FRSD Distance 2nd Grade - May 4- May 8



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



<u>Differentiation/Extension/Supports:</u>

- 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 <u>listed</u> 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/

Alisa Johnson ajohnson@fernridge.k12.or.us 541-833-0056

Deanna Greene dgreene@fernridge.k12.or.us 541-991-6364 (Please use Remind App)

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Billie Perrier bperrier@fernridge.k12.or.us 541-359-9152

WEEKLY MESSAGE from your teachers: Why are fish so smart? Because they are always in school! We miss you all so much and we are so proud of all of your hard work!! Keep it up! :)

Mon. 5/4	Tues. 5/5	Wed. 5/6	Thurs. 5/7	Fri. 5/8
Writing: Choose one writing prompt to write in your journal. (at least 10 minutes)	Writing: Choose one writing prompt to write in your journal. (at least 10 minutes)	Writing: Choose one writing prompt to write in your journal. (at least 10 minutes)	Writing: Use page 409 in Journeys book to write about why Alphonse is not a tadpole. Please write at least 5	Writing: Edit and add to your Thursday writing.
Math: Lesson 13 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=429 Practice counting by 6's. How high can you count?	Math: Lesson 14 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=432 Practice counting by 6's. How fast can you count?	Math: Lesson 15 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=434 Practice counting by 6's. Can you write them?	sentences. Math: Lesson 16 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=436 Practice counting by 6's. Skip while you	Math: Week 26 & Sudoku OR catch up on any missed work. Practice counting by 6's. Can you get to 100? Write them! Reading:
Reading: Journey's Book: Read and discuss vocabulary words on pgs. 380-381 Write each vocabulary word and draw a matching picture in your writing journal. Journey's Book: Read and discuss pgs. 382-383 Complete Monday's pages of the packet. PE: Log 30 minutes of activity.	Reading: Journey's Book: Read story on pgs. 384-405 The Mysterious Tadpole What happened after Louis calls the librarian, Ms. Seevers? (after pg. 398) In the end of the story, how does Louis finally solve his problem? (after pg. 405) Find the vocabulary words in the story. Complete Tuesday's pages of the packet.	Reading: Journey's Book: Read Pg. 408. Use 'Classroom Conversation' to guide discussion about the story as you RE-READ pgs. 384-405 The Mysterious Tadpole Complete Wednesday's pages of the packet. PE: Log 30 minutes of activity. Extra:	are counting! Reading: Journey's Book: Read and discuss pgs. 410-412 From Fggs to Frogs Read pg. 413 Choose an activity listed. Discuss or write your answers in your writing journal. Complete Thursday's pages of the packet. PE: Log 30 minutes of activity.	Read Together page: Read three times for fluency. Use the Spelling Test page for the spelling test. OR catch up on any missed work. FRICHOS ARE LIKE STARS YOU CANT ALWAYS SEC THEM.
Extra: • Make flashcards using your spelling words and/or sight words. • Brainstorm a list of words that rhyme with 'moon'. • Read 20 minutes. • IXL practice	PE: Log 30 minutes of activity. Extra: Write spelling words three times each. Brainstorm a list of words that have 'ew'. Read 20 minutes. IXL practice	 Rainbow write (use lots of colors) your spelling words and/or sight words. Brainstorm a list of words that have the prefixes: re-, un-, over- Read 20 minutes. IXL practice Count by 6's video: https://www.youtube.com/watch?v=yn 	Extra: Write spelling words in a sentence. Listen to <u>The Mysterious Tadpole</u> https://www.youtu be.com/watch?v= k09T9HHzh5w Read 20 minutes. IXL practice	PE: Log 30 minutes of activity. Extra: Art: Make an origami frog that jumps! https://www.youtube.com/watch?v=Vlb2udqPx-M Science: Create a sound map! https://www.plt.org/wp-content/uploads/pdf/PLT_Act4_Sounds

Reading Focus: -I understand story structure (characters, setting, plot). -I can infer when I read (make a good guess). Spelling words: (Spelling with oo, ew, ue, ou) root, room, crew, you, spoon, stew, few, boost, bloom, scoop, grew, flew Sight Words: again, ago, alone, don't, follow, every, goes, head, now, won't

GYFWdEWZU

Around.pdf

Read 20 minutes.IXL practice

Vocabulary: ordinary, sensible, control, confused, cage, training, upset, suspiciously

Math Focus: I can add and subtract within 1,000. I can relate addition and subtraction strategies to written methods. Writing Focus: I can write 7-10 sentences using correct handwriting, capital letters, and end marks. My sentences make sense.

Weekly Overview for Reading

Lesson 26 BLACKLINE MASTER 26.1

Home Letter

The Mysterious Tadpole **Home Letter**

Dear Family,

We will begin with a fantasy story about a big birthday surprise, The Mysterious Tadpole. We will also learn about real tadpoles in the informational text From Eggs to Frogs. Throughout this week, we will talk about this question: "How do some animals change as they grow?"

Fun idea!

Can you catch some tadpoles in a nearby wetlands/pond to watch as science? Find some videos about tadpoles on You-tabe :

Activities to Do Together

This week's...

Target Vocabulary: confused, ordinary, control, sensible, suspiciously, training, cage, upset

Phonics Skills: Vowel diphthongs oo (shoot), ew (dew), ue (true), ou (you)

Vocabulary Strategy: Multiple-meaning words

Comprehension Skill: Story structure tell the setting, character, and plot in a story

Comprehension Strategy: Infer/ predict—use clues to figure out more about story parts

Writing Focus: Opinion writing response poem

Vocabulary

Use the words from this week's Target Vocabulary to make up sentences about a mysterious birthday package.

Birthday Memories

Get out photos or gifts from past birthdays. Talk about the way in which birthdays are observed in your family, including memorable events and gifts from the past.

Birthday Books

Read another book from your home, school, or public library that has to do with a birthday surprise or a birthday party. Help your child write a paragraph about the story, including his or her feelings about it.



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

May &

May Writing Activities

What color room do you like best and why?	Teil how you would changs your bedroom, if you could decorate it any way.	Tell some things you could do to earn money.	Wnte about one problem you think should be discussed in the news more often and why you think it is :mportant.	Write about how you feel when you first taste hot popcorn.	Make up a story about a girl whose friend borrowed her jacket and lost it.	
Imagine you were witness to a historical event. What would it be? Report on it.	You hear thunder, and a flash blazes in the sky. Tell a story about the storm,	How do you think people will travel one hundred years from now?	Describe how you feel when you are near a snake.	Write a story called "Julie and the Big Race."	What do you feel when you hear an alarm clock?	
What do you feel and think when you smell a wood fire?	Describe what it would be like to be your parent.	Describe what you think of when you feel a soft sweater.	Write a story about a large, friendly seal.	What do you do when you see someone do something wrong?	Describe all the ways you can remember to save energy.	
Tell a story about a person who uses someone efse's painting to enter an art contest.	Make up a story about a duckling who is afraid of the water in the pond	One morning you wake up and find that you are tiny. Describe what happens to you.	How do you feel when you see cows in a field by the road?	Tell about some things you would like to photograph.	How do you feel when you touch a caterpillar?	

New prompts! NX

Writing Prompts

Mon, Tues, Wed Write for 10 minutes.

writting checklist

 \square My name is on my paper.

 \Box I started all my sentences with a capital letter.

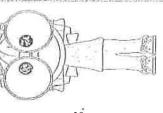
 \square All my sentences end with a punctuation mark. (. ? !)

 \Box I put spaces between each word.

☐ I checked my spelling.

□ My writing makes sense.

☐ I used some "wow" words.



Start a new prompt everyday

DR

Add to yesterday's writing!

This paper is to help your child count by 6's.

Sixes!

I can count by sixes,



yes, I can (yes I can)

I can count by sixes,

take my hand (take my hand) and Friday

I've got... Wednesday: Can you cover 6 up the numbers and practice counting by 6's as you write 12 18

24 them?

30 (30)

36

42

48

54

60 (60)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

Name ____

Monday

Lesson 13 Module 5

Subtraction and Using Addition to Check Your Work

347 - 165=

First solve by using the subtraction algorithm.

Next, check your work using addition.

347

- 165

We proved that our subtraction solution was correct by checking it using addition.



(@Lori Flaglor 2018 *

Monday

	What are fact families? Fact families
Name:	are 3 numbers that are related, just as
Math	the people in a family are related. They
	make a set of related math facts

Fill in the fact familie	-	
5 4 9	5 3 8	1 7 8
5 + 4 = 9 4 + 5 = 9 9 - 5 = 4 9 - 4 = 5	+_= +_= = =_=_	+_= +_= == ==
Α.	A .	A
3 4 7	6 5 11	3 5

3C Order

root few crew bloom grew

you scoop
stew flew

spelling practice

 ∞

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

Monday

5. 11. 12.

Name:

Target Vocabulary

Name =

Find the Target Vocabulary word that answers each question. Write the word on the line.

- 1. Which word goes with power?
- 2. Which word goes with unhappy?
- 3. Which word goes with pen?
- 4. Which word goes with wise?
- 5. Which word goes with mixed up?
- 6. Which word goes with normal?
- 7. Which word goes with learning?
- 8. Which word goes with in a strange way?

Vocabulary

cage
confused
control
ordinary
sensible
suspiciously
training
upset

Have fun with thistalk about what these words mean

: Name	Tuesday Lesson 14
Using Wath Drawing	gs for Subtraction and
	o Check Your Work
352 - 168=	Solve vertically Check
Hundreds Tens Ones	2 14 12
	352 184
	<u>-168</u> + 68
	352
I began by drawing 352 place value	
away so I had to decompose I ten tones so I took 8 away. Then I could	
tens so I decomposed I hundred int	o 10 tens. I then had 14 tens
and subtracted 6 tens. Finally, I subhundreds. I then had I hundred 8 te	ID. ID. M
1.	
Directions - Solve by using place very then check your work by addition	, A
512 - 125=	
HIO	
435 - 148=	
H35 - 148=	
H + O	
H35 - 148=	
435 - 148=	
435 - 148=	

Tuesday- How many can you do in 5 TORY OF UNITS Lesson 14 Core Fluency Practice Set A 2.5 Mins.?

A STORY OF UNITS

	*	
Maima		Date
Name		Duie

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

Tuesday

Lesson 26 READER'S NOTEBOOK

The Mysterious Tadpole

Spelling: Words with oo (ew, oo, ou)

Words with oo (ew, oo, ou)

Sort the words by the spelling for the vowel sound in moon.

With oo

With ew

With ou

9. _____ 14.

2, ______ 10, _____

4. 12.

5. 13.

Underline the letters in each word that make the vowel sound in moon.

in the middle,

spell

If at the end, spell it [ew]

You are special-spell it ou

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160

Spelling Words

Basic Words

- 1. root
- 2. crew
- 3. spoon
- 4. few
- 5. bloom
- 6. grew
- 7. room
- 8. vou
- 9. stew
- 10. boost
- 11. scoop
- **12.** flew

Review

Words

13. zoo

14. noon

Spoon -middle of word-

Stew Lend of word-

Name				Lellers
Date:		Lesson -	26	СШ, ОО, OU
Word Bank:	The	se words have the wro underneath with the	ong vo	wel teams. Write them ct vowel teams.
root	1	blæwm		spoun
crew	1	bloom	8	
spoon		floo		bewst
few	2		9	***************************************
bloom		rewt		ZOU
grew	3		10	
room		scoup		rewm
you	4		11	
stew		CrOU		newn
boost	5	3-4-4-4-4-4-4-4-4-4-4-4-4-4-4-4-4-4-4-4	12	
scoop		stoo		fou
flew	6		13	
		grou		уОО
l noon !	7		14	
		© Kalelyn's Tourning Studio		

Application Problem



Lesson	Problem
15	Katrina earned 16 more stickers than Peter. She earned 35 stickers. How many stickers did Peter earn?

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

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

K	35
P	7.
	16 more

Write a number sentence (equation):

W	Write the answer in a sentence (statement):			

Wednesday - How many can you do in

A STORY OF UNITS

Lesson 14 Core Fluency Practice Set C 2.5

mins,?

	*	
		6)
		L)oto
Name		Date
Julie		

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

Wednesday

Name -

Lesson 26 READER'S NOTEBOOK

The Mysterious Tadpole Independent Reading



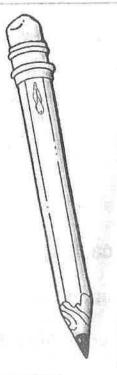
The Mysterious Tadpole

Write a Letter

Hi. I'm Louis. My uncle gave me a pet. Use the text and illustrations to help me write letters about my amazing pet!

Read pages 386-387. Then write a letter from Louis to Uncle McAllister.

Dear Uncle McAllister,



Love Louis

Read pages 388 and 391. Then write another letter to Uncle McAllister. What happened since your last letter?

Dear Uncle McAllister,

Love, Louis

ad pages 3	97–399. Write anothe	r letter from Lou	The Mysterious Tadp
	llister. Let him know v		
these page			
eee paga			
Dear Ur	ncle McAllister,	glift A	- All the state of
		TO ALL	
	pacijá s	na de senola (ati mawa sinsi ati -
	तं है अस्त और	J. Co. Carlotte	
			The second
		- C.X-12-	Love, Louis
	00–402. What happen		the
	nat you read to write a		the
ry? Use wh Uncle McAl	nat you read to write a llister.		the
ry? Use wh Uncle McAl	nat you read to write a		the
ry? Use wh Uncle McAl	nat you read to write a llister.		the
ry? Use wh Uncle McAl	nat you read to write a llister.		the

			/- 1		•
	Name	- I hurs	sday	Lesson la Module	
S	ubtraction With Zer	o in th	e Ten		
./	305 - 126=	Verticall	У		
-	undreds Tens Ones	2 10 7 0	15 T	(//	
	200000	-12	6		
	00000	17	•		1//3
	can't take 6 ones away from 5 ones en. There aren't any tens so I then h				
to	make 10 tens. Then I can decompose	e I ten to mo	ike 10 ones	61	\ \\
15	hich leaves me with 9 tens. I then ha ones minus 6 ones to get 9 ones. Th	en I subtrac	t 9 tens fr	om 🚄	
2	tens to get 7 tens. Finally, I subtract get I hundred. 305–126=179.				
	Be	gin by dra	wing the	biggest	numbe
Dir	ections - Solve vertically and dra			value ch	art.
	406 - 135=	Hundreds	Tens	Ones	4:
l					1
•			_		
	508 - 249=	Hundreds	Tens	Ones	
I					+
					1
1	203 - 157=	Hundreds	Tens	Ones	1
)					
					. :/
17°.		Į.		2	

N	ame		Date	*	
1.	Solve vertically or using mental math.	Begin 1 Draw chips	oy drawin on the place vali	g the bigge Je chart and	st number,
	unbundle, if needed. a. 304 - 53 =	hundreds	tens	ones	
	a. 304 – 53 –				
	b. 406 – 187 =	hundreds	tens	ones	
	E01 214	hundreds	 tens	l ones	
	c. 501 – 316 =	- Huriai eas	Teris	ones	

Thursday

Write About Reading

Journeys Book - Page 409

- Read the writing prompt in your Journeys Reading Book.
 "YOUR TURN: Write About Reading"
- 2. Think about the topic and discuss it with someone.
- 3. Write about it on this page.
- 4. On Friday, add more or revise your writing.

How do you know Alphonse is not a tadpole? What clues did you see and read along the way when reading the story? Write 3-5 ways that you knew
he wasn't a tadpole. <i>Need ideas?</i> Think: how is Alphonse different from a real tadpole? (Read pages 410-412 for information on real tadpoles) How does he look, act, grow, behave differently? What are some of the problems Louis had with Alphonse that he wouldn't have had with a real tadpole?

Thursday

Name _____ Date ___

Lesson 26 READER'S NOTEBOOK

The Mysterious Tadpole

Spelling: Words with oo (ew, oo, ou)

Proofread for Spelling

Proofread the paragraphs. Circle the eight misspelled words. Then write the correct spellings on the lines below.

Do yoo have a plant? When I groo up, I had a plant in my ruem. It was a pretty little tree. It grew inside a pot. Its rewts were deep.

I fed the plant every month. I gave it a fou scups of plant food. In the summer, I would bewst it up to the window so it could get more sun. Once a year, it grew beautiful red bloums.

- 1. _____
- 5. _____
- 2. _____
- 6.
- 3. _____
- 1.

4. _____

8.

Write these other Spelling Words in ABC order: crew, spoon, stew, flew.

- 9. _____
- 11. _____
- 10.
- 12.

Spelling Words

- **1.** root
- 2. crew
- 3. spoon
- 4. few
- 5. bloom
- 6. grew
- 7. room
- **8.** you
- 9. stew
- 10. boost
- **11.** scoop
- **12.** flew

Friday or catch up on missed work

Name

Week #26

1 - 0 =	856 – 431 =

<i>\fi</i>
CHILLIA S
William Control
3
CALLAND CONTRACTOR

Count by 100s.

550, 650,

How much longer is one caterpillar than the other?

Write the number that is 6 ones. 3 hundreds, and 9 tens.

Jason delivers groceries. On Saturday, he delivers 31 items. On Sunday, he delivers 48 items. How many items does Jason deliver on Saturday and Sunday combined?

Subtract mentally.

634 + 14 =

Write the number 25 on the number line.

34	+	56	=
----	---	----	---

What unit would you use to measure is shown? the length of a ladybug?

- A. meters
- B. centimeters
- C. feet

What time



20 + 45 + 37 =

Megan has \$4.00. She earns \$2.50 more. How much money does Megan have now?

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



249 (429

109

Lindsey's necklace measured 17 inches. Dominique's necklace measured 25 inches. How much longer is Dominique's necklace than Lindsey's?

EUDOKUJAKids

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 or Cotch up on missed work

柳 园歌

	1		4
4			
2	4	1	i.
1			

Difficulty Level



Time Taken: (optional)

Difficulty Level



Time Taken: (optional)

	4	1	>
1	3		a .
	2		
		3	2



The Perfect Pet

Rami and Liz are friends. They are in Rami's room looking at Rami's new lizard. Act out the parts with a partner. Then switch roles and act them out again.

Liz: What is that strange creature in the cage? Is it a frog?

Rami: No, it is my new pet lizard. It was a birthday present.

Liz: A lizard is a sensible pet. It doesn't make a mess.

Rami: It is not an ordinary lizard.

Liz: I am confused. What do you mean?

Rami: He can retrieve anything I tell him to get!

Liz: Perfect! Let's give him some **training** to clean your room.

Rami: I am already doing that!

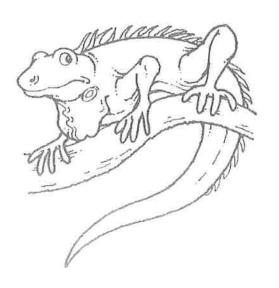


The Mysterious Tadpole
Oral Language Dialogue

Read with expression.

Act it out.

Have fun!



Friday

Spelling & Conventions Fun Quiz

)CIIII IÇ	J & C	STIVETHOUS FOLL QUIZ
_		Name
١		
2		
/ ·		
12		
<u>Vritin</u>	g Cor	<u>iventions Fun Quiz:</u>
	М	ake up a 1-3 sentences for your child to write.
		e a spelling or vocabulary word in every sentence.
		OR
Copy	y and re	vise one of your journal entries with correct conventions.
YES!	Not yet.	
		Sentence starts with a capital and no extra capitals are in the middle of the
		sentence. The sentence ends with an end mark (period, exclamation mark, question mark).
	1	The sentence ends with all that that the period, excluding that k, question mark,

There are correct spaces between words and between letters.

can be sounded out but the spelling words should be spelled correctly.

Presentation: handwriting sits on the line. Most letters are formed correctly.

Spelling is logical and matches learned spelling patterns. Words that are unknown



Kindergarten - 5th Grade 5/4 - 5/8

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
Example Day	Warm-up 5 Minutes	Family Hike 25 Minutes	Cool Down 5 Minutes	35 Minutes
Monday				
Tuesday				- alle alli
Wednesday				
Thursday				
Friday				

Warm-up Routine

- 1. Jog around the house once or down the hall 5 times.
- 2. Skip down the hall 5 times or around the house.
- 3. Gallop around the house or 5 times down the hall
- 4. Karaoke around the house or 5 times down the hall.

Cool Down Routine

- 1. Stand with your legs together. Bend over from the waist and reach for your toes. Go slow and keep your legs straight. Hold it as far as you can go for 5 seconds.
- 2. Lay down on your back and have your legs straight and together. Bend your

right leg and grab your knee and pull it to your chest and hold it for 5 seconds. Then bring your right leg back down and keep it straight. Then take the left leg and do the same stretch.

3. Stand up with legs straight and together. Bring your arms above your head being straight and having both palms touch each other. Lean back half moon while arms are straight with palms together. Come back up and bend to the left side keeping arms above head and palms together. Then come back up and bend to the left side.

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