


Grade: 1

Week: 5 (April 27-May 1)

READING - 30 Minutes Every Day &

- Choose **TWO** activities per day to complete.
- Check off each activity once you have completed it.
- When you have completed a task, send a picture to your teacher.

Math	Science/Social Studies	Writing <i>Remember to use complete thoughts. Use capitals and punctuation for each sentence.</i>	PE	Music
Write 10 addition and subtraction equations within 10. (Write 10 equations with answers of 10 or less.)	Be a tree detective. Find a tree. Draw the tree. Label the parts of the tree. (Roots, trunk, branches, leaves) Take a leaf off of the tree. Make a rubbing of the leaf. Count the branches. Write 2 reasons why the tree is important.	Narrative Writing: Write about something you did this weekend. Include: <ul style="list-style-type: none">● Beginning, middle, and end● What you did● Where you were (setting)● Who you were with● How did you feel and why you felt that way● Include some describing words	See choices below. Please do one, or both of the activities listed below.	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. 1. Vocal Roller Coaster  <p>VOCAL ROLLER COASTER USE YOUR VOICE TO DEMONSTRATE HOW A ROLLER COASTER GOES DOWN AND THEN UP. SEE LINK BELOW FOR A FUN VIDEO!</p> <p><small>HTTP://TINY.CC/VOCALCOASTERS</small></p>
7 caterpillars munched on a leaf. Some more caterpillars came. Now there are 15 caterpillars munching on the leaf. How many more	Draw pictures showing what a tree looks like during each season. Remember to label the seasons.	Opinion Writing: Write about your favorite thing to do at school. Include: <ul style="list-style-type: none">● State your favorite thing		https://www.youtube.com/watch?v=oQipyndKP1w Watch the vocal roller coaster video, then draw a

<p>caterpillars came to munch on the leaf?</p> <p>Include a number bond.</p> <p>Draw a picture to show your thinking.</p> <p>Write an equation.</p> <p>Write a sentence with your answer.</p>		<ul style="list-style-type: none"> ● Give 3 reasons with details why you liked it ● End with restating your opinion 		<p>roller coaster and trace the roller coaster with your finger. Sing the path of the roller coaster using high and low pitches.</p> <p>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</p>
<p>Choose a number between 10 and 99. Write the number.</p> <p>Choose another number between 10 and 99. Write the number.</p> <p>Compare the numbers. How many tens in each number? How many ones? Use the symbols $>$, $=$, $<$ to write a number sentence.</p> <p>Repeat the steps but this time ask a family member to choose two numbers between 10 and 99.</p>	<p>In what city do you go to school?</p> <p>In what state do you live?</p> <p>In what country do you live?</p> <p>On what continent do you live?</p> <p>Write your answers using complete sentences.</p> <p>Challenge: Draw an illustration to go with one of your answers.</p>	<p>Information Writing: Write about something you know a lot about.</p> <p>(Examples: a sport, riding a bike, famous person, animal)</p> <p>Include:</p> <ul style="list-style-type: none"> ● Introduce topic (2 sentences) ● Write three facts on your topic (3 sentences) ● Ending statement (I hope you liked my story about ____.) 		

Simon Says

FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

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.

Spin around in circles.

Hop on your left foot 10 times.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Do a cartwheel.

Hop on your right foot 10 times.

Do a somersault.

Pretend to shoot a basketball 10 times.

Wave your arms above your head.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Pretend to jump rope for a count of 10.

Walk like a bear on all 4s.

Walk like a crab.

Balance on your right foot for a count of 10.

Pretend to ride a horse.

Hop like a frog.

Bend down and touch your toes 10 times.

Pretend to milk a cow.

Walk on your knees.

Take 5 of the biggest steps forward that you can.

Lay on your back & pedal your legs in the air like you are on a bike.

Reach behind you and try and hold your right foot with your left hand without falling over.

Pretend to lift a car.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Do the strangest dance you can think of.

Scream.



GetFit! BINGO

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 is a total of 49 activities

						
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