

FRSD Distance Learning: K-5



Hello FRSD K-5 families! As we move forward with our new distance learning format, we hope to partner with you to make this transition as smooth as possible. We know that this is a stressful time for our students and we want to be sensitive to their (and your) needs. As such, at this time distance learning at the K-5 level is being rolled out slowly, with all of our families being considered.

A paper packet will be available via the links below each Monday which will include a weekly lesson plan as well as work from both our ELA and Math curricula. Alternately, packets will be available for pickup on Mondays at the school. Teachers will be reaching out to you at least once weekly regarding the progress of your student in their classwork. Also available to families are the online supplemental resources linked to via the COVID-19 link on the FRSD webpage under "Supplemental Learning". Please reach out to your teacher with any questions, concerns, or feedback going forward. If the school closure is extended beyond the current timeline, we will reassess our plans as needed. Thank you for your continued partnership in your child's education!

Contact Information:

1. Teachers will be available from 8:00-4:00 each day.
2. If you are unable to reach a teacher for some reason, leave a message or send an email and they will get back to you within 24 hrs.
3. Please know that many of our teachers will be using Google Voice- this number may look unfamiliar when they call you

Differentiation/Extension/Supports:

1. We understand that you may need to provide your child with extra support or extension activities during this time.
2. If you are unable to access the online Differentiation/Extension document online, please communicate with your child's teacher for more ideas



FRSD Meal Plan:

1. FRSD is providing free meals (sack lunch & breakfast) to **anyone** 18 years or younger at the following locations in our community:
2. **VES Parking Lot:** Drive through from 11:00-12:30
3. There are 13 bus routes for meal delivery with a few stops per route. The stops/routes are listed here.

4. If you cannot make it to one of these locations and need meals delivered to your house please contact your school office by 8:00 AM of the day you need them delivered and let us know how many kids need a meal, your address and a phone number where you can be reached.

Stay Informed:

Please remember to check the Fern Ridge School District webpage for updates.
<https://www.fernridge.k12.or.us/>



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WEEKLY MESSAGE from your teachers: Hello! Please let us know if you need anything. Happy Learning!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 1</p> <p>Practice counting by 2's. How high can you count?</p> <hr/> <p>Reading: Journey's Book: Read and discuss vocabulary words on pgs. 274-275</p> <p>Write each vocabulary word and draw a matching picture.</p> <p>Journey's Book: Read and discuss pgs. 276-277</p> <p>Complete Monday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Make flashcards using your spelling words and/or sight words. • Brainstorm a list of words that have suffixes: -y, -ly, -ful • Read 20 minutes. • IXL practice 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 2</p> <p>Practice counting by 2's. How fast can you count?</p> <hr/> <p>Reading: Journey's Book: Read story on pgs. 278-297 <u><i>The Goat in the Rug</i></u></p> <p>Questions to answer while reading: Why do you think the author chose to have Geraldine tell the story. (after pg. 281) What went wrong with Glenmae's plan to dye the wool? (after page 289)</p> <p>Find the vocabulary words in the story.</p> <p>Complete Tuesday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Write spelling words three times each. • Brainstorm a list of words that rhyme with 'bug'. • Read 20 minutes. • IXL practice 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 3</p> <p>Practice counting by 2's. Can you write them?</p> <hr/> <p>Reading: Journey's Book: Read Pg. 300.</p> <p>Use 'Classroom Conversation' to guide discussion about the story as you RE-READ pgs. 278-297 <u><i>The Goat in the Rug</i></u></p> <p>Complete Wednesday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Rainbow write (use lots of colors) your spelling words and/or sight words. • Brainstorm a list of words that have the long 'o' sound: oa, oe, o_e, o • Read 20 minutes. • IXL practice 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 4</p> <p>Practice counting by 2's. Skip while you are counting!</p> <hr/> <p>Reading: Journey's Book: Read and discuss pgs. 302-304 <u><i>Basket Weaving</i></u></p> <p>Read pg. 305 Choose an activity listed. Discuss or write your answers.</p> <p>Complete Thursday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Write spelling words in a sentence. • Listen to <u><i>The Goat in the Rug</i></u> https://www.youtube.com/watch?v=6PH4xOzGIUc • Read 20 minutes. • IXL practice 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Week 23 & Sudoku</p> <p>Practice counting by 2's. Can you get to 100? Write them!</p> <hr/> <p>Reading: Read Together page: Read three times for fluency.</p> <p>Use the Spelling Test page for the spelling test.</p> <p>Read an extra 20 minutes 😊</p> <div data-bbox="1299 945 1510 1134" data-label="Image"> </div> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Art: Try weaving https://www.youtube.com/watch?v=e6W--m5j9I • Draw a picture of your favorite toy. Can you label it and write about it? • Read 20 minutes. • IXL practice

Reading Focus: -I can summarize what I have read. -I understand the sequence of events.

Spelling words: (Focus is on spelling with suffixes -ful and -ly) helpful, kindly, sadly, useful, hopeful, safely, thankful, painful, slowly, mouthful, wishful, weakly

Sight Words: coming, down, four, give, great, idea, knew, large, though, write

Vocabulary: yarn, strands, spinning, dye, weave, sharpening, duplicated, delicious

Math Focus: I can add and subtract 10's and 100's within 1,000.

Writing Focus: I can write 7-10 sentences using correct handwriting, capital letters, and end marks. My sentences make sense.

Writing Prompts

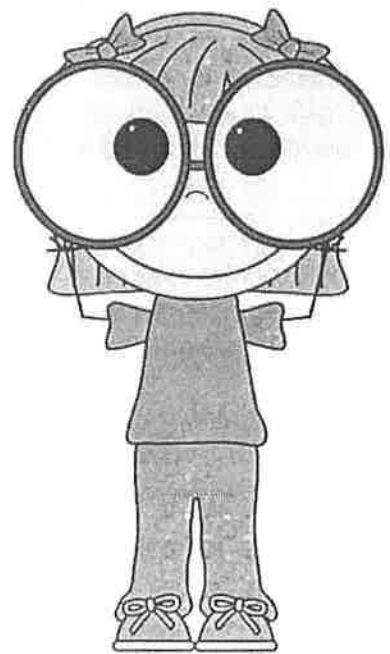


April Writing Activities

Tell how you would feel if you won a blue ribbon or a trophy.	One morning, you look out your window and see dogs and cats floating in the air. What happens next?	Make up a story about a pet who is out of control.	Write a story about people working together to build a playground.
Tell what it would be like to hike through a forest.	Give all the reasons for playing outdoors often.	Describe the landscape in prehistoric time.	Write a story about a child who collects pretty rocks.
Write about how you feel when you first taste lemonade.	What do you think our country's biggest problem will be 50 years from now?	While diving deep in the sea, you find a sunken ship. Tell about it.	Relate what you think of when you smell onions.
Describe what would happen if your teacher were out one day and there were no substitute to take over.	You smell fresh paint. Write a story about it.	Express how you feel when you see litter by the road.	Imagine a magic basket that never becomes empty. Tell what is in it, how it is used, and who owns it.
List all the reasons you can remember why you should cover your mouth and nose when you sneeze or cough.	Write about what you think when you hear a bell ringing.	Tell a story about a telephone that lets you see the person you are calling.	Make up a story about a new spring bug on its first green leaf.
Describe the work that must be done to keep the schoolyard looking nice.	Describe the things you see on your way to school.	If you had a friend who was bored, what would you tell him or her to do?	Describe what you think when you work with modeling clay.

writing checklist

- ☐ My name is on my paper.
- ☐ I started all my sentences with a capital letter.
- ☐ All my sentences end with a punctuation mark. (. ? !)
- ☐ I put spaces between each word.
- ☐ I checked my spelling.
- ☐ My writing makes sense.
- ☐ I used some "wow" words.



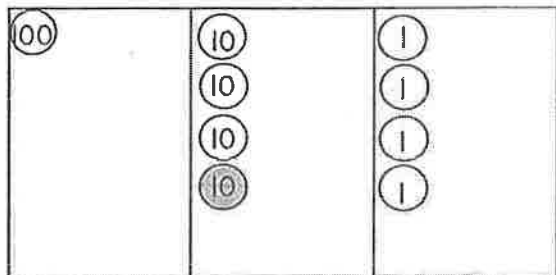
Name

Monday

Lesson 1

Add 10 More or 100 More

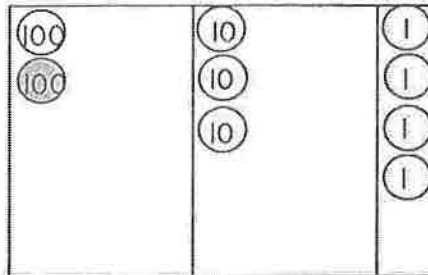
10 more than 134



We started with
1 hundred 3 tens 4 ones.
We added 1 ten.

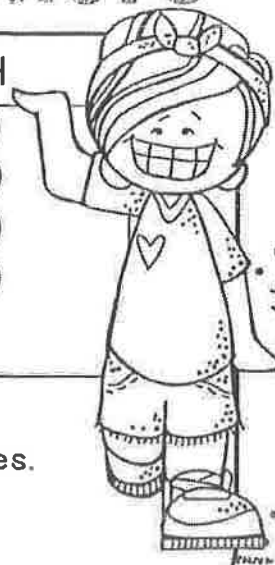
$$134 \xrightarrow{+10} = 144$$

100 more than 134



We started with
1 hundred 3 tens 4 ones.
We added 1 hundred.

$$134 \xrightarrow{+100} = 234$$

This is called the **arrow way**.

Directions- Complete each statement using the arrow way.

$$176 \xrightarrow{+10} \underline{\hspace{2cm}} \quad 267 \xrightarrow{+100} \underline{\hspace{2cm}} \quad 584 \xrightarrow{+10} \underline{\hspace{2cm}}$$

$$223 \xrightarrow{+100} \underline{\hspace{2cm}} \quad 190 \xrightarrow{+10} \underline{\hspace{2cm}} \quad 819 \xrightarrow{+100} \underline{\hspace{2cm}}$$

$$432 \xrightarrow{+10} \underline{\hspace{2cm}} \xrightarrow{+10} \underline{\hspace{2cm}} \xrightarrow{+100} \underline{\hspace{2cm}} \xrightarrow{+100} \underline{\hspace{2cm}}$$

$$368 \xrightarrow{+100} \underline{\hspace{2cm}} \xrightarrow{+100} \underline{\hspace{2cm}} \xrightarrow{+10} \underline{\hspace{2cm}} \xrightarrow{+10} \underline{\hspace{2cm}}$$

$$530 \xrightarrow{+10} \underline{\hspace{2cm}} \xrightarrow{+10} \underline{\hspace{2cm}} \xrightarrow{+100} \underline{\hspace{2cm}} \xrightarrow{+100} \underline{\hspace{2cm}}$$

Monday

A STORY OF UNITS

Lesson 1 Exit Ticket

2•5

Name _____

Date _____

Solve using the arrow way.

1. $440 + 220 =$ _____

2. $670 +$ _____ $= 890$

3. _____ $+ 765 = 945$

ABC Order

Name: _____

helpful	thankful	kindly	painful
sadly	slowly	useful	mouthful
hopeful	wishful	safely	weakly

a b c d e f g h i j k l m n o p q r s t u v w x y z

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Monday

Monday

Name _____ Date _____

Target Vocabulary

Weaving Target Vocabulary

Find the Target Vocabulary word that best matches each clue.
Write the word on the line.

Vocabulary

delicious
duplicated
dye
sharpening
spinning
strands
weave
yarn

1. something that tastes really good

2. something you use to change a color

3. something you use when you knit

4. something that is exactly the same

5. something being done to a knife

6. something you do to make cloth

7. something being done to make yarn

8. something that is a long, thin piece

Name _____

Tuesday

Lesson 2

Subtract by 100

Subtracting by 100 is easy!

580 - 200 = You can solve it 2 ways.

The Arrow Way

$$580 \xrightarrow{-100} 480 \xrightarrow{-100} 380$$

or

Number Bonds

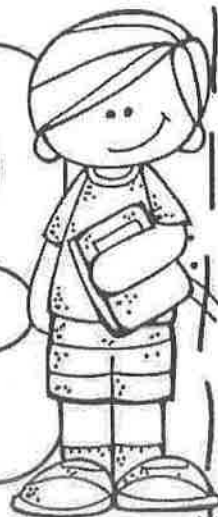
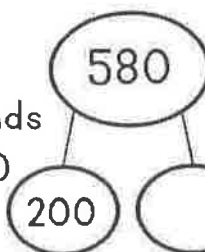
$$580 - 200$$

Λ

$$500 \quad 80$$

$$500 - 200 = 300$$

$$300 + 80 = 380$$



Which way is your favorite?

Directions- Solve the following subtraction problems by the arrow way, mental math or number bonds.

$$560 - 300 = \underline{\hspace{2cm}}$$

$$460 - 300 = \underline{\hspace{2cm}}$$

$$575 - 300 = \underline{\hspace{2cm}}$$

$$819 - 500 = \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} - 500 = 320$$

$$680 - \underline{\hspace{2cm}} = 280$$

$$\underline{\hspace{2cm}} - 200 = 364$$

$$827 - \underline{\hspace{2cm}} = 427$$

Tuesday

How many can you do in 5 minutes?

A STORY OF UNITS

Lesson 1 Core Fluency Practice Set B

2•7

Name _____

Date _____

1.	$10 + 6 =$	21.	$3 + 8 =$
2.	$10 + 9 =$	22.	$9 + 4 =$
3.	$7 + 10 =$	23.	$\underline{\hspace{1cm}} + 6 = 11$
4.	$3 + 10 =$	24.	$\underline{\hspace{1cm}} + 9 = 13$
5.	$5 + 11 =$	25.	$8 + \underline{\hspace{1cm}} = 14$
6.	$12 + 8 =$	26.	$7 + \underline{\hspace{1cm}} = 15$
7.	$14 + 3 =$	27.	$\underline{\hspace{1cm}} = 4 + 8$
8.	$13 + \underline{\hspace{1cm}} = 19$	28.	$\underline{\hspace{1cm}} = 8 + 9$
9.	$15 + \underline{\hspace{1cm}} = 18$	29.	$\underline{\hspace{1cm}} = 6 + 4$
10.	$12 + 5 =$	30.	$3 + 9 =$
11.	$\underline{\hspace{1cm}} = 2 + 17$	31.	$5 + 7 =$
12.	$\underline{\hspace{1cm}} = 3 + 13$	32.	$8 + \underline{\hspace{1cm}} = 14$
13.	$\underline{\hspace{1cm}} = 16 + 2$	33.	$\underline{\hspace{1cm}} = 5 + 9$
14.	$9 + 3 =$	34.	$8 + 8 =$
15.	$6 + 9 =$	35.	$\underline{\hspace{1cm}} = 7 + 9$
16.	$\underline{\hspace{1cm}} + 5 = 14$	36.	$\underline{\hspace{1cm}} = 8 + 4$
17.	$\underline{\hspace{1cm}} + 7 = 13$	37.	$17 = 8 + \underline{\hspace{1cm}}$
18.	$\underline{\hspace{1cm}} + 8 = 12$	38.	$19 = \underline{\hspace{1cm}} + 9$
19.	$8 + 7 =$	39.	$12 = \underline{\hspace{1cm}} + 7$
20.	$7 + 6 =$	40.	$15 = 8 + \underline{\hspace{1cm}}$

Name _____

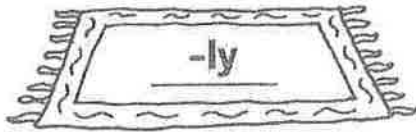
Date _____

Suffixes -ly, -ful

The Goat in the Rug

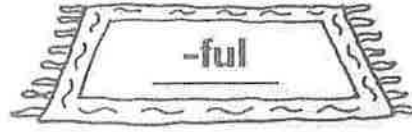
Spelling: Suffixes -ly, -ful

Sort the Basic Words by the suffixes *-ly* and *-ful*.



Word + *ly*

1. _____
2. _____
3. _____
4. _____
5. _____



Word + *ful*

6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Spelling Words

Basic Words

1. helpful
2. sadly
3. hopeful
4. thankful
5. slowly
6. wishful
7. kindly
8. useful
9. safely
10. painful
11. mouthful
12. weakly

Underline the suffix in each Basic Word.

Tuesday

Name: _____

Date: _____

Spelling Practice

Lesson 23 Suffixes

Spelling Words	Use Colored Pencils yellow- base word red- suffix	Fold, Write, & Check
1. helpful		
2. sadly		
3. hopeful		
4. thankful		
5. slowly		
6. wishful		
7. kindly		
8. useful		
9. safely		
10. painful		
11. mouthful		
12. weakly		
13. jumped		
14. saying		

Name

Wednesday

Lesson 3

Addition using the Arrow Way

Solve using the Arrow Way.

$120 + 200 =$

$120 + 210 =$

$120 + 220 =$

$120 \xrightarrow{+200} 320$

$120 \xrightarrow{+200} 320 \xrightarrow{+10} 330$

$120 \xrightarrow{+200} 320 \xrightarrow{+20} 440$

$120 + 200 = 320$

$120 + 210 = 330$

$120 + 220 = 440$

**Directions-** Solve each problem using the Arrow Way.

$420 + 300 =$

$420 + 310 =$

$420 + 320 =$

$530 + 200 =$

$530 + 210 =$

$530 + 220 =$

$410 + 230 =$

$410 + 260 =$

$410 + 280 =$

$540 + 120 =$

$380 + 110 =$

$640 + 230 =$

2. Solve using the arrow way or mental math. Use scrap paper if needed.

a. $320 + 200 =$ _____	$280 + 320 =$ _____	$290 + 320 =$ _____
b. $130 + 500 =$ _____	$130 + 560 =$ _____	$130 + 580 =$ _____
c. $360 + 240 =$ _____	$350 + 270 =$ _____	$380 + 230 =$ _____
d. $260 + 250 =$ _____	$270 + 280 =$ _____	$280 + 250 =$ _____
e. $440 + 280 =$ _____	$660 + 160 =$ _____	$770 + 150 =$ _____

3. Solve.

- a. $34 \text{ tens} + 20 \text{ tens} =$ _____ tens b. $34 \text{ tens} + 26 \text{ tens} =$ _____ tens
- c. $34 \text{ tens} + 27 \text{ tens} =$ _____ tens d. $34 \text{ tens} + 28 \text{ tens} =$ _____ tens
- e. What is the value of 62 tens? _____

Wednesday

Lesson 23

READER'S NOTEBOOK

Name _____

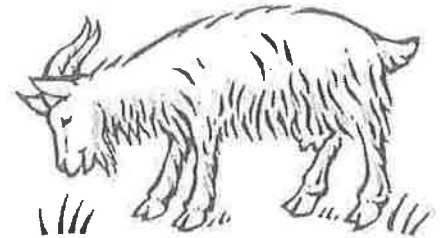
Date _____



The Goat in the Rug
Independent Reading

The Goat in the Rug

Draw and Label a Picture



This story tells how a Navajo woman uses her goat's wool to weave a beautiful rug. Read and answer the questions about the story.

Read pages 281–282. What does Glenmae do first?

Read page 284. What does Glenmae do in this part of the story?

Read page 285. What does Glenmae do with Geraldine's wool now?

Read pages 286–289. What else does Glenmae do?

Read pages 292–294. What does Glenmae do last?

Name _____ Date _____

The Goat in the Rug
Independent Reading

In this story, Glenmae uses many tools. Find four tools in the story. Write and draw them in the order they are used. Write a sentence telling what Glenmae does with each tool.

The tool Glenmae uses first
is the _____
She uses the scissors to

The tool Glenmae uses
second is the _____
She uses the tub to

The tool Glenmae uses third
is the _____
She uses the comb to

The tool Glenmae uses
fourth is the _____
She uses the spindle to

Name

Thursday

Lesson 4

Subtraction using the Arrow Way

Solve using the Arrow Way.

$530 - 200 =$

$530 - 210 =$

$530 - 230 =$

$530 \xrightarrow{-200} 330$

$530 \xrightarrow{-200} 330 \xrightarrow{-10} 320$

$530 \xrightarrow{-200} 330 \xrightarrow{-20} 310$

$530 - 200 = 330$

$530 - 210 = 320$

$530 - 230 = 310$



Directions- Solve each problem using the Arrow Way.

$430 - 300 =$

$430 - 310 =$

$430 - 340 =$

$580 - 150 =$

$580 - 250 =$

$580 - 350 =$

$670 - 430 =$

$670 - 450 =$

$670 - 470 =$

$790 - 460 =$

$790 - 570 =$

$790 - 680 =$

Thursday

A STORY OF UNITS

How many can You do in 5 mins.?

Lesson 4 Sprint 2•7

Number Correct: _____

A

Skip-Counting by 5

1.	0, 5, __	
2.	5, 10, __	
3.	10, 15, __	
4.	15, 20, __	
5.	20, 25, __	
6.	25, 30, __	
7.	30, 35, __	
8.	35, 40, __	
9.	40, 45, __	
10.	50, 45, __	
11.	45, 40, __	
12.	40, 35, __	
13.	35, 30, __	
14.	30, 25, __	
15.	25, 20, __	
16.	20, 15, __	
17.	15, 10, __	
18.	0, __, 10	
19.	25, __, 35	
20.	5, __, 15	
21.	30, __, 40	
22.	10, __, 20	

23.	35, __, 45	
24.	15, __, 25	
25.	40, __, 50	
26.	25, __, 15	
27.	50, __, 40	
28.	20, __, 10	
29.	45, __, 35	
30.	15, __, 5	
31.	40, __, 30	
32.	10, __, 0	
33.	35, __, 25	
34.	__, 10, 5	
35.	__, 35, 30	
36.	__, 15, 10	
37.	__, 40, 35	
38.	__, 20, 15	
39.	__, 45, 40	
40.	50, 55, __	
41.	45, 50, __	
42.	65, __, 55	
43.	55, 60, __	
44.	60, 65, __	

Thursday

Lesson 23

READER'S NOTEBOOK

Name _____

Date _____

Forms of the Verb *be*

The Goat in the Rug

Grammar: Spiral Review

Circle the correct form of the verb *be*. Then
rewrite the sentence on the line below.

1. The women (are, is) weavers.

2. The wool (is, were) soft.

3. The rugs (were, was) pretty.

4. We (are, is) interested in rugs.

5. I (am, is) in a rug store.

6. It (is, are) a new rug.

7. That (are, is) the one I want.

8. The other rugs (was, were) too large.

Name _____

Date _____

Suffixes -ly, -ful

The Goat in the Rug

Spelling: Suffixes -ly, -ful

Write the Spelling Word that matches each meaning.

1. In a slow way _____
2. Wishing for something _____
3. In a way with no energy _____
4. Having hope _____
5. In a sad way _____
6. Giving help _____
7. Being kind _____
8. Being put to use _____
9. In a way that won't hurt you _____
10. A lot of food in your mouth _____
11. Full of thanks _____
12. Full of pain _____

Spelling Words

Basic Words

1. helpful
2. sadly
3. hopeful
4. thankful
5. slowly
6. wishful
7. kindly
8. useful
9. safely
10. painful
11. mouthful
12. weakly



Friday

Name _____

Week #23

Day 1

Write the number 60 on the number line.



$10 - 8 = \underline{\quad}$

$12 - 7 = \underline{\quad}$

$5 - 2 = \underline{\quad}$

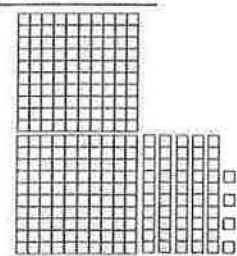
$57 + 10 + 6 = \underline{\quad}$

$674 - 124 = \underline{\quad}$



How tall is the ice-cream cone?

Look at the base ten blocks. Write the number shown.



Day 2

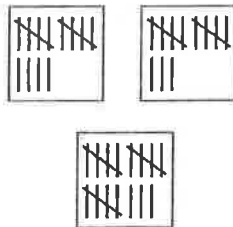
Tristan has \$2.71 in his pocket. Draw one way to show the money that Tristan has in his pocket.

$412 - 387 = \underline{\quad}$

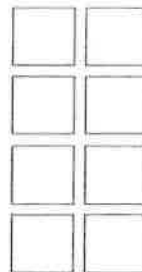
Day 3

Miranda has 11 inches of border for the bulletin board. She needs 27 inches. How much more border does Miranda need to finish the bulletin board?

Circle the box that has an odd number of tallies.



Write an addition equation for the array.



$62 - 48 = \underline{\quad}$

$44 + 25 = \underline{\quad}$

Day 4

Draw an array for the equation.
 $5 + 5 + 5 = 15$

Edgar washes 26 shirts. He needs to fold 18 shirts. How many shirts does Edgar not need to fold?

Count by 10s.

210, 220, _____
240, _____

Draw the hands on the clock to show 9:15.

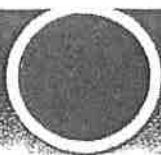


Friday

Sudoku Rules

You must place the digits 1, 2, 3, & 4 in the squares so that each number:

- can appear only once on each row
- can appear only once on each column
- can appear once in each quadrant (2x2 box)



Friday

4	2	3	
		4	2
3	1		
	4	1	3

Puzzle 1

Difficulty Level



Time Taken: (optional)

.....

Puzzle 2

Difficulty Level

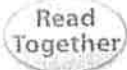


Time Taken: (optional)

4		2	1
	2	3	
	1	4	
2	4		3

Friday

ELL Lesson 23
BLACKLINE MASTER ELL23.5



The Goat in the Rug
Oral Language Chant

A Navajo Rug

Take turns reading the chant with a partner. On a separate sheet of paper, write sentences using the words duplicated, weave, and yarn.

A Navajo rug!

It can't be **duplicated**.

A Navajo rug!

How is it created?

First, get wool from a goat.

Using scissors, cut **strands**.

Then get soapy water
and wash the wool by hand.

When it's dry, comb and smooth it.

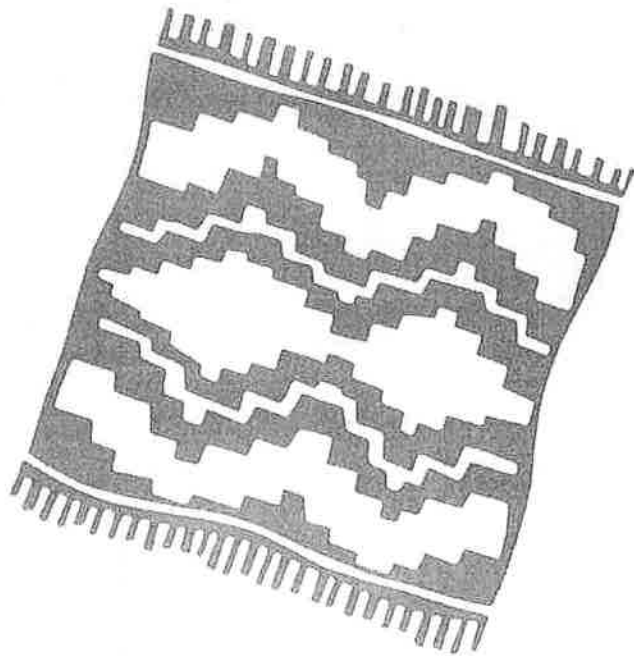
Pull and twist it on a spindle.

Spinning wool makes **yarn**
for dipping in the **dye**.

Wrap the yarn on a loom.

Weave one strand at a time.

It takes quite a while,
but it will be one of a kind.



Spelling & Conventions Fun Quiz

Name _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Writing Conventions Fun Quiz:

**Families: Make up a 1-3 sentences for your child to write.
Include a spelling or vocabulary word in every sentence.**

YES!	Not yet.	
		<i>Sentence starts with a capital and no extra capitals are in the middle of the sentence.</i>
		<i>The sentence ends with an end mark (period, exclamation mark, question mark).</i>
		<i>There are correct spaces between words and between letters.</i>
		<i>Spelling is logical and matches learned spelling patterns. Words that are unknown can be sounded out but the spelling words should be spelled correctly.</i>
		<i>Presentation: handwriting sits on the line. Most letters are formed correctly.</i>



Physical Education

ACTIVITY LOG

Kindergarten - 5th Grade

Use this activity log to track your physical activity minutes for 1 week. Have an adult put their initials next to each day that you complete 30 - 60 minutes. Do the warm-up, pick a fitness activity from the list, and do the cool down. (An example day is done for you).

Day	Warm-up	Fitness Activity	Cool Down	Total
<i>Example Day</i>	<i>Warm-up 5 Minutes</i>	<i>Family Hike 25 Minutes</i>	<i>Cool Down 5 Minutes</i>	<i>35 Minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Warm-up Routine

1. Grapevine around the house once or down the hall 5 times.
2. 10 jumping jacks.
3. Bear Crawl & count to 10.
4. Crab Walk & count to 10.

Cool Down Routine

1. Sit with your legs straight out in front and reach for your toes, go slow and keep your legs straight.
2. Big, slow arm circles forward 5 times and backwards 5 times.
3. Pick 2-3 Yoga poses and count to 10.

Fitness Activity Choices

Family Walk
Jog Around The House
Badminton
Family Hike
HIIT Workout (YouTube)
Cosmic Kids Yoga (YouTube)
Jump Rope
Cup Stacking
Bike Ride/ Scooter Ride
Beach Body for Kids(online)

Tag Game
Basketball Game
Frisbee
Yard Work
Walk The Dog
Soccer
Zumba Kids (online)
Build an Obstacle Course
Outdoor Scavenger Hunt
Playworks at Home(online)

Dance Party
Croquet
Play Catch
Stack Wood
Go Noodle (online)
Wiffle Ball
Jogging
Build a Fort
Juggling