center;">Name _____</p> <h2 style="text-align: center;">Froggy</h2> <h3 style="text-align: center;">Comprehension</h3> <p style="text-align: center;">Read the story. Answer the questions at the bottom.</p> <p>The frog lives in a pond. </p> <p>He jumps on a log. </p> <p>The frog eats a fly. </p> <p>Then he hops in my bucket. </p> <p>1. Where does the frog live? _____</p> <p>2. What does he jump on? _____</p> <p>3. What does the frog eat? _____</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

Kindergarten -- (SEL) Theme: Empathy

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


Social Emotional Learning Choice Board aligns with standards 2A.1a Recognizes others may have different feelings about situations. 2A.1b Listens to others to identify their feelings.		
<p>Labeling Feelings Ask children to describe how they might feel in these three different bullying situations:</p> <ul style="list-style-type: none"> -If they saw someone being hurt -If they were being hurt themselves -If they hurt someone <p>Explain that hurting others can lead to strong feelings, such as anger, sadness, and fear. While it's okay to feel these feelings, it's never okay to not keep your hands to yourself and purposely hurt others.</p>	<p>Different and Similar Discuss the main ways that children are different from one another. Prompt them with examples, if needed.</p> <ul style="list-style-type: none"> -Some children are big, and others are small. -Some children run fast, and others run slowly. -Some children like to play with blocks, and others like to draw pictures <p>Ask, "How are you different from some of your friends and family members?"</p>	<p>Helping Others Feel Better First, use these questions to discuss with your child what children can do to help others feel better:</p> <ol style="list-style-type: none"> 1. How can you know how someone else feels? 2. How can we recognize when another child is feeling bad or left out? 3. How can we cheer up children who feel bad and help them feel better? <p>Next, use role-playing to help children practice recognizing a child who is feeling hurt and helping the child feel better.</p>
<p>Acts of Kindness Discuss how being kind is the opposite of hurting others because it helps another person have a happy feeling instead of a bad feeling.</p> <p>Draw a picture of a happy feeling</p>	<p>Modeling Helpfulness Discuss what it means to be a helpful person and some ways to help grownups around the house.</p> <p>Name 3 chores you could help with at home. Pick your favorite one and practice being helpful.</p> 	<p>Role-Play with Empathy</p> <p>Empathy is the ability to understand and share the feelings of another.</p> <p>Pretend you are in the following scenarios with your child. How can you encourage empathy with the following:</p> <ul style="list-style-type: none"> • ... a friend did not want to play • ...his puppy needs surgery • ...all friends going to the movie but you • ...someone drew a better picture • ...someone told a secret of yours • ...he cleaned his room • ...kids laugh at her at the park <p>Draw some possible outcomes.</p>
<p>Kind Words Materials: cotton balls or something with a soft texture and sandpaper or something with a rough texture How can the way we speak to someone help them? How can it hurt? First focus on the cotton balls. Rub them on your hands and arms and use descriptive words to describe how they feel. If cotton balls were like words what words would they be? Example: Please, thank you, good job, your hair looks nice. Now focus on the sandpaper and use descriptive words to describe how it feels. If words were like sandpaper what words would it be? Example: Calling names, yelling, saying things that are hurtful. Next have an adult help you scrape the sandpaper on some wood or plastic. Look at the mark it left and discuss how "sandpaper words" hurt feelings. Finally discuss the importance of using "cotton ball words" instead of "sandpaper words" to solve problems.</p>	<p>Walk a Minute (Mile) in Someone's Shoes!</p>  <p>Pick a person in your family. Spend some time doing the things they do; Ideas: chores, jobs, responsibilities, etc...</p> <p>At the end of the day (or time) sit down and talk about what it was like.</p> <p>Was it easy? Hard? What would you change? How did it make you feel? How can you better understand that person now?</p>	<p>Kindness Bucket</p> <p>Think of as many ways to be kind as you can Example: Putting clothes in a basket, picking up toys, throwing something in the garbage, etc.</p> <ol style="list-style-type: none"> 1. An adult will write down every act of kindness on a piece of paper. 2. Put each piece of paper in the bucket. 3. Try to fill your kindness bucket up to the top with your ideas. 4. When you want to do something kind, go to your bucket and take out one of your ideas. 

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- (Electives)

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

Art	Music	PE/Health
<p>Create a sculpture using paper towel rolls, toilet paper rolls, cereal boxes, cardboard boxes, and/or other cardstock or cardboard material. Challenge: See how tall you can make it while making it not fall over.</p> <p>VA:Cr1.1.Ka VA:Cr2.1.Ka</p> 	<p>4 Voices Review: Find a poem or short song that you like and say it in each of the 4 voices:</p> <p>Speaking Voice Singing Voice Yelling Voice Whisper Voice</p> <p>Challenge: Teach someone in your house about the 4 different voices</p> <p>MU:Pr4.1.Kc</p>	<p>Gymnastics Time! (state goal 19)</p> <p>Can you safely remember how to do any stunts or balance activities from our gymnastics unit? Here are a few activities to help you get started.</p> <ul style="list-style-type: none"> - forward/backward rolls - one leg balance - partner balancing - cartwheels (advanced) - continuous rolls <p>To be safe, have an adult around when practicing any gymnastic activities. Feel free to have an adult check online for more gymnastic ideas!</p>
<p>Create a paper airplane and see how far you can make it fly.</p> <p>Va:Cr1.1.Ka Va:Cr2.1.Ka</p>	<p>Rhythm Review: Review the following rhythm patterns with these steps: Say the rhythm Say and clap the rhythm Clap the rhythm while thinking the syllables in your head</p> <p>♪♪♪♪ ♪♪♪♪</p> <p>♪♪♪♪ ♪♪♪♪</p> <p>Challenge: Create your own rhythm patterns and teach your family members using the above steps</p> <p>MU:Cr1.1.Ka</p>	<p>Jump Rope Challenge! For each Challenge you will need to set a 1 minute timer and jump or hop as many times as possible in the minute.</p> <p>Challenges: 2 foot hop, 1 foot hop, 2 foot hop over a folded towel, 1 foot hop over a folded towel, Jump Rope with 2 feet, Jump Rope with 1 foot</p> <p>Variations/Challenges: try hopping forward and backward as well as side to side. Try both the right foot and left foot for the single foot challenges. Record your score for each variations to see which one had the most hops, which one had the least amount of hops. Can you beat any of your scores? (State Goal 19)</p>
<p>Draw a picture of what you would like to do when this is all over and we aren't social distancing.</p> <p>Va:Cr1.1.Ka Va:Cr2.1.Ka</p>	<p>Sing, Sing a Song!</p> <p>Do your best to remember as many of the songs you learned in music class this year and sing them for your family members</p> <p>Challenge: Compose (write) your own song and teach it to someone</p> <p>MU:Pr6.1.Ka</p>	<p>Activity: Jumping and Landing (19.A.1a)</p> <p>Jumping is an excellent form of physical activity and exercise. There are three types of "Jumps" to try out. Try to do each of the three types of jumping locomotor movements. Challenge yourself by jumping over a safe object such as a pillow.</p> <p>Hop - Put both feet together and hop up and down like a bunny Jump - Feet shoulder width apart, bend knees, swing arms back and jump forward Leap - Jump off one foot and land on the opposite foot.</p>

Parent Signature: _____