

4/9/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email ([firstname.lastname@fsd145.org](mailto:firstname.lastname@fsd145.org)).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[April 9th](#)

[April 14th](#)

[April 15th](#)

[April 16th](#)

[April 17th](#)

[April 20th](#)

[April 21st](#)

[April 22nd](#)

[Social Emotional Learning \(SEL\)](#)

[Activities](#)

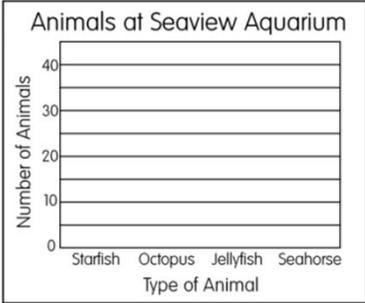
[Electives](#)

3rd Grade			4/9/20 - 4/22/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Spring	Nonfiction Text features	Data & Measurement Multiplication and Division Fractions Elapsed Time Area and Perimeter	SEL: Respect Yourself and Others
Earth Day and the Environment	Fiction Retelling Story elements	Add/Subtract with Regrouping Data & Measurement Multiplication and Division	

## Remote Learning Activities for Students

3rd Grade -- April 9th

Parents: Choose two activities from each page each day.

	<b>Math</b> <b>Measurement and Data</b>	<b>Reading and Writing</b>	<b>Science/ Social Studies</b>	<b>Extra Challenge [any subject]</b>
<b>Activity 1 and Instructions</b>	<p>Graph the following information which shows how many of each animal are at the aquarium.</p> <p>Starfish- 40 Octopus-40 Jellyfish-25 Seahorse-15</p> <p>(3.MD.3)</p> <div style="text-align: center;">  </div>	<p>Character Traits- Using a book you have already read, identify 2-3 character traits for a character. Provide evidence from the text to support your ideas.</p> <p>Tips: Proof of character traits can be inferred from the character's feelings, actions, dialogue and thoughts.</p> <p>(RL.3.3)</p>	<p>We can help the environment by finding new uses for things instead of throwing them away.</p> <p>List some other uses for these things:</p> <p>egg cartons bottle caps popsicle sticks plastic bottles cereal boxes</p> <p>Choose one of your ideas and test it out!</p>	<p>Write the word "APRIL" in big, block letters on blank paper. Inside each letter, write words and draw pictures of things that remind you of this month.</p>
<b>Activity 2 and Instructions</b>	<p>Use the information from Activity 1:</p> <p>The aquarium's goal was to get 1,000 total animals by the end of the year. How many more animals do they need to meet this goal?</p> <p>(3.MD.3)</p>	<p>Read any type of nonfiction text. Examples include: reference, literary nonfiction or a biography book, newspaper article, or an article from the internet. After reading your nonfiction text, generate a list of 3-5 facts about your text.</p> <p>(RI.3.2)</p>	<p>Does it work?</p> <p>Do you need to make adjustments?</p>	

**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

## Remote Learning Activities for Students

3rd Grade --April 14

Parents: Choose two activities from each page each day.

	<b>Math</b>	<b>Reading and Writing</b>	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
	<b>Multiplication/Division</b>	<b>NF Text Features</b>	<b>Spring</b>	
<b>Activity 1 and Instructions</b>	<p>Arrays Using 24 small objects, see how many different arrays you can make. Write a fact family for each array you make.</p> <p>(3.OA.3)</p>	<p>Read a nonfiction text of your choice. When you are finished, list 3 Things you Learned 2 Text Features you saw 1 Question you still have.</p> <p>Did you know the Titanic sank on April 14, 1912? You can use this nonfiction article to complete the above activity if you are interested.</p> <p><a href="https://www.ducksters.com/history/us_1900s/titanic.php">https://www.ducksters.com/history/us_1900s/titanic.php</a></p> <p>(RI 3.5)</p>	<p>Make Your Own Rainbow</p> <p>Materials: glass of water, mirror, sunlight</p> <ol style="list-style-type: none"> <li>1.Fill your glass of water a little more than halfway</li> <li>2.Place the mirror halfway in the water at an angle</li> <li>3. Position the glass so the sunlight hits the mirror directly. .</li> <li>4. Experiment with the angle of the mirror to make the best rainbow on the wall.</li> </ol> <p>Go to this link to learn more about rainbows: <a href="https://mysteryscience.com/mini-lessons/rainbows?code=ba7cd0cedb1d2fbecd3c50f7f4bd522c#slide-id-8205">https://mysteryscience.com/mini-lessons/rainbows?code=ba7cd0cedb1d2fbecd3c50f7f4bd522c#slide-id-8205</a></p> <p>3-5-ETS1-3</p>	<p><u>Opinion Writing:</u> Write a paragraph with at least 5 sentences answering the question: <b>What is the best thing about spring?</b></p> <p>Check your work for correct capitalization and punctuation.</p> <p><u>(W3.1)</u></p>
<b>Activity 2 and Instructions</b>	<p>Solve the following for K</p> <p>3 x K = 15</p> <p>7 x 8 = K</p> <p>4 x K = 28</p> <p>10 x 4 = K</p> <p>K x 6 = 30</p> <p>3 x 9 = K</p> <p>2 x K = 16</p> <p>7 x K = 56</p> <p>7 x 10 = K</p> <p>7 x K = 84</p> <p>(3.OA.4)</p>	<p>Nonfiction Text Feature Scavenger Hunt</p> <p>Use a nonfiction book to look for each of these text features: <b>Heading</b> <b>Picture</b> <b>Diagram</b> <b>Glossary</b> <b>Index</b> <b>Caption</b> <b>Bold words</b> <b>Table of Contents</b></p> <p>(RI 3.5)</p>		

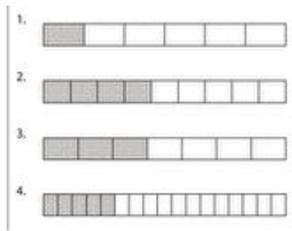
**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

3rd Grade -- April 15th

Parents: Choose two activities from each page each day.

	Math Fractions	Reading and Writing NF Text Features	Science/ Social Studies Spring	Extra Challenge (any subject)
<b>Activity 1 and Instructions</b>	<p>Use &lt;, &gt;, or =</p> <p><math>\frac{1}{2}</math>    <math>\frac{1}{3}</math></p> <p><math>\frac{1}{4}</math>    <math>\frac{1}{8}</math></p> <p><math>\frac{2}{4}</math>    <math>\frac{1}{2}</math></p> <p><math>\frac{3}{4}</math>    <math>\frac{1}{3}</math></p> <p><math>\frac{4}{4}</math>    1</p> <p><math>\frac{2}{3}</math>    <math>\frac{3}{3}</math></p> <p><math>\frac{5}{8}</math>    <math>\frac{3}{8}</math></p> <p>(3.NF.3)</p>	<p>Read a nonfiction book or article. Draw a picture and write a caption that would go with the book or article.</p> <p>Optional article: <a href="https://www.timeforkids.com/g34/building-gren-2/">https://www.timeforkids.com/g34/building-gren-2/</a></p> <p>(R.I. 3.5)</p>	<p>If you were an ant living in your backyard, how would you describe/draw your <b>environment</b> (from the ant's perspective)?</p> <p>Actually lay down on the ground. Use a magnifying glass or pretend you have one. You are the ant, describe what you see, hear, smell and feel.</p>	<p>Read the <u><a href="#">Giving Tree by Shel Silverstein</a></u> or watch <a href="https://www.youtube.com/watch?v=oAqa27Zaloo">https://www.youtube.com/watch?v=oAqa27Zaloo</a></p> <p>How is the tree helpful to the boy? How is the boy helpful to the tree?</p> <p>After reflection, what might you do differently? Why?</p>
<b>Activity 2 and Instructions</b>	<p>Fraction Check-Up</p> <p>Identify the fraction for the shaded and unshaded part of each fraction strip.</p>  <p>Extra Challenge: Create a fraction number line to match each fraction strip.</p> <p>(3.NF.2)</p>	<p>Based on a nonfiction book or article you have read, write 2 complete sentences for each question. Make sure to restate the question and use textual evidence.</p> <p>What information did you find most interesting?</p> <p>How is this different from a fictional book?</p> <p>What text features did you notice?</p> <p>(W. 3.3)</p>	<p><b>ENVIRONMENT:</b> all the living and nonliving things in an area.</p> <p>(3-LS2)</p>	

**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

## Remote Learning Activities for Students

3rd Grade -- April 16th

Parents: Choose two activities from each page each day.

	<b>Math</b>	<b>Reading and Writing</b>	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
	<b>Time</b>	<b>NF text Features</b>	<b>Spring</b>	
<b>Activity 1 and Instructions</b>	<p>How much time has passed?</p> <p>1:00 pm - 1:30 pm</p> <p>10:36 am - 11:15 am</p> <p>3:15 pm - 4:07 pm</p> <p>Use a number line to show your thinking</p> <p>(3.MD.1)</p>	<p>Write an answer to the following questions on a piece of paper:</p> <p>How does a picture help you understand what you are reading in a nonfiction text?</p> <p>How does a heading help you?</p> <p>(RI 3.5)</p>	<p>Spring and weather</p> <p><i>Backyard scavenger hunt:</i></p> <p>Find the following things...</p> <ul style="list-style-type: none"> <li>● 2 leaves</li> <li>● Something yellow</li> <li>● Something round</li> <li>● Something that grows that is green</li> <li>● A bug</li> </ul> <p>(3-ESS2-1)</p>	<p>Write a poem or a story about your science scavenger hunt. Include drawings if you would like to.</p>
<b>Activity 2 and Instructions</b>	<p>Write a story problem and solve how much time has passed from 3:00pm to 4:17 pm.</p> <p>Write a story problem and solve how much time has passed from 9:16 am to 10:23 am</p> <p>(3.MD.1)</p>	<p>Use a nonfiction text of your choice, read for twenty minutes, paying attention to the text features (headings, captions, pictures, etc.)</p> <p>(RI.3.5)</p>		

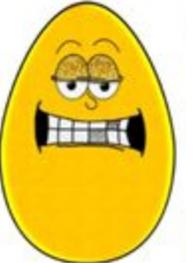
**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

3rd Grade -- April 17th

Parents: Choose two activities from each page each day.

	Math Area/Perimeter	Reading and Writing NF Text Features	Science/ Social Studies Spring	Extra Challenge (any subject)																					
<p><b>Activity 1 and Instructions</b></p>	<p>Make a sketch of a room in your house or apartment. Label the length of each side. Find the area (length x width) and perimeter (add the length of all sides) of the room.</p> <p>Extra: Draw the items and furniture in the room and label it.</p> <p>(3.MD.6)</p>	<p>Read a nonfiction book for 20 minutes and Write a paragraph about what you read. What text features were in your book and how did they help you understand the material.</p> <p>(RI.3.5)</p>	<p>Go on a scavenger hunt and pick up 7 objects that you see outside that remind you of spring.</p> <p>Make a 3- column chart and classify them as non-living or living and explain your reasoning.</p> <p>Draw a detailed picture in the first column</p> <p>Then classify it as LIVING or NON-LIVING in the second column.</p> <p>Explain your reasoning in the third column.</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 33%;">Draw a picture of the object</th> <th style="width: 33%;">Non-living or living</th> <th style="width: 33%;">Explain your reasons</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Draw a picture of the object	Non-living or living	Explain your reasons																			<p>Compare and contrast these Spring eggs</p> <p>(How are they alike and different?)</p> <div style="text-align: center;">      </div>
Draw a picture of the object	Non-living or living	Explain your reasons																							
<p><b>Activity 2 and Instructions</b></p>	<p>Draw a quadrilateral with a length of 6cm and width of 5cm. Find the area and perimeter of the figure. Create another quadrilateral with the same area. Does it have the same perimeter? What is the difference between the two?</p> <p>(3.MD.6)</p>	<p>Design a poster about an animal of your choice. Use 4 text features to share facts about your animal.</p> <p>Example: Heading, Title, Picture with caption, Subheading, diagram, map, sidebar/fact box, font size, bold print, italics</p> <p>(RI.3.5)</p>	<p>AVID-organization skill</p>																						

**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

## Remote Learning Activities for Students

3rd Grade -- April 20th

Parents: Choose two activities from each page each day.

	<b>Math</b> <b>Add/Subtract with Regrouping and Rounding</b>	<b>Reading and Writing</b> <b>Fiction: Retelling and Story Elements</b>	<b>Science/ Social Studies</b> <b>Earth Day</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	<p>Imagine that your job was to pick up trash on Earth Day to help the environment.</p> <p>1) If you picked up 27 bags of trash, what would that be rounded to the nearest 10?</p> <p>2) If you picked up 45 bags of trash, what would that be rounded to the nearest 10?</p> <p>3) If you picked up 134 bags of trash, what would that be rounded to the nearest 10?</p> <p>Find the total amount of rounded bags of trash. Then find the difference between the actual number of bags collected and the rounded total. (3.NBT.1)</p>	<p>Write and illustrate a fictional Earth Day story where the main character learns the importance of recycling and cleaning up his/her environment.</p> <p>Be sure to include all Story Elements: -Character -Setting -Plot -Problem -Solution</p> <p>In addition, use the story elements to retell your story to a family member.</p> <p>(W.3.3)</p>	<p>Create a list of things you know and wonder about the weather.</p> <p>Optional: Watch the National Geographic Earth Day weather video, and retell what you learned to an adult.</p> <p><a href="https://kids.nationalgeographic.com/explore/nature/save-the-earth-hub/">https://kids.nationalgeographic.com/explore/nature/save-the-earth-hub/</a></p>	<p>Create a song that teaches others about Earth Day.</p>
<b>Activity 2 and Instructions</b>	<p>It rained all week, and Mrs. Price collected rain in her rain gauges. On Monday, she collected 99 milliliters of rain. On Wednesday, she collected 10 milliliters. On Friday, she collected 14 milliliters. How many milliliters of rain did she collect altogether?</p> <p>Create your own story problem about weather using 3 two-digit numbers.</p> <p>Be fun and creative!</p> <p>(3. NBT.1)</p>	<p>Read for 20 minutes.</p>		

**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

## Remote Learning Activities for Students

3rd Grade -- April 21st

Parents: Choose two activities from each page each day.

	Math  Data and Measurement	Reading and Writing  Fiction: Retelling and Story Elements	Science/ Social Studies  Earth Day	Extra Challenge (any subject)								
<p><b>Activity 1 and Instructions</b></p>	<p>Who raised the most money in the popcorn fundraiser? How much did they raise?</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center;">Popcorn Fundraiser</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px 5px;">2nd Grade</td> <td style="text-align: center;">  </td> </tr> <tr> <td style="padding: 2px 5px;">3rd Grade</td> <td style="text-align: center;">  </td> </tr> <tr> <td style="padding: 2px 5px;">4th Grade</td> <td style="text-align: center;">  </td> </tr> <tr> <td style="padding: 2px 5px;">5th Grade</td> <td style="text-align: center;">  </td> </tr> </table> <p style="text-align: center; margin-top: 5px;"> = \$100</p> </div> <p>(3.MD.3)</p>	2nd Grade		3rd Grade		4th Grade		5th Grade		<p>Using a story you have already read, think about how the story would change if the setting was different. Write 5 sentences explaining how the story would change..</p> <p>(RL.3.9)</p>	<p>Earth Day is on April 22. In honor of Earth Day, make a list of at least 10 things you could do to help save our planet.</p> <p>(W.3.1)</p>	<p>There are some great movies that help you understand why it's important to care for the Earth. Think about <u>The Lorax</u>, <u>Wall-E</u>, <u>Ice Age</u>, or <u>Cloudy with a Chance of Meatballs</u>.</p> <p>Pick one movie and describe the environmental message to a family member.</p>
2nd Grade												
3rd Grade												
4th Grade												
5th Grade												
<p><b>Activity 2 and Instructions</b></p>	<p>Use the graph from activity 1 above.</p> <p>The school had a goal of raising \$3,000. Did they meet their goal? Find the difference between the goal and what was actually raised?</p> <p>(3.MD.3)</p>	<p>Use the following words to write a paragraph about anything. The only rule is that your paragraph must include these words:</p> <p>Rain Wind Flowers Earth Tree</p> <p>(W.3.3)</p>										

**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

## Remote Learning Activities for Students

3rd Grade -- April 22nd

Parents: Choose two activities from each page each day.

	<b>Math</b> <b>Multiplication/Division</b>	<b>Reading and Writing</b> <b>Fiction: Retelling and Story Elements</b>	<b>Science/ Social Studies</b> <b>Earth Day</b>	<b>Extra Challenge</b> <b>(any subject)</b>
<b>Activity 1 and Instructions</b>	<p>Create your own multiplication flashcards. Practice these cards with a sibling or adult.</p> <p>(3.OA.5)</p>	<p>Write your own fiction story. Make sure you include these story elements:</p> <ul style="list-style-type: none"> <li>● Setting</li> <li>● Characters</li> <li>● Problem</li> <li>● Resolution</li> <li>● Mood</li> </ul> <p>Show your story to someone and see if they can identify the story elements.</p> <p>(W.3.3)</p>	<p>Create a bug hotel:</p> <ol style="list-style-type: none"> <li>1) Get a container that can withstand elements.</li> <li>2) Put twigs, grass and things that a bug would need to survive in the container.</li> <li>3) Leave the container outside for a day.</li> <li>4) Check on the container and see what bugs have checked into your bug hotel. Record your findings on a piece of paper.</li> </ol> <p>For inspiration for your bug hotel visit: <a href="https://littlebinsforlittlehands.com/insect-hotel/">https://littlebinsforlittlehands.com/insect-hotel/</a></p> <p>(3-LS2-1)</p>	<p>Make an obstacle course in your yard using safe, recyclable items. Write directions on how you would complete the obstacle course. Be sure to pick up your materials when you are done.</p>
<b>Activity 2 and Instructions</b>	<p>Create your own story problems about recycling for these two problems.</p> <p><math>4 \times 9 =</math></p> <p><math>20 \div 4 =</math></p> <p>(3.OA.5)</p>	<p>Read a fiction story and identify the characters, setting, and the theme or message.</p> <p>(RL 3.2)</p>		

**Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.**

**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

3rd Grade -- (SEL) Theme: **Respect Yourself and Others**

The columns below offer choices for student activities for any day.

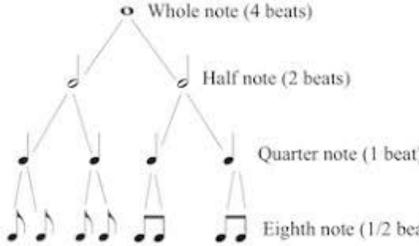
Social Emotional Learning Choice Board				
<p>Write your future self a letter.</p> <p>What advice would you give your future self? What words of encouragement?</p> <p>What passions are you going to pursue and how will you achieve those goals?</p>	<p>How do you show respect to the people in your family?</p> <p>Make a list of ways you can show someone respect.</p> <p>Then select a new way every day moving forward to showing respect to the people you are with or communicating with online.</p>	<p>Find a location in your house that is your "happy place".</p> <p>Take out the things that are distractions within this space.</p> <p>Add things that promote focus and calm. Belly Breathing is a great way to focus!</p>		
<p>1. Review the <b>Problem Solving STEPS</b>  <b>S:</b> Say the problem without blame.  <b>T:</b> Think of solutions.  <b>E:</b> Explore consequences.  <b>P:</b> Pick the best solution.</p> <p>2. Think about common problems in your household. Agree on one to solve together.</p> <p>3. Each family member writes down the problem from their perspective on a piece of paper.</p> <p>4. Check the statement for blaming words. Always • Never • You made me... • Because of you... • It's your fault...</p> <p>5. Write one problem statement without blame.</p> <p>6. Use the Problem-Solving Steps to find a solution together.</p> <p>7. Make a plan to put your solution into action. Problem solved!</p>	<p>Create a family action plan for solving problems while playing the family's favorite sport.</p> <p>Make a T Chart and label one side "If" and the other side "Then".</p> <p>Decide together some possible reactions to problems that everyone can reference in the heat of the moment during the game.</p> <p>Display your T-Chart somewhere everyone can reference it.</p> <div style="text-align: center;"> <p><b>T Chart</b></p> <table border="1" style="margin: auto;"> <tr> <td style="padding: 5px;">If... Joey doesn't make the touchdown and gets upset.</td> <td style="padding: 5px;">Then... He can walk away and take five focused breaths.</td> </tr> </table> </div>	If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.	<p>Practice planning ahead. Pretend you are going to go on a vacation. You pick the spot.</p> <p>Now, make a list of everything you'd need for that vacation.</p> <p>After mapping out what you need, how do you feel?</p>
If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.			
<p>Go outside and take a walk with an adult. While you are outside, think about ways to show respect to your neighbors and property.</p> <p>Make a list or draw a picture of what you thought of on your respect walk!</p>	<p>Go outside (or inside) and play a game with your family. Talk about sportsmanship and what it:  Looks Like, Sounds Like, Smells like</p> <p><b>Game Ideas:</b>  Life  Tic Tac Toe  Hang-Man  4 square  Jump rope  Tag  Relay Races  Uno  Monopoly  Basketball (around the world)  Simon Says</p>	<p>Find a spot, inside or outside, that helps you feel calm. Try some of these poses while focusing on your breathing. Breathe in for 4 seconds, hold for 4 seconds, and then breathe out for 4 seconds.</p> 		

Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

3rd Grade -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>On your nature walk with your parents, look for hearts displayed to give you ideas. Then when home draw a scene that includes hearts. Challenge: Color the way you would like.</p>  <p>By: Banksy</p>	<p>(MU:Re7.1) Listen to a song and draw a picture of what the song makes you think about or how it makes you feel. Write the title or a new title of the song on it and hang it up!</p>	<p><b>Tower Stacking Challenge</b> Build the tallest tower using stuff found around your home! Stack items found around your home to build a tall tower. No limit on how many items may be used. Be sure to stack heavier things on bottom and lighter things on top.</p> <p><b>Bonus:</b> This can be done outside! Same rules apply stack items you can find outside your home or neighborhood to build the tallest tower possible.</p>
<p>Go on a walk around your house or neighborhood (get parent permission). Look to see if you can find bird nests. Think about how you could create a nest. Using materials you are able too, create your own bird nest. Challenge: See if you can make it so it can hold things</p> <p><b>**Do as a family team or make it a competition</b> One way that birds make their nests is through weaving (interlocking pieces together)</p>	<p>(MU:Cr2.1) Write your own 4 measure rhythm using any of the following: ta's (quarter notes) ti-ti's (two eighth notes), sh( quarter rests), two-oh (half notes) four (whole notes). Try to make it 4 beats per measure. Perform it for someone.</p> 	<p><b>Practice Fitness Testing Standards</b> Have you been staying active? Let's find out. Remember the four tests we do? If you don't, here they are...</p> <p><b>Sit and Reach</b> *Sit on bottom, knees straight *Can you reach past your toes?</p> <p><b>Pushup &amp; Hold</b> *Freeze at the top of your pushup *Can you hold it for 40 seconds?</p> <p><b>Sit Ups</b> *Hands on legs, sit up to touch knees *Can you do 33 in a row?</p> <p><b>Jogging</b> *Can you jog without stopping for 4:30?</p> <p><b>If your answer to all those is yes....then you are in great shape!</b></p> <p><b>Keep staying active!</b></p>
<p>Trace your hand. Break up your foreground (hand) and background with several sections by using lines. Add line designs in the foreground (hand) and background (behind your hand), making each section a different pattern (repeating of line, shape, or color).</p> <p>Challenge: Add Color</p>	<p>(MU:Pr6.1) Make up a dance to a song. Perhaps you use your favorite song. Dance to it a couple of times and then teach it to someone else in your family and have them dance with you.</p> <p>If you have electronic access, you'll enjoy experimenting on these links:  <a href="http://sfskids.org/">http://sfskids.org/</a>  <a href="https://www.classicsforkids.com/">https://www.classicsforkids.com/</a>  <a href="https://musiclab.chromeexperiment.com/">https://musiclab.chromeexperiment.com/</a>  <a href="http://www.themusicinteractive.com/kbe/Chromebook/index.html">http://www.themusicinteractive.com/kbe/Chromebook/index.html</a></p>	<p>Activity: Find Your Heart Rate!</p> <p>To check your <b>heart rate</b>, place two fingers on their wrist, below your thumb. You can feel your heart beat through your fingers. Count how many pulses you can feel in 15 seconds. Then multiply that number by 4 to get your resting heart rate. (Example: I count 18 beats in 15 seconds, I will mmmllthen multiply 18 by 4 to get my resting heartbeat per minute. 18 x 4 = 72 beats per minute)</p> <p>Now stand up, do 25 jumping jacks, and run in place as fast as you can for 20 seconds and sit down and count how many pulses you get in 15 seconds. Compare this number with your resting heart rate. What do you notice between the two numbers? What's the reason why the two numbers are different?</p>

Parent Signature: \_\_\_\_\_