

Physical Education:

FLIP A COIN WORKOUT


HEADS

TAILS

1.	10 LUNGES	OR	15 SQUATS
2.	WALL-SIT (45 SEC.)	OR	20 JUMPING JACKS
3.	PLANK (30 SEC.)	OR	20 CRUNCHES
4.	10 PUSH-UPS	OR	8 BURPEES
5.	JOG IN PLACE (45 SEC.)	OR	INVISIBLE JUMP ROPE (30 SEC.)
6.	BUTT KICKS (30 SEC.)	OR	HIGH KNEES (30 SEC.)
7.	BEAR CRAWL (30 SEC.)	OR	CRAB CRAWL (30 SEC.)
8.	MOUNTAIN CLIMBERS (30 SEC.)	OR	LINE JUMPS (45 SEC.)
REPEAT → 2 ROUNDS			

Music:

- Practice drawing a staff - see the example attached. Make sure your 5 lines

are straight and equally spaced and your treble  clef is at the beginning.


Social-Emotional:

- Circle how you are feeling: 😊 ☹️ 😐 😞 😄
- Practice positive self talk ("I can do this!", "I'm not going to give up!")
- Activity: Think of a time when something was hard and you did not give up. What did you say to encourage yourself? Encouraging yourself helps you persevere.

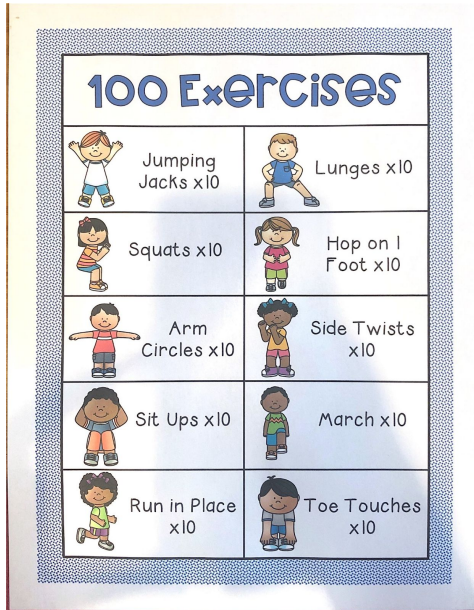
1st Grade Distance Learning

Week 8: May 18-May 22, 2020

Name: _____ Teacher: _____ Building: _____

✓	Tuesday, May 19, 2020			
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 20 minutes (you can read to yourself, to someone else, to a stuffed animal, Raz-Kids, Epic, etc.).• Listen to your teacher read a story on Google Classroom.<ul style="list-style-type: none">◦ Retell the story (characters, settings, major events) and identify the central message following the template found on Google Classroom.			
	<p>EL (Language Development) Anyone can do these activities in any language:</p> <ul style="list-style-type: none">• From Monday's list of traditions that you made, pick your favorite and write two sentences about it. Use the sentence frames below:<ul style="list-style-type: none">◦ My favorite tradition is _____ because _____.◦ We celebrate _____ by _____.			
	<p>Math:</p> <ul style="list-style-type: none">• Use the word bank to label the coin and write the value of each coin. <div data-bbox="267 1365 1299 1638"><p>a. _____ b. _____ c. _____</p></div> <div data-bbox="1315 1354 1461 1585"><table border="1"><tr><td>penny</td></tr><tr><td>nickel</td></tr><tr><td>dime</td></tr></table></div> <ul style="list-style-type: none">• What is the total value of 3 dimes, 3 nickels, and 4 pennies? _____	penny	nickel	dime
penny				
nickel				
dime				

Physical Education:



Music:

Practice drawing the following notes. Ta, Ti ti, rest. Draw 4 of each.



Social-Emotional:

- Circle how you are feeling: 😊 😐 😞 😡 😄
- Practice positive self talk ("I can do this!", "I'm not going to give up!")
- Activity: Think of a goal you have set for yourself. Have you reached this goal? If not, what is something different you could try? Trying different strategies helps you persevere.

1st Grade Distance Learning

Week 8: May 18-May 22, 2020

Name: _____ Teacher: _____ Building: _____

✓	Wednesday, May 20, 2020						
	<p>Literacy:</p> <ul style="list-style-type: none"> ● Read 20 minutes (you can read to yourself, to someone else, to a stuffed animal, Raz-Kids, Epic, etc.). ● Listen to your teacher read a story on Google Classroom. <ul style="list-style-type: none"> ○ Retell the story (characters, settings, major events) and identify the central message following the template found on Google Classroom. 						
	<p>EL (Language Development) Anyone can do these activities in any language:</p> <ul style="list-style-type: none"> ● Make a picture of your favorite tradition. Tell us where your tradition takes place, who is there, and when it happens. Use these sentence frames: <ul style="list-style-type: none"> ○ My favorite tradition takes place at _____. (my house, the park, the mosque) ○ I see _____ at _____. (family) (Eid, Thanksgiving, Karen New Year) ○ It happens in the month of _____. 						
	<p>Math:</p> <ul style="list-style-type: none"> ● Show with coins or draw two different ways to make 25 cents. ● What is the total value of 4 dimes, 1 nickel, and 2 pennies? _____ 						
	<p>Physical Education:</p> <p>Refer back to Monday and repeat Flip a Coin workout</p>						
	<p>Music:</p> <p>Find a penny and use the staff on the practice sheet. Place the penny on...</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Line 1 (the bottom line).</td> <td style="width: 50%;">Space 4 (between lines 4-5)</td> </tr> <tr> <td>Line 5 (the top line)</td> <td>Line 3</td> </tr> <tr> <td>Space 2 (between lines 2 and 3)</td> <td>Space 1</td> </tr> </table>	Line 1 (the bottom line).	Space 4 (between lines 4-5)	Line 5 (the top line)	Line 3	Space 2 (between lines 2 and 3)	Space 1
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Line 5 (the top line)	Line 3						
Space 2 (between lines 2 and 3)	Space 1						
	<p>Social-Emotional:</p> <ul style="list-style-type: none"> ● Circle how you are feeling: 😊 ☹️ 😐 😞 😄 ● Practice positive self talk ("I can do this!", "I'm not going to give up!") ● <u>Activity</u>: Draw a picture of something you can't do YET. Write one thing you could do to help accomplish this? Breaking goals into steps helps you persevere. 						

1st Grade Distance Learning


Week 8: May 18-May 22, 2020

Name: _____ Teacher: _____ Building: _____

✓	Thursday, May 21, 2020
	<p>Literacy:</p> <ul style="list-style-type: none"> ● Read 20 minutes (you can read to yourself, to someone else, to a stuffed animal, Raz-Kids, Epic, etc.). ● Watch the video on Google Classroom of your teacher introducing three-letter blends. <ul style="list-style-type: none"> ○ Write five words that match the word pattern taught ● Write the following words in sentences: before, front, heard, push, tomorrow, your
	<p>EL (Language Development) Anyone can do these activities in any language:</p> <ul style="list-style-type: none"> ● Use these sentences about your traditions. <ul style="list-style-type: none"> ○ At _____ we eat _____. ○ I like to eat _____ because _____. ○ I like this food because _____. ○ My _____ makes this food for us.
	<p>Math:</p> <ul style="list-style-type: none"> ● Write the value of each coin. <ol style="list-style-type: none"> a. The value of one dime is _____ cent(s) b. The value of one penny is _____ cent(s) c. The value of one nickel is _____ cent(s) ● Bailey has 4 coins in her pocket. Ingrid has 4 coins in her pocket. Ingrid has more money than Bailey. Draw a picture to show the coins each girl might have.
	<p>Physical Education: Refer back to Tuesday and repeat 100 Exercises</p>
	<p>Music: Using your staff, draw quarter notes on 3 different lines. Draw quarter notes (also called a Ta) in 3 different spaces.</p>
	<p>Social-Emotional:</p> <ul style="list-style-type: none"> ● Circle how you are feeling: 😊 ☹️ 😐 😞 😄 ● Practice positive self talk ("I can do this!", "I'm not going to give up!") ● <u>Activity</u>: Finish the following sentence, I can complete my schoolwork when it is hard by _____. Telling yourself, "I CAN" helps you persevere.

1st Grade Distance Learning
Week 8: May 18-May 22, 2020


Name: _____ Teacher: _____ Building: _____

✓	Friday, May 22, 2020				
	<p>Literacy:</p> <ul style="list-style-type: none">● Read 20 minutes (you can read to yourself, to someone else, to a stuffed animal, Raz-Kids, Epic, etc.).● Writing Prompt: Write a friendly letter to a student coming into first grade next year<ul style="list-style-type: none">○ Write at least five sentences telling them what to look forward to, what to expect, what might be hard, etc.○ You can use the template on Google Classroom				
	<p>EL (Language Development) Anyone can do these activities in any language:</p> <ul style="list-style-type: none">● Listen to the story in your Google Classroom.● Write the characters, setting, and two events that happen in the story.<ul style="list-style-type: none">○ The characters are _____.○ The setting is _____.○ Two events that happened in this story are _____ _____ _____.				
	<p>Math:</p> <ul style="list-style-type: none">● Find the value of the set of coins. Complete the place value chart to match. Write an addition sentence to add the value of the dimes and the value of the pennies. <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-top: 10px;"><div style="display: flex; align-items: center; justify-content: space-between;"><div style="text-align: center;"></div><div style="text-align: center;"><table border="1" style="border-collapse: collapse;"><thead><tr><th style="padding: 5px;">tens</th><th style="padding: 5px;">ones</th></tr></thead><tbody><tr><td style="width: 40px; height: 40px;"></td><td style="width: 40px; height: 40px;"></td></tr></tbody></table><p style="margin-top: 10px;">_____</p></div></div></div>	tens	ones		
tens	ones				

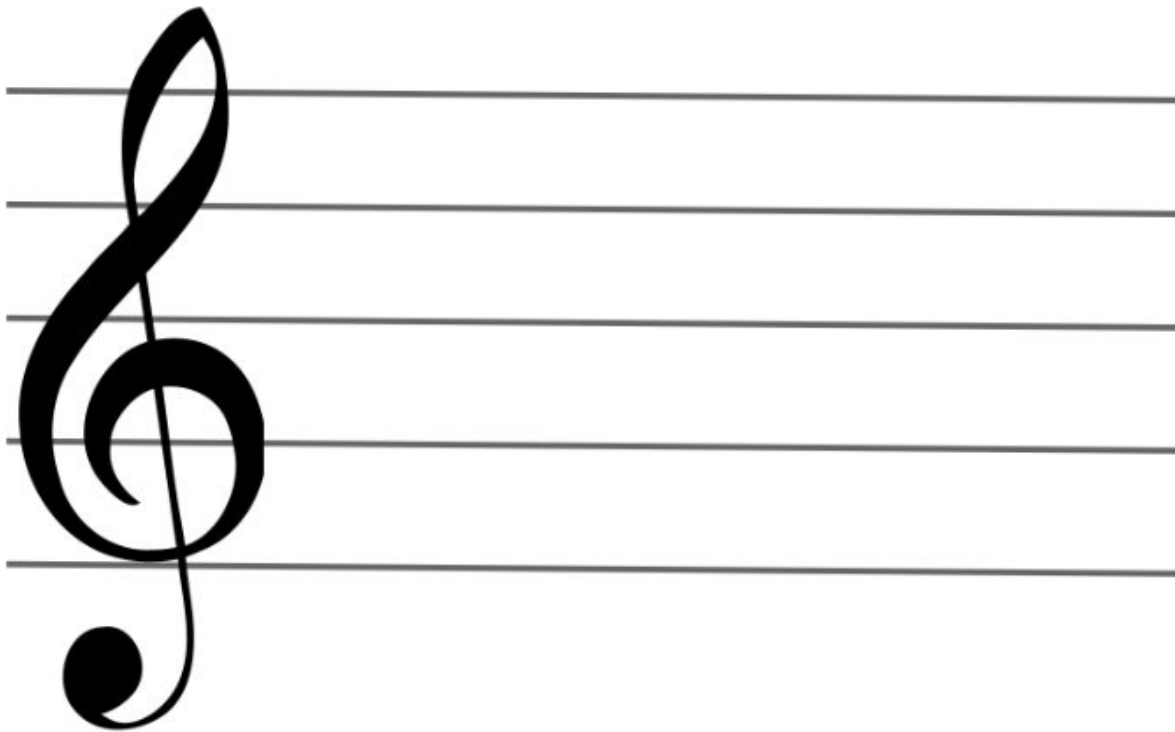
	<p>Physical Education:</p> <p>Choice day: do 30 minutes of exercise your choice!</p>
	<p>Music:</p> <p>Draw your own music staff (remember, 5 lines and 4 spaces). Draw 3 quarter notes moving up the staff. Draw 3 quarter notes moving down the staff.</p>
	<p>Social-Emotional:</p> <ul style="list-style-type: none">● Circle how you are feeling: 😊 😐 😞 😡 😄● Practice positive self-talk ("I can do this!", "I'm not going to give up!")● <u>Activity:</u> Change the following negative statements into positive statements. Looking at the positives helps you persevere.<ul style="list-style-type: none">○ I'm not good at this○ This is too hard○ I'm going to give up

Parent Signature _____ Date _____

Music Practice Sheet, Grades K-2



A musical staff with a treble clef. The staff consists of five horizontal lines. To the right of the staff, the following labels are listed from top to bottom: Line 5, Space 4, Line 4, Space 3, Line 3, Space 2, Line 2, Space 1, and Line 1.



A blank musical staff with a treble clef, consisting of five horizontal lines for writing music.