

## **Grade 1 Specials and P.E./Health**

Directions: All students should complete the attached Physical Activity and Nutrition log for P.E./Health. In addition, only complete the assignment for the special that your child is currently in.

**Barra: STEAM**

**Dillon: World Language**

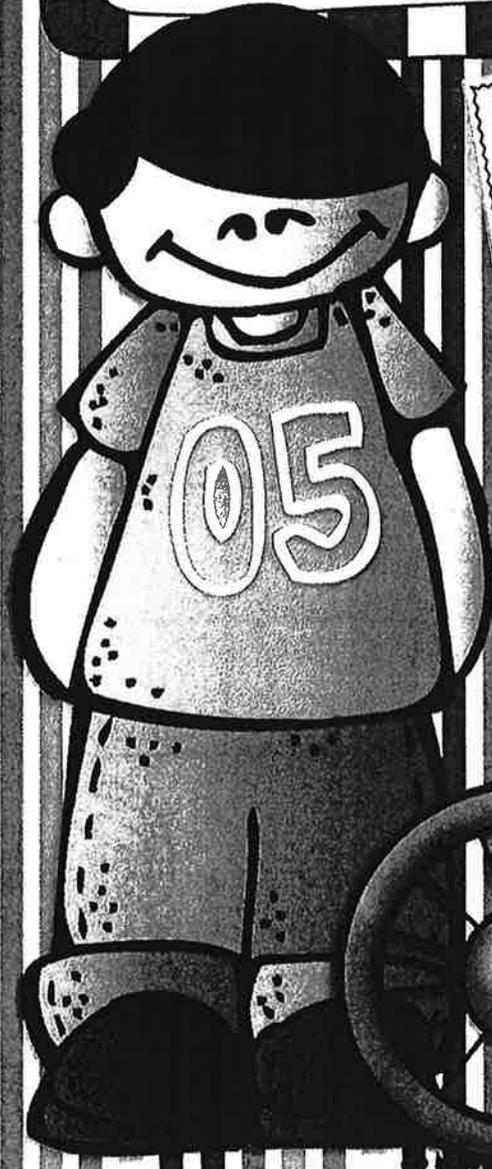
**Malinski: Art**

**Major: Library**

**Conte: Music**



# Weekly Student Physical Activity and Nutrition Log



**Nutrition Log**

Name: \_\_\_\_\_  
Week of: \_\_\_\_\_

Fill in what you eat. Color each glass of water you drink.

fruits	grains	dairy	protein	vegetables
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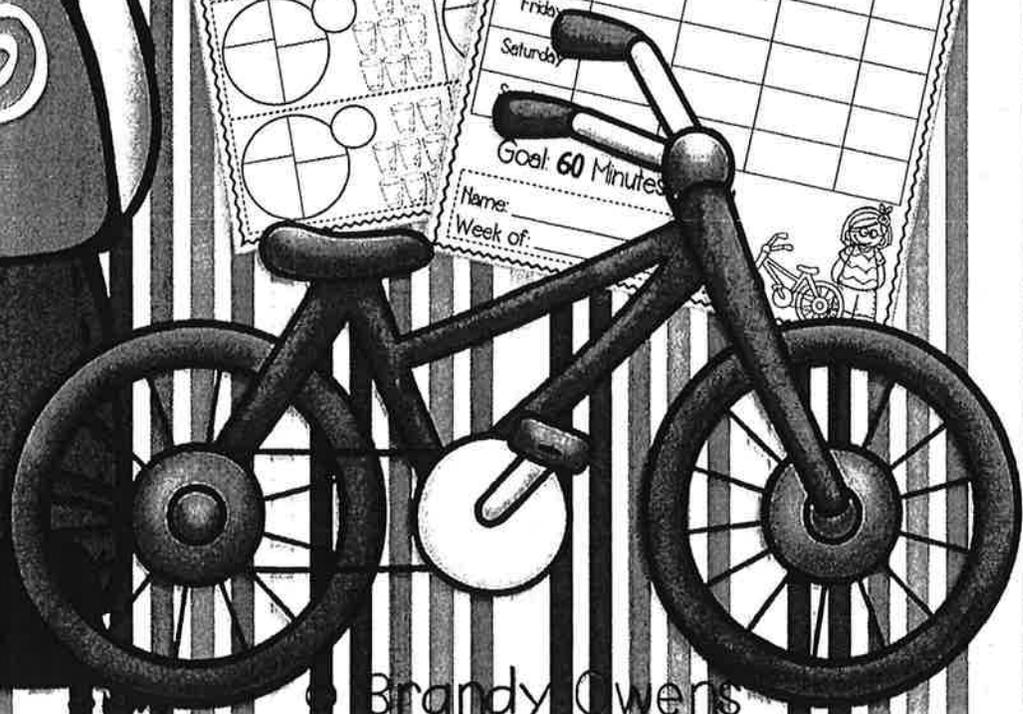
Do you have a happy plate?

**Physical Activity Log**

Day & Date	Activity & # of Minutes	Activity & # of Minutes	Activity & # of Minutes	Total # of Minutes
Wednesday 5.25.14	Soccer 45 min	Walking 30 min	Climbing trees 15 min	60 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: 60 Minutes

Name: \_\_\_\_\_  
Week of: \_\_\_\_\_





# Physical Activity Log

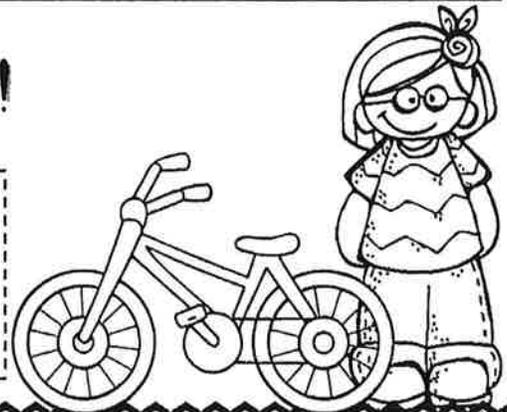


Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 3-25-14	Soccer 15 min.	Walking 30. min	Climbing trees 15 min.	60 min.
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal: 60 Minutes Daily!

Name: \_\_\_\_\_

Week of: \_\_\_\_\_





# Sample Activities



Goal: 60 Minutes Daily!

There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities.

- playing chase
- freeze tag
- playing catch
- climbing trees
- jumping rope
- riding a bike
- skateboarding
- playing basketball
- dribbling
- dancing
- swimming
- sledding
- walking the dog
- playing hopscotch
- running
- skating
- kicking a ball
- soccer
- flying a kite
- doing cartwheels
- riding your scooter
- jumping on the trampoline
- cleaning your room

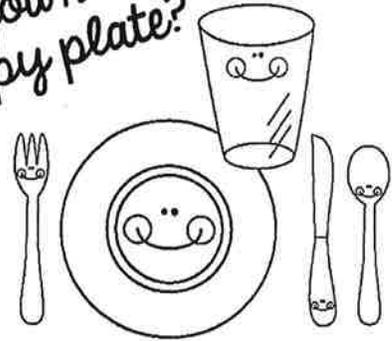
You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 60 minutes of some activity each day for good health.

# Nutrition Log

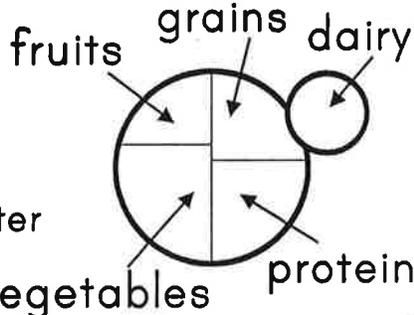
Do you have a happy plate?

Name: \_\_\_\_\_

Week of: \_\_\_\_\_



Fill in what you eat.  
Color each glass of water you drink.



## STEAM - Grade 1 - Week 1

Please follow the directions below to login to [kodable.com](https://kodable.com). Kodable is a computer science platform where kids learn core programming concepts through engaging games. During our school closure you can use some of your time to explore! Play as often as you like!

1. Go to [kodable.com](https://kodable.com)
2. Click on the green "Kid Sign In" button in the upper right corner of the screen
3. On the next screen, click the green "Enter Class Code Button"
4. When prompted, enter the code for your homeroom class:
  - a. 1-Barra: m33tj78
  - b. 1-Conte: 2019grade1c
  - c. 1-Dillon: 72jxyh8
  - d. 1-Malinski: h8jpjam
  - e. 1-Major: pxqkcg
5. The next screen will list the name of all of the students in your class. Click the blue "Play" button next to your name.

**STEAM CHOICE BOARD: Grades K-3**  
**Week 2: March 23, 2020 - March 27, 2020**

Choose one of the activities from the choice board below to complete each day!

<p style="text-align: center;"><b>Engineer Design Challenge 1</b></p> <p>Use recycled materials you have at home to build a fort (or other structure) that can fit one person in it. Extra challenge: Can it fit your whole family???</p>	<p style="text-align: center;"><b>Mystery Science 1</b></p> <p>Use the tinyurl listed below to watch some fun and interesting science videos!</p> <p style="text-align: center;">How Were Emojis Created?  <a href="https://tinyurl.com/rlvbrzn">https://tinyurl.com/rlvbrzn</a></p> <p style="text-align: center;">Who Invented Pizza?  <a href="https://tinyurl.com/th64szo">https://tinyurl.com/th64szo</a></p>	<p style="text-align: center;"><b>LEGO Challenges #1</b></p> <ul style="list-style-type: none"> <li>● Build the tallest LEGO tower you can without falling over</li> <li>● Make a miniature model of your house</li> <li>● Build something with your eyes closed</li> </ul>
<p style="text-align: center;"><b>Mystery Science 2</b></p> <p>Use the tinyurl listed below to watch some fun and interesting science videos!</p> <p style="text-align: center;">Why is the Ocean Salty?  <a href="https://tinyurl.com/sehhmvt">https://tinyurl.com/sehhmvt</a></p> <p style="text-align: center;">Can Animals Get a Sunburn?  <a href="https://tinyurl.com/qttecuc3">https://tinyurl.com/qttecuc3</a></p>	<p style="text-align: center;"><b>LEGO Challenges #4</b></p> <ul style="list-style-type: none"> <li>● Build a tic-tac-toe board and then challenge someone to play</li> <li>● Build your favorite food and see if someone can guess it</li> <li>● Make a LEGO bridge</li> </ul>	<p style="text-align: center;"><b>Engineer Design Challenge 2</b></p> <p>Design a paper chair that is strong enough to hold:</p> <ul style="list-style-type: none"> <li>● An action figure</li> <li>● A stuffed toy</li> <li>● A book</li> <li>● You!</li> </ul>
<p style="text-align: center;"><b>LEGO Challenges #2</b></p> <ul style="list-style-type: none"> <li>● Build a fire station</li> <li>● Build your name with LEGOS</li> </ul>	<p style="text-align: center;"><b>Mystery Science 3</b></p> <p>Use the tinyurl listed below to watch some fun and interesting science videos!</p> <p style="text-align: center;">Why Do Cats Purr?  <a href="https://tinyurl.com/wo4xoph">https://tinyurl.com/wo4xoph</a></p> <p style="text-align: center;">How Does Hand Sanitizer Kill Germs?  <a href="https://tinyurl.com/ueul5m4">https://tinyurl.com/ueul5m4</a></p>	<p style="text-align: center;"><b>LEGO Challenges #3</b></p> <ul style="list-style-type: none"> <li>● Make an upside down house</li> <li>● Build a rainbow</li> <li>● Grab a handful of LEGOS and build something using every piece</li> </ul>

**STEAM CHOICE BOARD: Grades K-3**  
**Weeks 3 and 4: March 30, 2020 - April 10, 2020**

Choose one of the activities from the choice board below to complete each day!

<b>Engineering</b>	<b>Science/Math</b>	<b>Other</b>
<p>Get building! Build a structure out of anything you can find at home: a deck of cards, paper plates, paper towel rolls, index cards, LEGOs. How high can you build? How long can you make the structure? How sturdy?</p>	<p>Track the weather for the week. Each morning write down the weather condition and track the high and low temperatures for the day. Make a chart to display your data!</p>	<p>Make a mini golf course in the living room! Use things around the house to make unique designs for each hole!</p>
<p>Collect recycled materials in your home and see what you can make with them! Newspapers, cereal boxes, water bottles, etc.</p>	<p><b>Science Video Link:</b>            What is the Most Dangerous Animal in the World?  <a href="https://tinyurl.com/tbwcakc">https://tinyurl.com/tbwcakc</a></p>	<p>Create your own secret code! Use letters, numbers, pictures or something else. Can you get someone else to try and crack it?</p>
<p>Build a reading den! Find supplies at home to make a reading nook and then use it to read your favorite book.</p>	<p>Roll a set of dice. Write that number as a two-digit number. Make a web to show how many different ways that number can be represented. You can use number sentences, drawings, models, etc.</p>	<p>Use an old sock (or pot holder!) to create a puppet. Make your favorite character from a book or movie. Or, make up a new character of your own. Then, put on a puppet show!</p>
<p>Design your own board game. Write instructions on how to play. Play with family members!</p>	<p><b>Science Video Link:</b>            Are Unicorns Real?  <a href="https://tinyurl.com/sunp7tg">https://tinyurl.com/sunp7tg</a></p>	<p>Use a phone or tablet to take pictures. Use the pictures to tell a story.</p>

## For Students in Cycle 4 World Language

### Kindergarten

1. With your parents help, Google "Colors in Spanish" and watch some of your favorite videos. You can also search in YouTube.
2. Draw a picture and label the colors you used.

### Grade 1

1. Google "Animals in Spanish." Watch your favorite videos and practice words.
2. Go to [spanish-games.net](http://spanish-games.net):
  - Select Animals - Choose Pets
  - Practice the words in the tutorial and play the games we practiced together

### Grade 2

1. Google "Days of the Week in Spanish" and practice the days in Spanish.
2. Ask someone at home to play hangman with you like we did in class.

## K-2 Art Plans

### DAILY SKETCHBOOK ASSIGNMENT



Directions for your Daily Art Sketchbook Assignment:

- ❖ Each day, starting with DAY 1, draw the listed topic/subject for 15-20 minutes on a piece of paper.
  - If you have coloring supplies available, you may use them to color and enhance your drawing.
- ❖ Each drawing should be drawn on its own piece of paper.
- ❖ Each drawing should be titled with the Day #.
- ❖ Keep your drawings together and in order.
- ❖ Write a bit about each drawing.
  - Kindergarten and Grade 1: You may tell a parent about your drawing, and they can help you write a sentence or two below your drawing.
  - Grade 2: Write at least 3 sentences about your drawing at the bottom or on the back of the paper.

# DAILY SKETCHBOOK TOPICS



Day 1: yourself

Day 2: your favorite food

Day 3: something orange

Day 4: someone you love

Day 5: your favorite place

Day 6: your favorite book character

Day 7: your favorite animal

Day 8: a silly monster

Day 9: the beach

Day 10: your favorite holiday

Day 11: a plant

Day 12: an object from your house

Day 13: a superhero

Day 14: your favorite season

Day 15: your favorite toy

Day 16: your house

Day 17: free choice- anything you want!

Day 18: what you ate for breakfast

Day 19: your best friend

Day 20: something yellow

DAY 1

BEFORE READING

Discuss the differences between fantasy and reality. Next, draw a picture of yourself in a fantasy setting, and then a picture of you in a real setting.

READ

Visit <https://www.storylineonline.net/books/kiss-missed/> and watch the reading of *The Kissed that Missed*.

AFTER READING

Draw your favorite part from the story. Write a sentence to explain why this is your favorite scene.

**DAY 2**

**BEFORE READING**

**Background:** *The Tale of Peter Rabbit* was written over 100 years ago by Beatrix Potter. It is about an adventurous rabbit. Potter also wrote about other adventurous animals in other stories, including the characters Benjamin Bunny, Squirrel Nutkin, and Tom Kitten. These books have been enjoyed by generations of children all over the world.

**Discussion:** Tell a time when you disobeyed your parents/guardians. What happened? How did it make you feel? Why is it important to listen to your parents/guardians? Write at least 3 sentences about this.

**READ**

Visit <https://www.storylineonline.net/books/peter-rabbit/> and watch the reading of *The Tale of Peter Rabbit*.

**AFTER READING**

Draw your favorite part from the story. Write a sentence to explain why this is your favorite scene.

**DAY 3**

**BEFORE READING**

Discuss how animals depend on other animals for their food. Think about what the following animals eat: cats, wolves, crocodiles, and lions. Write at least 3 sentences about this.

**READ**

Visit <https://www.storylineonline.net/books/mice-twice/> and watch the reading of *Mice Twice*.

**AFTER READING**

Draw your favorite part from the story. Write a sentence to explain why this is your favorite scene.

DAY 4

BEFORE READING

What happens when people get old? What is memory and how does it make us happy or sad? What does it mean when someone has “lost their memory”? Write at least 4 sentences about this.

READ

Visit <https://www.storylineonline.net/books/wilfrid-gordon-mcdonald-partridge/> and watch the reading of *Wilfrid Gordon McDonald Partridge*.

AFTER READING

Draw your favorite part from the story. Write a sentence to explain why this is your favorite scene.

**DAY 5**

**BEFORE READING**

What do you know about contests? Think of some contests and the rules that must be followed. Why are rules important for contests? Explain in 4 sentences.

**READ**

Visit <https://www.storylineonline.net/books/the-empty-pot/> and watch the reading of *The Empty Pot*.

**AFTER READING**

Draw your favorite part from the story. Write a sentence to explain why this is your favorite scene.

**DAY 6**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

DAY 7

READ

Read a book of your choosing independently for 10 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 8**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

DAY 9

READ

Read a book of your choosing independently for 10 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 10**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 11**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 12**

READ

Read a book of your choosing independently for 10 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 13**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 14**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 15**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 16**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 17**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 18**

READ

Read a book of your choosing independently for 10 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 19**

**READ**

Read a book of your choosing independently for 10 minutes or more.

**AFTER READING**

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

**DAY 20**

READ

Read a book of your choosing independently for 10 minutes or more.

AFTER READING

Choose one of the following activities to complete from the list below. Be sure to include the book's title and author in your activity.

1. Create a new book cover for your book. Make it colorful!
2. Write 1-2 sentences about something you learned from the text.
3. Draw a picture of your favorite part that you read. Write a sentence telling what is happening in your picture. Write 1 sentence explaining why this part is your favorite.
4. Summarize what you read in 3 sentences. Remember to include the beginning, middle, and end!
5. Write 1-2 sentences about the theme of the text. Be sure to use examples from the text!

# Music

## Cycle 4 At-Home Plans

### Grade 1

1. Sing "Gray Mouse" while clapping the steady beat.
2. Sing "Doggy Doggy" while patting your knees to the steady beat.
3. Sing "Chicken on a Fencepost" while stomping your feet to the steady beat.
4. Sing "Zip-A-Dee-Doo-Dah" with the hand motions we have learned. Perform it for your parents! :)
5. Sing "Row Your Boat" in a normal singing voice, then sing *piano* (softly), and finally sing *forte* (loudly). \*\*Remember that we don't whisper when we sing piano, and we do not scream when we sing forte!
6. Practice being a *conductor* (someone who controls the sound). Show your parents what *piano* looks like and remind them that it means to sing softly. Then show them what *forte* looks like and remind them that it means to sing loudly. Have your parents sing "Row Your Boat" as they follow your conducting gestures. You control whether they sing loud or soft! They have to watch you, so they know which volume to sing. You can change between soft and loud throughout the song, but don't change too quickly! :)

# Music

## Cycle 4 At-Home Plans

### Grade 1

**\*For every day, please choose a different activity to complete.\***

1. Sing a song that you like. Perform it for your family! :)
2. Find 3 songs that you love and dance to them!
3. Parents, please type in this link for your child:  
<https://www.youtube.com/user/derjanson/playlists>
  - a. Click on the playlist that says "Percussion Playalong."
  - b. Pick any 2 videos to play. Certain videos are easier than others.
  - c. Ignore which instruments should be used. Rather, tap your hands on your table, pat your lap, or clap your hands.
  - d. Follow the bouncing "conductors" and tap, pat, or clap along to the rhythm.
4. Sing "Gray Mouse" while clapping the steady beat.
5. Sing "Doggy Doggy" while patting your knees to the steady beat.
6. Sing "Chicken on a Fencepost" while stomping your feet to the steady beat.
7. Sing "Zip-A-Dee-Doo-Dah" with the hand motions we have learned. Perform it for your parents! :)

8. Sing "Row Your Boat" in a normal singing voice, then sing *piano* (softly), and finally sing *forte* (loudly). \*\*Remember that we don't whisper when we sing piano, and we do not scream when we sing forte!
  
9. Practice being a *conductor* (someone who controls the sound). Show your parents what *piano* looks like and remind them that it means to sing softly. Then show them what *forte* looks like and remind them that it means to sing loudly. Have your parents sing "Row Your Boat" as they follow your conducting gestures. You control whether they sing loud or soft! They have to watch you, so they know which volume to sing. You can change between soft and loud throughout the song, but don't change too quickly! :)