

# Grade: Kindergarten





Week 4: April 27th - May 1

## READING - 20 Minutes Every Day

Read aloud to your student and ask questions - What are you picturing when you read/hear this? What are you wondering about? What has happened so far? What do you think will happen? Why do you think he/she/it said or did that? Have your student read to a sibling, parent or stuffed animal. Have your student record himself/herself reading.

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- Choose **TWO** activities per day to complete.
- Check off each activity once you have completed it.

Math	Science/Social Studies	Writing	PE	Music																																				
<p>Go on a nature walk. How many plants do you see? How many trees do you see? Count and compare. Did you see more plants or trees?</p> 	<p>Write, draw, or record what you want to be when you grow up and tell me why. For even more fun, dress up as your future self and send a picture to your teacher.</p> 	<p>Write 2 sentences about your favorite subject at school. Be sure to begin your sentence with an uppercase, use spaces between words, label your picture and use punctuation.</p> 	<p><b>SIMON SAYS</b> FITNESS DISGUISED AS FUN</p> <p>Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!</p> <table border="0"> <tr> <td>Shake your whole body.</td> <td>Hold your arms out at your side and make circles with them in the air.</td> <td>Reach behind you and try and hold your left foot with your right hand without falling over.</td> </tr> <tr> <td>Jump up and down.</td> <td>Hop on your left foot 10 times.</td> <td>Lay on the floor and stretch out as far you can for 10 a count of 10.</td> </tr> <tr> <td>Spin around in circles.</td> <td>Hop on your right foot 10 times.</td> <td>Pretend to shoot a basketball 10 times.</td> </tr> <tr> <td>Do a cartwheel.</td> <td>Hop around like a bunny.</td> <td>Pretend to jump rope for a count of 10.</td> </tr> <tr> <td>Do a somersault.</td> <td>Balance on your left foot for a count of 10.</td> <td>Pretend to ride a horse.</td> </tr> <tr> <td>Wave your arms above your head.</td> <td>Balance on your right foot for a count of 10.</td> <td>Pretend to milk a cow.</td> </tr> <tr> <td>Walk like a bear on all 4s.</td> <td>Bend down and touch your toes 10 times.</td> <td>Take 5 of the biggest steps forward that you can.</td> </tr> <tr> <td>Walk like a crab.</td> <td>Reach behind you and try and hold your right foot with your left hand without falling over.</td> <td>Pretend to lift a car.</td> </tr> <tr> <td>Hop like a frog.</td> <td>Show off the muscles in your arms.</td> <td>Do the strangest dance you can think of.</td> </tr> <tr> <td>Walk on your knees.</td> <td></td> <td>Scream.</td> </tr> <tr> <td>Lay on your back &amp; pedal your legs in the air like you are on a bike.</td> <td></td> <td></td> </tr> <tr> <td>Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.</td> <td></td> <td></td> </tr> </table> 	Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.	Jump up and down.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.	Spin around in circles.	Hop on your right foot 10 times.	Pretend to shoot a basketball 10 times.	Do a cartwheel.	Hop around like a bunny.	Pretend to jump rope for a count of 10.	Do a somersault.	Balance on your left foot for a count of 10.	Pretend to ride a horse.	Wave your arms above your head.	Balance on your right foot for a count of 10.	Pretend to milk a cow.	Walk like a bear on all 4s.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.	Walk like a crab.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.	Hop like a frog.	Show off the muscles in your arms.	Do the strangest dance you can think of.	Walk on your knees.		Scream.	Lay on your back & pedal your legs in the air like you are on a bike.			Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.			<p><b>K-2 Choice Board: Music 4/27-5/1</b></p> <p>The theme this week is pitch direction. A collection of pitches is called a melody. Some melodies go up, some go down and some melodies stay the same. Please do one, or both of the activities listed below.</p>
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Show 3 more ways to make 7.

$$0 + 7 = 7$$
$$\_ + \_ = 7$$
$$\_ + \_ = 7$$
$$\_ + \_ = 7$$

Color the state we live in. Circle the name of our state.

Washington Idaho Oregon



Write about your favorite book. Tell what happened first, next and last.

Be sure to begin your sentence with an uppercase, use spaces between words, label your picture and use punctuation.



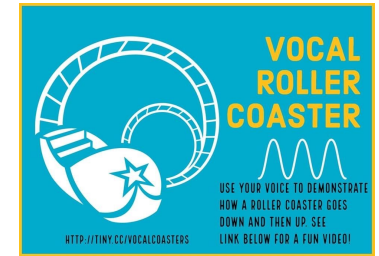
TROLLS: Can't Stop The Feeling—

Click on the link and Dance your Heart OUT!

[Trolls: Can't Stop The Feeling | GoNoodle - YouTube](https://www.youtube.com/watch?v=54noZe-0B1c)



1. Vocal Roller Coaster



<https://www.youtube.com/watch?v=oQipymdKP1w>

Watch the vocal roller coaster video, then draw a roller coaster and trace the roller coaster with your finger. Sing the path of the roller coaster using high and low pitches.

2. Make a paper airplane and then follow its course using high and low sounds with your voice. You may use this demonstration video, if necessary:

<https://www.youtube.com/watch?v=54noZe-0B1c&t=20s>



Draw a picture and write a number sentence to solve each story problem.

There are 8 clouds in the sky, 2 float away. How many clouds are left?

I see 3 clouds in the shape of a triangle and 5 clouds in the shape of a circle. How many clouds in all?



Choose 5 things that move. (example: a door, a wagon, a chair, etc.)

Draw, take a picture, or a video of how they move. Is the force a push or a pull?



Describe how to make a sandwich using first, next and last.

Be sure to begin your sentence with an uppercase, use spaces between words, label your picture and use punctuation.



**Get Fit BINGO**  
(See Below for the BINGO Board)

1. Choose a square and complete the activity, then cross it off. You can do as many as you want to try to get a BINGO.
2. Your goal is to get a **BlackOut** by the end of the week. A **BlackOut** is crossing off **EVERY** square by the end of the week. There are a total of 49 activities.

G	E	T	F	I	T	!
10 Second Plank	10 Mountain Climbers	10 Ski Jumps Side-to-Side	10 High Knees	10 Arm Circles Forward	25 Jumping Jacks	10 Hops Left Foot
10 Giant Steps Forward	10 Toe Raises	10 Wall Jumps	Jog in place 20 Seconds	Move Like a Bird for 10 Seconds	30 Seconds Gallop	15 Frog Jumps
5 Push-Ups	Move Like a Snake for 10 Seconds	10 Second Plank Left Side	5 Burpees	8 Sit-Ups	5 Squats	10 Arm Circles Backward
3 Somersaults (Forward Roll)	10 Hops Right Foot	Jog around the outside of your house 1 time	YOUR CHOICE!!	30 Seconds Skipping	5 Star Jumps	Move Like a Bird for 10 Seconds
Walk on Your Heels 10 Steps	10 Jumping Jacks	5 Jumps forward as far as you can!	Slide Sideways 10 Seconds	RUN FAST in Place 20 Seconds	10 Second Plank Right Side	3 Cartwheels
Move Like a Cat for 10 Seconds	10 Giant Steps Backward	20 Crunches	Shake out your Wiggles for 10 Seconds	Walk on Your Toes 10 Steps	10 Ski Jumps Forward/ Backward	Walk or Jog Backwards 10 Seconds
20 Shoulder Shrugs	10 Mountain Climbers	Move Like an Elephant for 10 Seconds	Karaoke or Grapevine 10 Seconds	Move Like a Monkey for 10 Seconds	Jump UP as High as you can 5 times	30 Second Wall Sit