

FRSD Distance Learning: 2nd Grade April 20-24



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, 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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April 20, 2020 WEEKLY MESSAGE from your 2nd Grade teachers: Please let us know if you need anything. We are here for you!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 5 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=414</p> <p>Practice counting by 3's. How high can you count?</p> <hr/> <p>Reading: Journey's Book: Read and discuss vocabulary words on pgs. 310-311</p> <p>Write each vocabulary word and draw a matching picture.</p> <p>Journey's Book: Read and discuss pgs. 312-313</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 the prefixes: re-, un-, over-, pre-, mis- ● Read 20 minutes. ● IXL practice <p>HAPPY EARTH DAY! Check out this website for ideas on how to keep our earth healthy! https://kids.nationalgeographic.com/explore/celebrations/earth-day/</p>	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 6</p> <p>Practice counting by 3's. How fast can you count?</p> <hr/> <p>Reading: Journey's Book: Read story on pgs. 314-331 <i>Half-Chicken</i> *if this is challenging then read it to them and have them repeat OR take turns reading.</p> <p>Questions to answer while reading: How do you imagine the voices of these characters might sound?(after pg. 324) What event causes Half-Chicken to become a weather vine?(after page 330)</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 describe Half-Chicken. ● Read 20 minutes. ● IXL practice 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 7 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=419</p> <p>Practice counting by 3's. Can you write them?</p> <hr/> <p>Reading: Journey's Book: Read Pg. 334.</p> <p>Use 'Classroom Conversation' to guide discussion about the story as you RE-READ pgs. 314-331 <i>Half-Chicken</i></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 silent consonants. kn, gn, mb ● Read 20 minutes. ● IXL practice ● Count by 3's video https://www.youtube.com/watch?v=q8UtqHPATkY 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Lesson 8 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=421</p> <p>Practice counting by 3's. Skip while you are counting!</p> <hr/> <p>Reading: Journey's Book: Read and discuss pgs. 336-338 <i>The Lion and the Mouse</i></p> <p>Read pg. 339 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 <i>Half-Chicken</i> https://www.youtube.com/watch?v=p_88elgOxUo ● Read 20 minutes. ● IXL practice 	<p>Writing: Choose one writing prompt to write in your journal.</p> <hr/> <p>Math: Week 24 & Sudoku</p> <p>Practice counting by 3's. Can you get to 102? 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="1312 940 1485 1102" style="text-align: center;"> </div> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> ● Art: Draw a chicken. https://www.youtube.com/watch?v=f17WkLSC8Nw ● Go outside and draw all the green things that you can find. ● Read 20 minutes. ● IXL practice

Reading Focus: -I understand cause and effect when I read. -I can visualize while I read.

Spelling words: (Focus is on spelling with prefixes re- and un-) unhappy, unlike, retell, remake, untangle, unpack, unkind, reread, repaint, unlock, refill, replay

Sight Words: away, here, began, learning, brothers, surprised, brown, there, earth, without

Vocabulary: tumbling, swift, flung, peacefully, tangled, stream, empty, blazed

Math Focus: I can add and subtract within 1,000 using strategies I can explain.

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

Home Letter

Half-Chicken
Home Letter

Dear Family,

This week we'll find out how one act of kindness leads to another in the folktale **Half-Chicken**. We'll also learn about acts of kindness in the traditional tale **The Lion and the Mouse**. Both selections will be a springboard for discussing the question "Why are some stories told over and over again?"

* This is an overview of the week. It tells the learning focuses in reading. These activities are fun & give some extra ideas for you, but are optional! 😊

This week's...

Target Vocabulary: tumbling, flung, tangled, empty, peacefully, stream, blazed, swift

Phonics Skills: Prefixes *re-*, *un-*, *over-*, *pre-*, *mis-*; silent consonants

Vocabulary Strategy: Antonyms

Comprehension Skill: Cause and effect—tell how one event makes another happen

Comprehension Strategy: Visualize—picture what is happening as you read

Writing Focus: Informative/explanatory writing—research report

Activities to Do Together

Extra ideas!

Vocabulary

Use the **Target Vocabulary** words in a story you and your child make up that contains a moral.

Rhyme Time

Have fun making up rhyming sentences about your favorite animals. Take turns with your child creating couplets, or two-line rhymes. For example: "A lion has great big feet. He uses his teeth to help him eat."

Animal Report

Think about an animal you would like to know more about. Use library books and the Internet to find out more about it. Then help your child write a short report featuring the information you found.



Go to the eBook to read and listen to this week's selection.

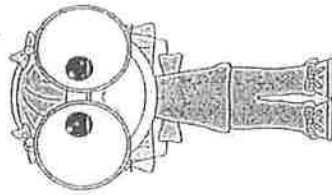
Writing Prompts

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 5

Make a Hundred to Add

We can use number bonds to make a hundred when we add.

$$280 + 230$$

$$20 + 210$$

If we look at 280 we know that if we add 20 to 280 it equals 300.

Let's decompose 230 into 20 and 210. Our new addition problem is $300 + 210$.

$$300 + 210 = 510$$



Directions- Draw a number bond to make a hundred. Then write the new equation and solve.

$$260 + 180$$

$$490 + 340$$

$$370 + 250$$

$$580 + 260$$

Monday

How many can you do in

A STORY OF UNITS

Lesson 1 Core Fluency Practice Set E **2•7****5**
mins.?

Name _____

Date _____

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

Monday

Name _____ Date _____

Clever Animals
Target Vocabulary

Target Vocabulary

Fill in the Target Vocabulary word that means the opposite of these words.

1. slow: _____
2. full: _____
3. with anger: _____
4. untwisted: _____

Fill in the Target Vocabulary word that means the same as these words.

5. burned brightly: _____
6. threw: _____
7. falling and rolling: _____
8. creek: _____

Vocabulary

- blazed
- empty
- flung
- peacefully
- stream
- swift
- tangled
- tumbling

ABC Order

Name: _____
Spelling Practice

unhappy	unkind	unlike	reread
retell	repaint	remake	unlock
untangle	refill	unpack	replay

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. _____

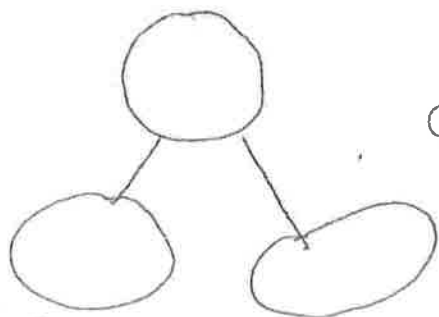
Monday

Application Problem **Tuesday**

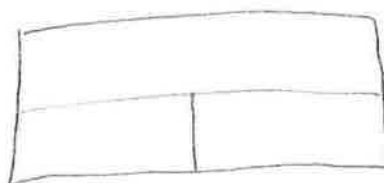
Lesson	Problem
6	Maria made 60 cupcakes for the school bake sale. She sold 28 cupcakes on the first day. How many cupcakes did she have left?

R Read the Problem- What is the question? Underline it.

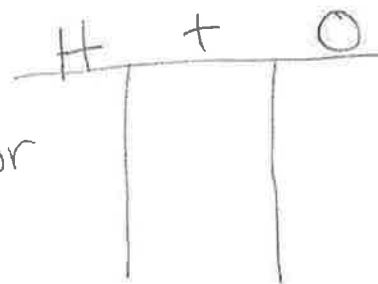
D Draw and Label (number bond, or tape diagram, or hundred, tens, ones chart):



or



or



W Write a number sentence (equation):

W Write the answer in a sentence (statement):

Tuesday How many can you do in

A STORY OF UNITS

Lesson 1 Core Fluency Practice Set C 2•7

5
mins.?

Name _____

Date _____

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

Tuesday

Name _____ Date _____

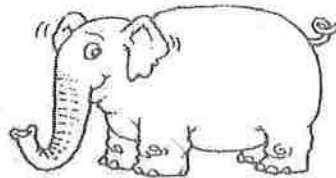
Prefixes *re-* and *un-*

Half-Chicken
Spelling: Prefixes *re-* and *un-*

Sort the Basic Words by the prefixes *re-* and *un-*.
Underline the prefix in each word.



re-



un-

***re-* + word**

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

***un-* + word**

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

Spelling Words

Basic Words

1. unhappy
2. retell
3. untangle
4. unkind
5. repaint
6. refill
7. unlike
8. remake
9. unpack
10. reread
11. unlock
12. replay

Tuesday

Name: _____

Date: _____

Splitting Words

Lesson 24 Prefixes

Word Bank:

- unhappy
- retell
- untangle
- unkind
- repaint
- refill
- unlike
- remake
- unpack
- reread
- unlock
- replay
- ~~read~~
- ~~happy~~

Write a spelling word in each box. Draw a line between the prefix and the base word. Just write the last 2 words.

1	un happy	8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Name _____

Choosing the Best Strategy

Directions- Choose a strategy to solve each problem such as tape diagram, a number bond, the arrow way, vertical form, or draw a chip model.

$410 - 240 = \underline{\hspace{2cm}}$	$260 - 170 = \underline{\hspace{2cm}}$	$\underline{\hspace{2cm}} + 400 = 725$
$\underline{\hspace{2cm}} = 361 - 200$	$540 + 324 = \underline{\hspace{2cm}}$	$510 - 340 = \underline{\hspace{2cm}}$
$235 + 198 = \underline{\hspace{2cm}}$	$199 + 212 = \underline{\hspace{2cm}}$	$684 - 300 = \underline{\hspace{2cm}}$



Wednesday

Name _____

Date _____

Circle one of the strategies below, and use the circled strategy to solve $490 + 463$.

<p>a.</p> <p><i>arrow way / number bond</i></p>	<p>b. Solve:</p>
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c. Explain why you chose that strategy.

Wednesday
Date _____

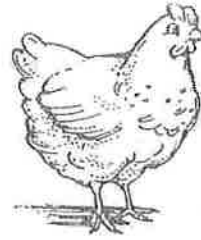
Name _____

Lesson 24
READER'S NOTEBOOK

Half-Chicken
Independent Reading



Half-Chicken



Draw and Label a Picture

This story tells about a very special chicken and his trip to Mexico City. Reread pages from the story and write what happened at each part of the trip.

Read page 321. Why does Half-Chicken decide to go on a trip?

Read pages 323–324. Who does he help along the way?

Read pages 327–329. What happens in the viceroy's court?

Read pages 330–331. Where does Half-Chicken end up staying?

Wednesday

Name _____ Date _____

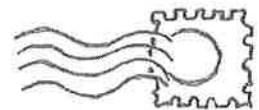
Half-Chicken
Independent Reading

Half-Chicken wants to send a postcard to his family. Draw a picture on the front. Tell the story of Half-Chicken's adventure on the back.

Front

Back

Dear Family,



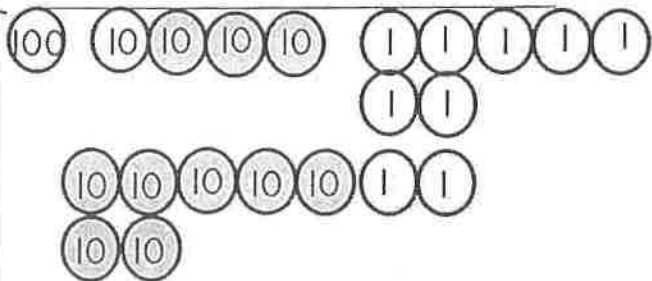
Mrs. Chicken and Family
The Ranch
Countryside, Mexico City

Name _____

Thursday

Lesson 8

Addition Algorithm

Solve $147 + 72 =$ _____

Write the problem vertically.

$$\begin{array}{r} 147 \\ + 72 \\ \hline 219 \end{array}$$



We modeled the addition problem with Place Value Disks. When we add the ones together we have 9 ones. Then we add 4 tens and 7 tens to get 11 tens. We need to group 10 tens to compose 1 hundred. We now have 1 ten and 9 ones. Then we add the 1 hundred plus 1 hundred to get 2 hundreds. **So, $147 + 72 = 219$**

Directions- Rewrite the problems and solve using the algorithm.

$135 + 218 =$

$246 + 19 =$

$348 + 136 =$

$418 + 176 =$

Name _____

Date _____

1. Solve the following problems using your place value chart, place value disks, and vertical form. Bundle a ten or hundred, when necessary.

a. $301 + 49$	b. $402 + 48$
c. $315 + 93$	d. $216 + 192$
e. $545 + 346$	f. $565 + 226$
g. $222 + 687$	h. $164 + 745$

Thursday

Name _____

Date _____

Half-Chicken

Spelling: Prefixes *re-* and *un-*

Prefixes *re-* and *un-*

Write the Basic Word that matches each meaning.



1. fill again _____
2. tell again _____
3. read again _____
4. play again _____
5. make again _____
6. paint again _____
7. not happy _____
8. not like _____
9. not kind _____
10. undo a lock _____

Spelling Words

Basic Words

1. unhappy
2. retell
3. untangle
4. unkind
5. repaint
6. refill
7. unlike
8. remake
9. unpack
10. reread
11. unlock
12. replay

Name _____

Thursday

Date _____

Antonyms

Circle the two words that are antonyms in each sentence.

1. James put his wet shirt in the sun so it would get dry.
2. Cindy put the soft pillow on the hard chair.
3. Nathan filled a tall glass with water and sat down to do his short paper.
4. Amy used her strong arms to pull down the weak and broken branches of the tree.

Circle the two words in each group that are antonyms.

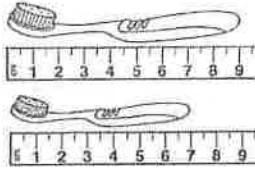
5. swift steady slow
6. high full empty
7. cold hot cloudy
8. sunny hilly cloudy
9. before over under
10. smooth bumpy brush

Friday

Name _____

Week #24

Day 1



How much longer is one toothbrush than the other?

Write the number for each number word.

five hundred seventeen

one hundred thirty-six

Write the number 40 on the number line.



$697 - 463 =$

What time is shown?

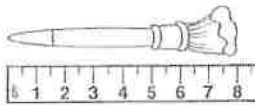


$79 - 73 =$

$84 + 14 =$

Day 2

Day 3



How long is the paintbrush?

$14 + 23 + 41 + 19 =$

$574 + 225 =$

Write $<$, $>$, or $=$ to make the statements true.

$300 \bigcirc 30$

$462 \bigcirc 462$

$54 \bigcirc 541$

Day 4

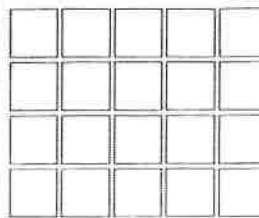
Leigh caught 14 fish one morning. Later the same day, she caught 14 more fish. How many fish did Leigh catch in all? _____

$11 + 9 =$

$12 + 7 =$ _____

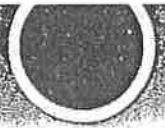
$10 + 10 =$ _____

Write an equation for the array.



A fisherman had 20 feet of fishing line. His line got stuck, and he had to cut away 13 feet. How many feet of fishing line does the fisherman have left? _____

SUDOKU 4 Kids



Place the digits 1, 2, 3, & 4 in the squares so that each number: can appear only once in each row, once in each column, and once in each quadrant (2x2 box)

Friday

Puzzle 3

3	4		1
	2		3
2		1	
4		3	2

Difficulty Level



Time Taken: (optional)

.....

Puzzle 4

Difficulty Level



Time Taken: (optional)

.....

3	1		
2		3	1
4	2		3
		4	2

Friday

ELL Lesson 24
BLACKLINE MASTER ELL24.5

Read
Together

Half-Chicken
Oral Language Chant

Fox and Mole

Read the chant with a partner. Use Target Vocabulary words to talk about what you learned about helping others.

I overheard a tale one time
about a fox and mole.

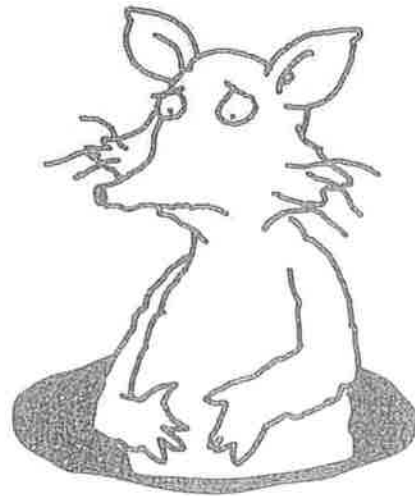
Their friendship was unique, I heard.
And so the story goes:

“Help me! Help me!” Fox cried out,
“I’m stuck inside this hole.”

“My claws are sharp. My paws are **swift**.
Let me help!” suggested Mole.

Mole quickly **flung** the dirt aside,
and Fox came **tumbling** out.

Then Fox and Mole played **peacefully**,
running all about.



Spelling & Conventions Fun Quiz

Friday

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. Hop on one foot around the house once or down the hall 4 times. (switch legs as needed)
2. Crab Walk down the hall 3 times or around the house.
3. Frog Hop around the house or 4 times down the hall.

Cool Down Routine

1. Sit, knees bent, feet together, butterfly stretch. Slowly push your knees down with your elbows.
2. Cross your legs, keep them straight, slowly reach for your toes and hold for 10 seconds. (switch and repeat)
3. Arm straight, reach in front, use the other arm to slowly pull in across your chest, count to 10. (both arms).

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)
 Fit Boost Activity (online)
 Hopscotch

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)
 Four Square

Dance Party
 Croquet
 Play Catch
 Stack Wood
 Go Noodle (online)
 Wiffle Ball
 Jogging
 Build a Fort
 Juggling
 Bean Bag Toss Game
 Wall Ball

Chalk Obstacle Course on the sidewalk

Make a target, throw at it overhand and underhand (move farther back and repeat)

