

Kindergarten, Week: # 6 - May 4 - May 8









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

READING: *Recommended: 20 Minutes*

Read a book of choice each day.

OR

Work on iStation Reading each day.

Math	Science/Social Studies	Writing	PE	Music															
<p>"Make It Ten" Partner Game</p> <p>Rules: Partners face each other</p> <p>Partner 1: Holds up some number of fingers</p> <p>Partner 2: Holds up the number of fingers needed to "Make It Ten."</p> <p>Repeat 3 times, then switch who goes first.</p> 	<p>Make a list of things plants need to survive.</p> 	<p>Handwriting practice:</p> <p>Copy this sentence. Using your BEST handwriting.</p> <p>Use lower and uppercase letters where needed.</p> <p>Use a capital and punctuation.</p> <p>Use lined paper to write on.</p>  <p>The quick brown fox jumps over the lazy dog.</p>	 <table border="1" data-bbox="1176 852 1690 1372"> <tr> <td> JUST PLAY OUTSIDE Hide and seek, tag, hopscotch, hula hoop, pogo stick. It's up to you! </td> <td> BRIDGE POSE Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky. </td> <td> PLAY CATCH! Grab any kind of ball and play catch with a family member for 30 minutes. Keep your eyes on the ball and catch it with your hands, not your body. </td> </tr> <tr> <td> LIMBO Grab a broomstick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go? </td> <td> SIDEWALK LINES BALANCE Walk along the lines, one foot in front of the other, balancing on the sidewalk for 30 minutes. </td> <td> WILD ARMS As fast as you can complete: 10 arm circles front and back. 10 forward punches. 10 raise the roofs. Repeat 3 times. </td> </tr> <tr> <td> TOE FENCING With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped. </td> <td> JUMP, JUMP Jump side to side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice </td> <td> CRANE POSE A challenge: put your hands on the ground, lean forward and balance your knees on your elbows. How long can you balance? </td> </tr> <tr> <td> I, SPY WALK Go for a walk with family while playing a game of I, Spy. </td> <td> Put your favorite song on and make up a dance or fitness routine! </td> <td> SQUAT POSE Hold the squat pose for 30 seconds and repeat. </td> </tr> <tr> <td> CRAWL LIKE A SEAL Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight. </td> <td> 4 WALLS Face each wall in a room and do a different exercise for one minute each. Side shuffle. Grapevine to left then right. Wide stance punches. Vertical jumps. </td> <td> GO OUTSIDE for a half hour..... without a device.....you will naturally be active. </td> </tr> </table>	JUST PLAY OUTSIDE Hide and seek, tag, hopscotch, hula hoop, pogo stick. It's up to you!	BRIDGE POSE Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky.	PLAY CATCH! Grab any kind of ball and play catch with a family member for 30 minutes. Keep your eyes on the ball and catch it with your hands, not your body.	LIMBO Grab a broomstick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	SIDEWALK LINES BALANCE Walk along the lines, one foot in front of the other, balancing on the sidewalk for 30 minutes.	WILD ARMS As fast as you can complete: 10 arm circles front and back. 10 forward punches. 10 raise the roofs. Repeat 3 times.	TOE FENCING With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	JUMP, JUMP Jump side to side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice	CRANE POSE A challenge: put your hands on the ground, lean forward and balance your knees on your elbows. How long can you balance?	I, SPY WALK Go for a walk with family while playing a game of I, Spy.	Put your favorite song on and make up a dance or fitness routine!	SQUAT POSE Hold the squat pose for 30 seconds and repeat.	CRAWL LIKE A SEAL Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	4 WALLS Face each wall in a room and do a different exercise for one minute each. Side shuffle. Grapevine to left then right. Wide stance punches. Vertical jumps.	GO OUTSIDE for a half hour..... without a device.....you will naturally be active.	<p>The theme this week, <u>May the Fourth Be With You!</u></p> <p>Choice 1:</p> <p>Rhythm follows the way the words go. Read these names outloud or have someone read them to you. Decide how you would clap and say each character's name.</p> <p>Princess Leia</p>  <p>Yoda</p>  <p>Hans Solo</p>  <p>R2-D2</p> 
JUST PLAY OUTSIDE Hide and seek, tag, hopscotch, hula hoop, pogo stick. It's up to you!	BRIDGE POSE Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky.	PLAY CATCH! Grab any kind of ball and play catch with a family member for 30 minutes. Keep your eyes on the ball and catch it with your hands, not your body.																	
LIMBO Grab a broomstick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	SIDEWALK LINES BALANCE Walk along the lines, one foot in front of the other, balancing on the sidewalk for 30 minutes.	WILD ARMS As fast as you can complete: 10 arm circles front and back. 10 forward punches. 10 raise the roofs. Repeat 3 times.																	
TOE FENCING With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	JUMP, JUMP Jump side to side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice	CRANE POSE A challenge: put your hands on the ground, lean forward and balance your knees on your elbows. How long can you balance?																	
I, SPY WALK Go for a walk with family while playing a game of I, Spy.	Put your favorite song on and make up a dance or fitness routine!	SQUAT POSE Hold the squat pose for 30 seconds and repeat.																	
CRAWL LIKE A SEAL Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	4 WALLS Face each wall in a room and do a different exercise for one minute each. Side shuffle. Grapevine to left then right. Wide stance punches. Vertical jumps.	GO OUTSIDE for a half hour..... without a device.....you will naturally be active.																	

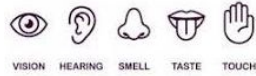
Show 3 more ways to make 8.

$$1 + 7 = 8$$

$$\underline{\quad} + \underline{\quad} = 8$$

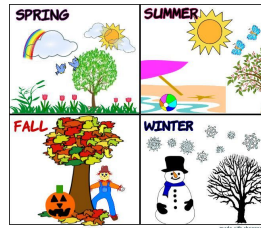
$$\underline{\quad} + \underline{\quad} = 8$$

$$\underline{\quad} + \underline{\quad} = 8$$



Use your five senses to explore around your house. Draw a picture and write about what you see, taste, hear, touch and smell.

Choose a season



Which season is your favorite? Explain why it is your favorite. What activities do you like to do in this season?

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

In the pond there were 2 frogs. Each frog caught 4 flies. How many flies did they catch in all?



There were 10 sprinkles on my ice cream. 4 were pink and the rest were yellow. How many yellow sprinkles did I have on my ice cream?



Draw a picture of a way you can be helpful to your family at home.



Make a creative poster that shows rules you have at home.

For example:



If needed, watch this video that demonstrates these rhythms.

https://drive.google.com/open?id=1feJpWr0_mCbcY7QFjANH5OZO4cPURALX

As an extension, you can recreate these rhythms by writing them down, or using household items (crayons, utensils, sticks etc.).

Choice 2:

Clap along to the Star Wars rhythms using the link below.

<https://www.youtube.com/watch?v=KE9Famkycrk>

