## Grade: 3

## Week: \# 7 - May 8 through May 16

## - Choose TWO activities per day to complete. <br> - Check off each activity once you have completed it.

## READING: Recommended: $\mathbf{3 0}$ Minutes

Read a book of choice each day.
OR
Work on iStation Reading each day.

| Math | Science/Social Studies | Writing | PE | Music |
| :---: | :---: | :---: | :---: | :---: |
| Find 3 objects in your house that you can find the area and perimeter of. Draw a picture or take a picture of the object. Label the sides and then label the area using square units (or a measurement like inches, feet, centimeters, etc.). Challenge: Find the area and perimeter of an irregular shape. | Your job is to learn about the history of your name. <br> First, complete an informal interview with a parent or family member. Ask the following questions (write down the answers): <br> 1. What does my name mean? Why did you want to name me this? <br> 2.What is the story of how my name was chosen? <br> 3. Does anyone else in our family (past or present) have my name? If so, who? <br> 4. What are some other interesting or important names in our family? <br> Decide how to present what you learned. You can write about it, you can record yourself sharing what you learned, or you can create a poster. | Opinion: Best Pets <br> Which animal makes the best pet? Think of any pet in the world! Include an introduction, conclusion, and three reason paragraphs with evidence. Be sure to use paragraph form and to use your best spelling and punctuation. (Don't forget OREO). Challenge yourself to give a counterclaim--why might it not be the best animal to have as a pet. | http <br> s://d <br> rive. <br> goo <br> gle.c <br> om/f <br> ile/d/ <br> 1x3P <br> 2bL1 <br> Ryk <br> Wj9 <br> GjG <br> HDO <br> vfzB <br> mhu <br> UJ5 | 3rd - 4th Music Choice Board 5/11-5/15 <br> Concept: Instruments used in music <br> Each style of music uses different instruments to create its own unique overall sound. <br> Choice 1: Match the following instruments with the music group they might play in: jazz, rock, country, and hip hop. |
| Time interval story problems: <br> Mary woke up at 7:15am. It took her 15 minutes to eat breakfast, 10 minutes to get dressed, 5 minutes to brush her teeth. What time is it now that she finished all of her morning routine? | Take a walk outside... <br> Lift a rock, brick, or log until you find some insects underneath. Make observations about the physical characteristics these insects have. Make a list or draw pictures if needed. <br> Look at a tree that is blooming or flowers that are blooming. Make observations about the physical characteristics the | Informational: PB\&J. <br> Write out the step-by-step process for making the perfect peanut butter and jelly sandwich. Think about what a person would have to do to successfully make a peanut butter and jelly sandwich. Challenge: <br> Ask someone to follow your | iew? <br> usp= <br> shar <br> ing |  |



## PE Choice Board

Choose two activities below to do each week. Remember, stay active for at least 60 minutes a day! You can repeat a workout or choose your favorite game for a FUN Friday activity. Be safe and stay active!

| $\quad$ ROLL THE DICE |
| :--- |
| Roll 2 dice and add them |
| together to see which |
| exercise to complete. Take |
| turns if playing with |
| someone! |
| $2=10$ Jumping jacks |
| $3=15$ Squats |
| $4=10$ sit ups |
| $5=30$ seconds of dance |
| moves |
| $6=25$ Line Jumps overs |
| $7=6$ Frog Jumps |
| $8=12$ crab kicks |
| $9=5$ push ups |
| $10=$ Run 2 laps around living |
| room |
| $11=11$ Arm circles |
| $12=$ Roll Again |

## Flip a Coin Workout

All you need is one coin. Flip it and follow the chart below.
10 is the number for how many exercises to complete unless
it says otherwise.

| Round | Heads | Tails |
| :--- | :--- | :--- |
| 1 | Jumping Jacks | Push-Ups |
| 2 | High Knees | Mountain Climbers |
| 3 | Line Jump Overs | Arm Circles |
| 4 | Squats | Dance Moves |
| 5 | Plank Hold 30s | Run in place 30s |
| 6 | Jump Rope | Sit Ups |
| 7 | Frog Jump | Air Punches |
| 8 | Burpees | Crab Kicks |



## Make your own Fidget Spinner Board

Materials needed: Sheet of paper or a paper plate
Instructions: Draw a circle and then divide your circle or plate into 7 or 8 sections (should look like a pizza). Write in each section an exercise of your choice. Could be sports related or gymnastics, jump rope, etc. Then get a fidget spinner and place it in the middle. Designate one circle by marking it with a post it or tape a piece of paper on it. Spin and then complete the exercise that it stops on. Repeat and have fun!

If you do not have a fidget spinner you can use a paper clip held down by a push pin or a pencil. Be creative and have fun!

