

## FRSD Distance Learning: 3rd Grade Week 3 (April 27-May 1)



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 FRSD 3rd Grade Teachers: Welcome to week three! We are so proud of all your hard work - keep up all of your hard work and remember to stay positive! We love and miss you so much!**

Monday	Tuesday	Wednesday	Thursday	Friday
Assignments	Assignments	Assignments	Assignments	Assignments
<p><b>MATH</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete "Day 1" problems on Week #30 (Packet p.1).</li> <li>□ Complete Lesson 1 Homework (Packet p.2).</li> </ul> <p><b>READING</b> -----</p> <p><i>This week's big idea: text and graphic features.</i></p> <ul style="list-style-type: none"> <li>□ Read and discuss the Lesson 25 vocabulary words (Journeys p.342-343).</li> <li>□ Read this week's anchor text story: "Mountains: Surviving on Mt. Everest" (Journeys p.346-363).</li> </ul> <p><b>WRITING</b> -----</p> <ul style="list-style-type: none"> <li>□ Read the "Write About Reading" activity (Journeys p.367). Brainstorm ideas for your opinion paragraph. Use a list or concept map to record your ideas.</li> </ul> <p><b>P.E.</b> -----</p> <ul style="list-style-type: none"> <li>□ Get active for 30 minutes! (Packet p.18)</li> </ul> <p><b>EXTENSIONS</b> -----</p> <ul style="list-style-type: none"> <li>□ IXL Math FF.14</li> <li>□ Write each spelling word three times. Then spell each word out loud to an adult.</li> <li>□ Read and talk about this National Geographic article: <a href="https://explorer-mag.nationalgeographic.org/trailblazer_november_december_2019/clover">https://explorer-mag.nationalgeographic.org/trailblazer_november_december_2019/clover</a></li> </ul>	<p><b>MATH</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete "Day 2" problems on Week #30 (Packet p.1).</li> <li>□ Complete Lesson 2 Homework (Packet p.3).</li> </ul> <p><b>READING</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete Adjectives That Compare (Packet p.4).</li> <li>□ Complete Adverbs That Compare (Packet p.5).</li> <li>□ Complete Spelling Word Sort (Packet p.6).</li> <li>□ Read a book of your choice for 20 minutes.</li> </ul> <p><b>WRITING</b> -----</p> <ul style="list-style-type: none"> <li>□ Write a rough draft of your opinion paragraph using the "Write About Reading" activity (Journeys p.367).</li> </ul> <p><b>P.E.</b> -----</p> <ul style="list-style-type: none"> <li>□ Get active for 30 minutes! (Packet p.18)</li> </ul> <p><b>EXTENSIONS</b> -----</p> <ul style="list-style-type: none"> <li>□ IXL Math: FF.15</li> <li>□ IXL Lang. Arts: W.4</li> <li>□ Use each of your vocabulary words in a sentence. Draw a picture to go with each sentence.</li> <li>□ Watch this video about an 8th grader climbing Mt. Everest: <a href="https://www.youtube.com/watch?v=dCL-PJUFRI">https://www.youtube.com/watch?v=dCL-PJUFRI</a></li> </ul>	<p><b>MATH</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete "Day 3" problems on Week #30 (Packet p.1).</li> <li>□ Set a timer for two minutes. Complete Rocket Math Test 3 (Packet p.7). After time is up, finish the rest of the problems at your own pace.</li> </ul> <p><b>READING</b> -----</p> <ul style="list-style-type: none"> <li>□ Reread this week's main selection story: "Mountains: Surviving on Mt. Everest" (Journeys p.346-363).</li> <li>□ Complete Reader's Guide - Mountains: Surviving on Mt. Everest (Packet p.8-9)</li> </ul> <p><b>WRITING</b> -----</p> <ul style="list-style-type: none"> <li>□ Proofread and edit your paragraph. Make sure it includes:               <ol style="list-style-type: none"> <li>1) a clearly stated opinion sentence</li> <li>2) strong adjectives and adverbs</li> <li>3) proper capitalization</li> <li>4) correct punctuation</li> <li>5) at least 5 sentences</li> </ol> </li> </ul> <p><b>P.E.</b> -----</p> <ul style="list-style-type: none"> <li>□ Get active for 30 minutes! (Packet p.18)</li> </ul> <p><b>EXTENSIONS</b> -----</p> <ul style="list-style-type: none"> <li>□ IXL Science: S.1</li> <li>□ IXL Lang. Arts: W.5</li> <li>□ Watch this video of a blind man who climbs Mt. Everest: <a href="https://www.youtube.com/watch?v=2Y9Jy0WzrOg">https://www.youtube.com/watch?v=2Y9Jy0WzrOg</a></li> </ul>	<p><b>MATH</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete "Day 4" problems on Week #30 (Packet p.1).</li> <li>□ Complete Lesson 3 Homework (Packet p.10).</li> </ul> <p><b>READING</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete Adjectives and Adverbs That Compare (Packet p.11).</li> <li>□ Complete The Suffixes -less and -ness (Packet p.12)</li> <li>□ Complete Proofreading for Spelling (Packet p.13).</li> <li>□ Read a book of your choice for 20 minutes.</li> </ul> <p><b>WRITING</b> -----</p> <ul style="list-style-type: none"> <li>□ Write or type a polished final copy of your paragraph. Make sure you make the changes from your proofreading and editing yesterday!</li> </ul> <p><b>P.E.</b> -----</p> <ul style="list-style-type: none"> <li>□ Get active for 30 minutes! (Packet p.18)</li> </ul> <p><b>EXTENSIONS</b> -----</p> <ul style="list-style-type: none"> <li>□ IXL Science: S.2</li> <li>□ IXL Lang. Arts: W.6</li> <li>□ Read this week's informational text story: "The Big Cleanup" (Journeys p.368-370). Then, complete the "Text to Text" activity (Journeys p.371).</li> </ul>	<p><b>MATH</b> -----</p> <ul style="list-style-type: none"> <li>□ Complete Week #30 Assessment (Packet p.14).</li> <li>□ Set a timer for two minutes. Complete Rocket Math Test 4 (Packet p.15). After time is up, finish the rest of the problems at your own pace.</li> </ul> <p><b>READING</b> -----</p> <ul style="list-style-type: none"> <li>□ Use the story "Mountains: Surviving on Mt. Everest" to complete Lesson 25 Comprehension Test (Packet p.16-17). For each answer, write the page number where you found the text evidence in the story.</li> <li>□ Have an adult give you a spelling test on this week's spelling words. Check it together and discuss any misspelled words.</li> <li>□ Read a book of your choice for 20 minutes.</li> </ul> <p><b>WRITING</b> -----</p> <ul style="list-style-type: none"> <li>□ Add an illustration to your paragraph. Then, share your work with someone!</li> </ul> <p><b>P.E.</b> -----</p> <ul style="list-style-type: none"> <li>□ Get active for 30 minutes! (Packet p.18)</li> </ul> <p><b>EXTENSIONS</b> -----</p> <ul style="list-style-type: none"> <li>□ IXL Science: S.3</li> <li>□ IXL Lang. Arts: OO.8</li> <li>□ IXL Lang. Arts: OO.10</li> </ul>

Name \_\_\_\_\_

Day 1

Look at the clock. Blair arrived at the bus stop 45 minutes ago. What time did Blair arrive at the bus stop?



Write the fraction shown.

\_\_\_\_\_



Write <, >, or = to make the statement true.

$$\frac{3}{6} \bigcirc \frac{6}{6}$$

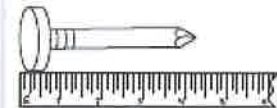
$$1 \times 5 = \underline{\hspace{2cm}}$$

$$7 \times 9 = \underline{\hspace{2cm}}$$

$$12 \div 6 = \underline{\hspace{2cm}}$$

Libby, Beth, Michael, Grace, and Paul are dividing 30 cards. Each person in their group should get an equal number of cards. How many cards should each person get?

Divide the number line into fourths.



How many inches long is the nail?

\_\_\_\_\_

Label the fractions  $\frac{2}{4}$  and  $\frac{4}{4}$ .

Day 3

The basketball team won 114 games during the regular season. They lost 43 games. How many more games did the basketball team win than they lost?

\_\_\_\_\_

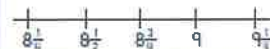
Use the information below to fill in the line plot.

$$8\frac{1}{4} \text{ in.} = 4$$

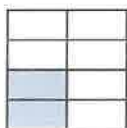
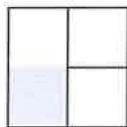
$$8\frac{1}{2} \text{ in.} = 2$$

$$9\frac{1}{4} \text{ in.} = 7$$

Pieces of String Found



Are these two fractions equivalent?



$$\underline{\hspace{2cm}} \div 4 = 7$$

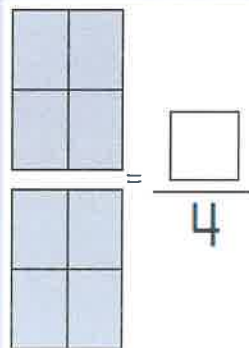
$$6 \times \underline{\hspace{2cm}} = 48$$

$$4 \times 6 = \underline{\hspace{2cm}}$$

The park has 9 swing sets. Each swing set has 6 swings. How many swings are at the park in all?

\_\_\_\_\_

Divide the rectangle into halves and label each half with an appropriate fraction. Then, shade in  $\frac{1}{2}$  of the rectangle.



Complete the related multiplication facts.

$$32 \div 8 \quad 8 \times \underline{\hspace{2cm}}$$

$$40 \div 5 \quad 5 \times \underline{\hspace{2cm}}$$

$$36 \div 6 \quad 6 \times \underline{\hspace{2cm}}$$

Day 2

Day 4

Name \_\_\_\_\_

Date \_\_\_\_\_

Max's family takes the train to visit the city zoo. Use the RDW process to solve the problems about Max's trip to the zoo. Use a letter to represent the unknown in each problem.

1. The sign below shows information about the train schedule into the city.

<b>Train Fare—One Way</b>	
<b>Adult</b> .....	<b>\$8</b>
<b>Child</b> .....	<b>\$6</b>
<b>Leaves every 15 minutes starting at 6:00 a.m.</b>	

- a. Max's family buys 2 adult tickets and 3 child tickets. How much does it cost Max's family to take the train into the city?
- b. Max's father pays for the tickets with \$10 bills. He receives \$6 in change. How many \$10 bills does Max's father use to pay for the train tickets?
- c. Max's family wants to take the fourth train of the day. It's 6:38 a.m. now. How many minutes do they have to wait for the fourth train?

Name \_\_\_\_\_

Date \_\_\_\_\_

Use the RDW process to solve. Use a letter to represent the unknown in each problem.

1. A box containing 3 small bags of flour weighs 950 grams. Each bag of flour weighs 300 grams. How much does the empty box weigh?
  
  
  
  
  
  
  
  
  
  
2. Mr. Cullen needs 91 carpet squares. He has 49 carpet squares. If the squares are sold in boxes of 6, how many more boxes of carpet squares does Mr. Cullen need to buy?
  
  
  
  
  
  
  
  
  
  
3. Erica makes a banner using 4 sheets of paper. Each paper measures 9 inches by 10 inches. What is the total area of Erica's banner?

# Adjectives That Compare

**Mountains: Surviving on Mt. Everest**  
Grammar:  
Words That Compare

- Use *-er* and *more* to compare two nouns. Use *-est* and *most* to compare three or more nouns.
- Add *-er* or *-est* to most **adjectives** that have one syllable.
- For adjectives that have two syllables and end in *-y*, such as *happy*, replace the *y* with *i* and then add *-er* or *-est*.
- Add *more* or *most* before adjectives that have three or more syllables.

### Thinking Question

*How many does the adjective compare?  
Does it have more than two syllables?  
Does it end in -y?*

**Write the correct form of the adjective in parentheses. Then write *two* or *three* or *more* to explain the form you wrote.**

1. This backpack is (light) than that one. \_\_\_\_\_
2. I think that mountain climbing is (dangerous) than hiking trails. \_\_\_\_\_
3. The winds on this mountain are the (powerful) I have ever experienced. \_\_\_\_\_
4. The trail going up was (uneven) than the trail coming down. \_\_\_\_\_
5. Our pack mule was the (noisy) animal on the trail. \_\_\_\_\_

# Adverbs That Compare

**Mountains: Surviving on Mt. Everest**

**Grammar:**  
Words That Compare

- Use *-er* or *more* to compare two verbs, or actions.  
Use *-est* or *most* to compare three or more.
- Add *-er* or *-est* to most **adverbs** that have one syllable.
- Add *more* or *most* before adverbs that end in *-ly*.

Caroline climbed more carefully than Elena.

Jena climbed the most carefully.

Elena climbed higher than Jena.

Caroline climbed the highest.

**Thinking Question**

*How many does the adverb compare?  
Does it end in *-ly*?*

**Write the correct form of the adverb in parentheses. Then write two or three or more to explain the form you wrote.**

1. Will waited (patiently) than Kyle for the storm to pass.

\_\_\_\_\_

2. Kyle handled the ropes for the tent (roughly) of all the climbers.

\_\_\_\_\_

3. The ropes were tied (tight) by the oldest climber.

\_\_\_\_\_

4. The climbers sitting by the fire felt (warm) than those inside the tent.

\_\_\_\_\_

5. Will slept (quietly) of all the campers.

\_\_\_\_\_

**Grammar**

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Name \_\_\_\_\_ Date \_\_\_\_\_

# Spelling Word Sort

**Mountains: Surviving on Mt. Everest**

**Spelling:**  
The Suffixes *-less* and *-ness*

Write each Basic Word under the correct heading.

Suffix that means "without"	Suffix that means "quality of being"
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Spelling Words

### Basic

1. painless
2. sickness
3. sadness
4. helpless
5. thankless
6. kindness
7. hopeless
8. darkness
9. fearless
10. thickness
11. careless
12. goodness
13. spotless
14. softness

### Review

- useful
- weakly

### Challenge

- breathless
- eagerness

**Challenge:** Add the Challenge Words to your Word Sort.





Name \_\_\_\_\_ Date \_\_\_\_\_



# Mountains: Surviving on Mt. Everest

## Create a Travel Brochure

You are writing a travel brochure about climbing Mount Everest. First, gather details for the brochure.

**Read pages 349 and 351. Write important details about Mount Everest and its mountain range.**



**Read page 354. What equipment should travelers bring?**

**Read pages 355 and 360. What should travelers know about the climb? What should they be careful *not* to do?**




**Independent Reading**

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Name \_\_\_\_\_ Date \_\_\_\_\_

**Mountains: Surviving  
on Mt. Everest**  
Independent Reading

Now use all the details from the previous page to write a brochure that will tell climbers what to expect on Mount Everest and what to bring for the climb. Include a title and labeled illustrations on each panel of the brochure to show what that section talks about.

<b>Preparing to Climb Mount Everest.</b>		
	<hr/> <hr/> <hr/> <hr/> <hr/>	
<hr/> <hr/> <hr/> <hr/> <hr/>		<hr/> <hr/> <hr/> <hr/> <hr/>

Independent Reading

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Name \_\_\_\_\_ Date \_\_\_\_\_

# Adjectives and Adverbs That Compare

Write an adjective or adverb to complete each sentence.  
Then write *adjective* or *adverb* to tell about the word or phrase  
you used.

1. Jeff explained the day's events \_\_\_\_\_ than  
Ella. (calm) \_\_\_\_\_
2. The water at the bottom of the stream was  
\_\_\_\_\_ than the water on the surface.  
(murky) \_\_\_\_\_
3. Laurie was the \_\_\_\_\_ worker of them all.  
(fast) \_\_\_\_\_
4. Jason had the \_\_\_\_\_ sneakers in the group.  
(muddy) \_\_\_\_\_

Write two sentences. Include an adjective that compares in one  
sentence and an adverb that compares in the other sentence.

5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

# The Suffixes *-less* and *-ness*

**Mountains: Surviving on Mt. Everest**

**Spelling:**  
The Suffixes *-less* and *-ness*

Write the Basic Word that makes sense in the sentence.

1. The hiker thanked the guide for her help and \_\_\_\_\_
2. In high mountains, a lack of oxygen can cause \_\_\_\_\_
3. Being \_\_\_\_\_ in the mountains is dangerous.
4. It is not wise to climb mountains in \_\_\_\_\_
5. The \_\_\_\_\_ guide climbed the high cliff.
6. I was amazed at the \_\_\_\_\_ of the freshly fallen snow.
7. Scientists measured the \_\_\_\_\_ of the ice at the top.

**Challenge: Choose a Challenge Word. Use it in a sentence.**

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## Spelling Words

### Basic

1. painless
2. sickness
3. sadness
4. helpless
5. thankless
6. kindness
7. hopeless
8. darkness
9. fearless
10. thickness
11. careless
12. goodness
13. spotless
14. softness

### Review

useful  
weakly

### Challenge

breathless  
eagerness

### Spelling

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**Mountains: Surviving on Mt. Everest**

**Spelling:**  
The Suffixes *-less* and *-ness*

# Proofreading for Spelling

Read each journal entry. Circle the misspelled words.

## Journal of a Mountain Guide

**Monday:** We rescued a hiker who had become lost in the darkniss.

**Tuesday:** It is hopeless to teach some people how to be careful in the mountains. They just don't pay attention.

**Wednesday:** We took a short hike to the ranger station. It was paneless.

**Thursday:** Felt a strange thikness in my leg. I'll have a doctor check it tomorrow. Was glad for the softnes of my sleeping bag.

**Friday:** Found a hammer and some rope in the snow. Some careluss hiker must have dropped them.

**Saturday:** Some hikers thanked us for our kineness. I guess being a mountain guide is not always a thankliss job!

## Spelling Words

### Basic

1. painless
2. sickness
3. sadness
4. helpless
5. thankless
6. kindness
7. hopeless
8. darkness
9. fearless
10. thickness
11. careless
12. goodness
13. spotless
14. softness

### Review

useful  
weakly

### Challenge

breathless  
eagerness

Write the misspelled words correctly on the lines below.

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

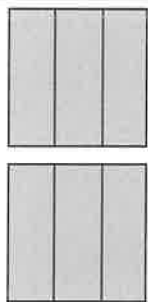
### Spelling

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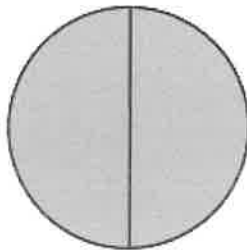
Name \_\_\_\_\_

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

$$\frac{2}{8} \bigcirc \frac{8}{8}$$

2.  =  $\frac{\square}{3}$

3. Write the fraction shown. \_\_\_\_\_



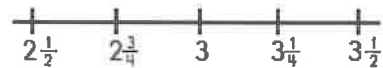
4. Use the information below to fill in the line plot.

Paper Clips in the Drawer

$$2\frac{1}{2} \text{ in.} = 1$$

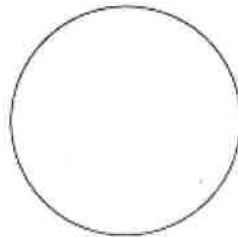
$$3\frac{1}{4} \text{ in.} = 7$$

$$3\frac{1}{2} \text{ in.} = 0$$

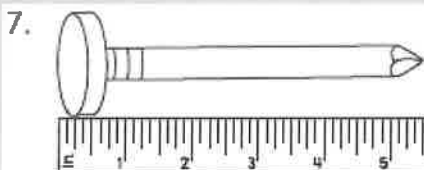
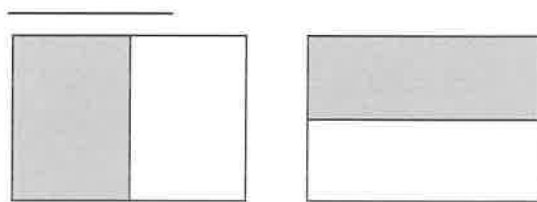


5. Divide the circle into eighths and label each eighth with an appropriate fraction.

Then, shade  $\frac{6}{8}$  of the circle.



6. Are these two fractions equivalent?



How many inches long is the nail?

\_\_\_\_\_

8.  $8 \div 4 =$  \_\_\_\_\_

$21 \div 7 =$  \_\_\_\_\_

$9 \div 9 =$  \_\_\_\_\_

9. Divide the number line into eighths.

10. Label the fractions  $\frac{3}{8}$  and  $\frac{5}{8}$ .







# Comprehension

Answer Numbers 1 through 10. Base your answers on the story  
“Mountains: Surviving on Mt. Everest.”

- 1 Why does the author include a map of the world?
- A to show how big North America is
  - B to show how tall mountains can be
  - C to show where some large mountain ranges are
  - D to show how many oceans there are in the world
- 2 Where is Mount Everest?
- F in Asia
  - G in Australia
  - H in North America
  - I in South America
- 3 What can the reader guess from the picture of Sir Edmund Hillary and Tenzing Norgay?
- A Mountain climbing is a popular sport all over the world.
  - B It was easy for Hillary and Norgay to climb Mount Everest.
  - C The climbing equipment used in 1953 is similar to the equipment used now.
  - D Hillary and Norgay had climbed many mountains before climbing Mount Everest.
- 4 According to the graphic feature “Survival Equipment,” how do climbers use trekking poles?
- E to break up ice
  - G to stay balanced
  - H to protect against the cold
  - I to signal to other climbers

**Mountains: Surviving  
on Mt. Everest**  
Comprehension

- 5 Which of the following can the reader learn from the image in the “Camp-to-Camp” section?
- A where Base Camp is located
  - B why climbers rest at the camps
  - C when the team reached the summit
  - D how long the team had to wait at Camp Three
- 6 From the text and graphic features, what do you learn about the type of ladders climbers use?
- F They are made from wood.
  - G They open and close constantly.
  - H They are used only on Mount Everest.
  - I They are used to cross cracks in the ice.
- 7 Why is it dangerous for climbers to spend more than ten minutes at the top of Mount Everest?
- A There is not enough food.
  - B There is not enough snow.
  - C There is not enough oxygen.
  - D There is not enough sunshine.
- 8 Which of the following details BEST supports the idea that climbers must face many dangers when they try to reach the top of Mt. Everest?
- F Mountains are tall landforms.
  - G Mt. Everest is part of the Himalaya mountains.
  - H Avalanches are a constant threat in the Himalayas.
  - I There are several different routes to the top.



# 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)