

5/21/20

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:

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[May 26](#)

[June 1](#)

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

[May 22](#)

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[Electives](#)

[May 28](#)

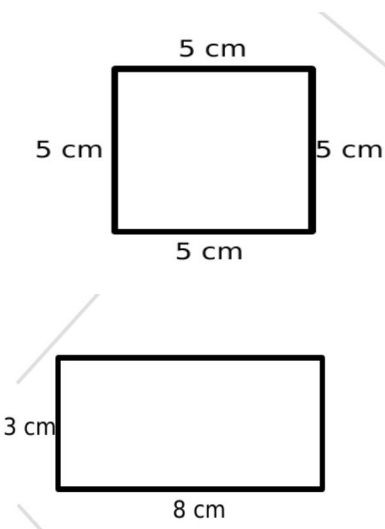


[May 29](#)

3rd Grade			5/21/20 - 6/1/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Memorial Day 5/21-5/22	Making Connections	Data and Measurement Multiplication/Division Fractions Elapsed Time	
Summer Countdown 5/26-6/1	Inferring	Area and Perimeter Addition and Subtraction with regrouping- estimating	

# Remote Learning Activities for Students

3rd Grade -- May 21

Parents: Choose two activities from each page each day.

	Math	Reading and Writing Making Connections and Inferring	Science/ Social Studies	Extra Challenge
<p><b>Activity 1 and Instructions</b></p>	<p>Compare and contrast the two rectangles. How are they the same? How are they different? 3.MD.8</p> <div style="text-align: center;">  </div>	<p>Read a fiction book of your choice for 20 minutes. Make four connections about what you read. (text to self, Text to text, text to world). 3.RL.3</p> <div style="text-align: center;">  </div>	<p>Make a lava lamp at home! Gather the supplies: canola oil, food coloring, water, 1 alka-seltzer tablet</p> <p>In a clear plastic cup pour 1 cup of canola oil. Add 1/2 cup of water. Add as many drops of food coloring as you would like. Lastly, put the alka seltzer tablet in the cup.</p> <p>What happens?</p>	<p>Write a paragraph to your teacher about remote learning. What do you like, dislike? How do you wish that learning could be different? Is remote learning easy or hard for you?</p> <p>Remember to use complete sentences, capitalize, use punctuation, and indent your first sentence.</p>
<p><b>Activity 2 and Instructions</b></p>	<p>Julia is making a new garden bed in her backyard. She has 40 square feet of space for her garden. What are the dimensions that she can use? How long can her sides be?</p> <p>Example: One option is 10 feet by 4 feet. <math>10 \times 4 = 40</math> 3.MD.8</p>	<div style="text-align: center;">  </div> <p>What is happening in this picture? What does the girl want? How do you think the mother feels? Have you ever been in this situation? Explain? Where are they? 3.RL.7</p>	<p>3-PS2-1 3-PS2-3</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 -- May 22

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p><u>CCSS.MATH.CONTENT.3.NBT.A.2</u> <b>Problem Solving</b></p> <ol style="list-style-type: none"> <li>The 145 3rd graders at Franklin Elementary School and their 6 teachers are taking a field trip to Memorial Gardens. They need to rent buses for the trip. If each bus holds 42 passengers, how many buses does the school need to rent.</li> <li>Jayda took a trip with her family to the beach on Memorial Day. Jayda found 17 shells on the beach and her sister, Ruby found twice as many as Jayda. How many do they have altogether?</li> </ol>	<p><u>CCSS.ELA-LITERACY.W.3.3.A</u> <b>Cartoon</b></p> <p>Create a cartoon rendition of you thanking a hero. There should be at least three parts to the cartoon. Show who the hero is, how you meet the hero, and how you thank them..</p>	<p><u>Standard:</u> <u>SS.IS.1.3-5</u></p> <p><b>Create a Memorial Day Poster</b> Remind everyone about the true meaning of Memorial Day with a colorful poster. Create a poster to remind everyone to honor our fallen warriors on this Memorial Day. Use lots of colorful and bright eye-catching colors and designs to make your ideas "pop". -When complete, hang up on your door so that everyone can see your Amazing work.</p>	<p><u>CCSS.ELA-LITERACY.L.3.3.A</u></p> <p><b>Memorial Day Fireworks</b> Write about a fire wrs display w]you have seen. Be descriptive with your words.</p> <p><b>Bonus Firework Art:</b></p> <ul style="list-style-type: none"> <li>- Shaving Cream</li> <li>- Red and Blue Paint or Food Coloring</li> <li>- Toothpicks</li> <li>- Paper</li> <li>- Pan with Low Sides</li> </ul> <ol style="list-style-type: none"> <li>1)Put shaving cream in a low pan and spread evenly.</li> <li>2)Place colored circles on shaving cream.</li> <li>3)Use toothpicks to make firework designs from circles.</li> <li>4)Place a sheet of paper over shaving cream design and lightly press to transfer fireworks designs.</li> </ol>
<b>Activity 2 and Instructions</b>	<p><u>Standard: 3.NBT.A.2 Rounding-</u></p> <p>Round each number to the nearest ten:</p> <ol style="list-style-type: none"> <li>46</li> <li>455</li> <li>71</li> <li>89</li> <li>391</li> </ol> <p>Round each number to the nearest hundred:</p> <ol style="list-style-type: none"> <li>683</li> <li>203</li> <li>98</li> <li>312</li> </ol>	<p><u>Standard: W.3.10</u></p> <p><u>Memorial DayJournal Writing:</u></p> <p>What would you like to do this Memorial Day to remember and honor those who have served in the military?</p> <ul style="list-style-type: none"> <li>Share your written ideas with an adult, and choose one activity to do with them.</li> </ul>		

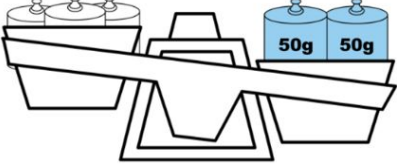

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

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

# Remote Learning Activities for Students

3rd Grade -- May 26

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</b>
<b>Activity 1 and Instructions</b>	<p>Each of the weights on the left side of the scale have an equal mass. What could the mass of each be?</p>  <p>(3.MD.2)</p>	<p>May is "National Hamburger Month."</p> <p>Write about the world's best hamburger, your favorite item to grill, or a time you grilled out. Don't forget to use all your senses when describing.</p> <p>(W.3.3)</p>	<p>Create a "Top Ten" list that you would like to do this summer. Your "Top Ten" can include any events, experiences, accomplishments, people, or places. Be sure to be specific when you create your list.</p>	<p>Think of all the things that you can think of that are pink. After you finish your list look over the list and see if you can put your words into categories.</p>
<b>Activity 2 and Instructions</b>	<p>What is the best unit of measurement to find the height of a door?</p> <p>feet yards miles centimeters</p> <p>What is the best unit of measurement to find how much a dog weighs?</p> <p>ounces pounds feet milliliters</p> <p>(3.MD.2)</p>	 <p>Why is the girl crouched down? Is there any wind on this day? Has the boy done this before? Why is the crowd gathered? Where might this be? How do you know?</p> <p>(3.RI.3.7)</p>	<p>Choose your favorite and write a paragraph to convince your family to do it. Be sure to include 3 reasons to support your choice.</p> <p>(W.3.1)</p>	

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## Remote Learning Activities for Students

3rd Grade -- May 27

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>1. A jump rope is supposed to be 130 cm long but 35 cm has been cut off. How much of the rope is left?</p> <p>2. Mario is given three cups of juice. Each can contains 425ml. How much does Mario have altogether?</p> <p style="text-align: center;">(3.OA.D.8)</p>	<p>Read the first chapter of a chapter book. Make a list of three things you think will happen in the rest of the book. Come back and check to see if your predictions came true.</p> <p style="text-align: center;">(RL.3.1)</p>	<p>Create your own boat out of material you can find. Sit the boat in a large tub of water. See how many pennies the boat can hold until the boat sinks. Try different materials. See what materials hold the most pennies.</p> <p style="text-align: center;">(ETS1:C)</p>	<p>A bucket list is a list of all the things you want to do or accomplish in a given time period. Create a <b>Summer Bucket List</b> List all the things you want to do this summer. Post it somewhere that you will see every day like the fridge or your bathroom mirror. Cross off the items as you accomplish them this summer!</p>
<b>Activity 2 and Instructions</b>	<p>Captain Salamander found a chest full of 25 coins while searching for a treasure. He decided to count the coins by putting them into four piles.</p> <ul style="list-style-type: none"> <li>- In the first pile he put some coins</li> <li>- The second pile had two less than the first</li> <li>- The third pile had one less than the last pile</li> <li>- The last pile had twice as many as the second pile</li> </ul> <p>How many coins were in each pile?</p> <p>What if the Captain had 43 coins to share out?</p> <p style="text-align: center;">(3.OA.D.8)</p>	<p>Find a picture in a magazine, newspaper, or online. Write a short story about what you think is happening in the picture. Be sure to include the setting, characters, and problem. Check your writing for correct spelling, punctuation, and capitalization.</p> <p style="text-align: center;">(W.3.3)</p>		


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

## Remote Learning Activities for Students

3rd Grade -- May 28

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Write your own problem story. This problem must be solved by adding or subtracting fractions. You must also solve this problem.</p> <p>3.NF</p>	<p>You have a bag that has a camera, coupons and a pair of glasses. Infer what a person might be doing with these items. Write 5 sentences to tell a story.</p> <p>(W.3.3)</p>	<p>An Act of kindness is a great way to show you are a good citizen. Make a note or card or sign for a neighbor. Create some art and dedicate it to a friend or family member. Share a recipe for playdough or bubbles or a slime or gack. Read a story to a relative. Be kind. Your character depends on it.</p>	<p>Have you ever wanted to start a project over the summer? Pick something you would like to do and then break it in to smaller pieces to achieve your goal. When you feel like giving up, break it down. 1) Ask someone for help or advice. 2) Are you unsure of what to do? Ask a friend or adult to help you come up with a plan. 3) Break it down so you can be successful. Go for it!!!!</p>
<b>Activity 2 and Instructions</b>	<p>Flip a coin 10 times. Record how many times it comes up as "Heads." Then right a fraction matching your data.</p> <p>3.NF</p>	 <p>What's happening in this picture? Where do you think he is? How do you know? Write a story about what he might be doing.</p> <p>(W.3.3)</p>		

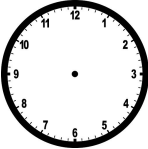
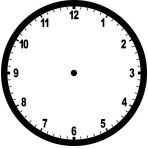
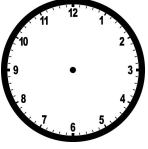




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Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

3rd Grade -- May 29

Parents: Choose two activities from each page each day.

	Math (3.MD.1)	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Write the following times on the analog clocks below:</p>  7:45  12:07  3:54	<p>Write about a summer activity you are looking forward to doing this summer! Make sure you use lots of details in your sentences! Your teachers will love to hear about your upcoming ideas and activities!! When your narrative story is finished, make sure you draw a very detailed picture to illustrate it! Use lots of color to make it bloom right off the page when you are done drawing it!</p> <p><b>CCSS W.3.3</b></p> 	<ol style="list-style-type: none"> <li>1. Make a list of the different types of weather in our area.</li> <li>2. During the spring and summer we may experience "tornadoes." Brainstorm some effects that a tornado can have on a community. Then tell what things that you can do to be prepared and stay safe during a tornado.</li> <li>3. Share some of your safety ideas with your family.</li> </ol> <p>ESS2.D &amp; ESS3.B</p> 	<p>Make your own "BUBBLE Refill Station" to play with this summer! Here's the recipe....</p> <p><b>Bubble Solution:</b>            12 cups water            1 cup of dish soap            1 cup cornstarch            2 Tb baking powder</p> <p>Mix all the ingredients into an empty laundry soap bottle that has a spicket to disperse the bubble solution.(see picture below)</p> <p>Now go out and make some BUBBLES!! Have fun this summer with your Bubble Station!!</p> 
<b>Activity 2 and Instructions</b>	<p>Create and solve a story problem to show how much time has passed from 7:45AM to 12:20PM. Use a number line to show your thinking.</p>	<p>Write a letter to your teacher asking her/him about what they will be doing this summer. I'm sure you would love to hear about any of their fun summer plans they will be doing! Make sure you ask your teacher lots of questions about their summer activities! You can even include some of your own ideas that you will be doing this summer! Who knows, you might just give your teacher an idea for themselves!!</p> <p><b>CCSS W.3.1</b></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 -- June 1

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Mrs Smith is making a quilt with an area of 40 square feet. What side lengths can she use to make this quilt? 3.MD.8</p> <p>_____ x _____ = 40 sq. feet</p> <p>_____ x _____ = 40 sq feet</p>	 <p>What is happening in this picture? Why is the girl muddy? How does her Mom feel about it? Write a short summary of how the girl got so muddy. 3.RL.7</p>	<p>Insect Observation</p> <p>Collect an insect and observe how they move. What do they look like? Draw a picture of your insect and label it. What adaptations do you think this insect has? Make some inferences about what they eat and where they could live. Why do you think this?</p>	<p>You and your family are going on a vacation to anywhere in the world. Where would you go and why do you want to go there? Write an informative paragraph about your vacation. Use descriptive details.</p>
<b>Activity 2 and Instructions</b>	<p>Stella and Fern are designing their new swimming pool. They can have a total area of 100 square feet. Find two different side lengths they could use to have an area of 100 square feet. Draw a picture of the pool designs. 3.MD.8</p> <p>_____ x _____ = 100 sq. feet</p> <p>_____ x _____ = 100 sq. feet</p>	 <p>What will happen to the boy next? Why do you think this? Where are they walking? What is the weather like? Write a story about the adventure the dog takes them on. 3.RL.7</p>	<p>After your observations, release your insect back outside. 3-LS4-3 3-LS4-4</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: Empathy

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


<b>Social Emotional Learning Choice Board aligns with standards 2A.1a Recognizes others may have different feelings about situations. 2A.1b Listens to others to identify their feelings.</b>		
<p style="text-align: center;"><b>Labeling Feelings</b></p> <p>Ask children to describe and label how they might feel in these three different bullying situations:</p> <ul style="list-style-type: none"> <li>-If they saw someone being bullied</li> <li>-If they were being bullied themselves</li> <li>-If they bullied someone</li> </ul> <p>Explain that bullying can lead to strong feelings, such as anger, frustration, and fear. While it's okay to feel these feelings, it's never okay to react by doing violent things, such as intentionally hurting someone.</p>	<p style="text-align: center;"><b>Different and Similar</b></p> <p>Discuss the main ways that children are different from one another. Prompt them with examples, if needed.</p> <ul style="list-style-type: none"> <li>-Some children are big, and others are small.</li> <li>-Some children run fast, and others run slowly.</li> <li>-Some children like to play with blocks, and others like to draw pictures</li> </ul> <p>Ask, "What would the world, school, neighborhood/etc. be like if we were all the same"</p>	<p style="text-align: center;"><b>Helping Others Feel Better</b></p> <p>First, use these questions to discuss with your child what children can do to help others feel better:</p> <ol style="list-style-type: none"> <li>1. How can you know how someone else feels?</li> <li>2. How can we recognize when another child is feeling bad or left out?</li> <li>3. How can we cheer up children who feel bad and help them feel better?</li> </ol> <p style="text-align: center;">Next, use role-playing to help children practice recognizing a child who is feeling hurt and helping the child feel better.</p>
<p style="text-align: center;"><b>Acts of Kindness</b></p> <p>Discuss how an act of kindness is the opposite of bullying because it helps another person feel <i>good</i> instead of <i>bad</i>—it <i>gives</i> a person a good feeling rather than <i>takes away</i> a good feeling.</p> <p>At the end of the day, have children report on their acts of kindness.</p> <p>Ask children to describe one nice thing they did for someone else, how it made the other person feel, and how it made them feel. Have each child plan one act of kindness that he or she will do that day for someone.</p>	<p style="text-align: center;"><b>Modeling Helpfulness</b></p> <p>Discuss the ways that bullying behavior leads both the child who bullies and the child who is bullied to disrespect each other and feel like enemies, rather than friends. Then use pictures, stories, puppets, or other concrete props to model examples of the many ways that children and adults can show that they care about others feelings and can help each other. Discuss how caring behaviors make both the giver and the receiver feel happy and good.</p> <div style="border: 2px dashed black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;"><b>Definition of Bullying:</b> Bullying is mean or hurtful behavior that keeps happening. It is unfair and one-sided. Our school defines bullying by three primary characteristics: It is aggressive behavior that is usually repeated over time, occurs in a relationship where there is an imbalance of power, and intends to cause harm or distress and/or has a serious harmful or distressing impact on the target.</p> </div>	<p style="text-align: center;"><b>Role-Play with Empathy</b></p> <div style="border: 2px dashed black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;"><b>Empathy is the ability to understand and share the feelings of another.</b></p> </div> <p>Pretend you are in the following scenarios with your child. How can you encourage empathy with the following:</p> <ul style="list-style-type: none"> <li>• ... a friend did not want to play</li> <li>• ...his puppy needs surgery</li> <li>• ...all friends going to the movie but you</li> <li>• ...someone drew a better picture</li> <li>• ...someone told a secret of yours</li> <li>• ...he cleaned his room</li> <li>• ...kids laugh at her at the park</li> </ul> <p>Write or draw some outcomes.</p>
<p style="text-align: center;"><b>Kind Words</b></p> <p><b>Materials:</b> cotton balls or something with a soft texture and sandpaper or something with a rough texture</p> <p>How can the way we speak to someone help them? How can it hurt?</p> <p><b>First</b> focus on the cotton balls. Rub them on your hands and arms and use descriptive words to describe how they feel. If cotton balls were like words what words would they be? Example: Please, thank you, good job, your hair looks nice.</p> <p><b>Now</b> focus on the sandpaper and use descriptive words to describe how it feels. If words were like sandpaper what words would it be? Example: Calling names, yelling, saying things that are hurtful. Next have an adult help you scrape the sandpaper on some wood or plastic. Look at the mark it left and discuss how "sandpaper words" hurt feelings.</p> <p><b>Finally</b> discuss the importance of using "cotton ball words" instead of "sandpaper words" to solve problems.</p>	<p style="text-align: center;"><b>Walk a Minute (Mile) in Someone's Shoes!</b></p> <div style="text-align: center; margin: 10px 0;">  </div> <p>Pick a person in your family. Spend some time doing the things they do;</p> <p style="text-align: center;">Ideas: chores, jobs, responsibilities, etc...</p> <p>At the end of the day (or time) sit down and talk about what it was like.</p> <p style="text-align: center;">Was it easy? Hard?</p> <p style="text-align: center;">What would you change? How did it make you feel? How can you better understand that person now?</p>	<p style="text-align: center;"><b>Paper Chain of Kindness</b></p> <p>Brainstorm different things you can do that would be kind. Cut strips of paper. Write each act of kindness on a strip of paper and then link your strips of paper together with glue to create a chain. Everyday take one link out of your chain and complete that act of kindness. Reflect on how that act of kindness made you feel and how the person you did the kind act for felt as well.</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>If you do not have supplies create a unique drawing linking words of Kindness in a fun way!</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>Create a sculpture using paper towel rolls, toilet paper rolls, cereal boxes, cardboard boxes, and/or other cardstock or cardboard material. Challenge: See how tall you can make it while making it not fall over.</p> <p>Va:Cr1.1.3a/Va:Cr1.2.3a/Va:Cr2.1.3a/Va:Cr2.2.3a/Va:Cr3.1.3a</p> 	<p>Talent Show</p> <p>Think of something you are good at, a talent, and practice it until it is ready to perform for an audience- your family. Talents may be musical or non musical. Here are some examples-</p> <ul style="list-style-type: none"> <li>-Sing</li> <li>-Dance</li> <li>-play instrument</li> <li>-magic tricks</li> <li>-karate</li> <li>-Yo-Yo act</li> <li>-stand up comedy (jokes)</li> </ul> <p>HAVE FUN!</p> <p>(MU:Pr.6.1b)</p>	<p>Gymnastics Time! (state goal 19)</p> <p>Can you safely remember how to do any stunts or balance activities from our gymnastics unit? Here are a few activities to help you get started.</p> <ul style="list-style-type: none"> <li>- forward/backward rolls</li> <li>- one leg balance</li> <li>- partner balancing</li> <li>- cartwheels (advanced)</li> <li>- continuous rolls</li> </ul> <p>To be safe, have an adult around when practicing any gymnastic activities. Feel free to have an adult check online for more gymnastic ideas!</p>
<p>Create a paper airplane and see how far you can make it fly. Try different designs to see which will go the farthest distance.</p> <p>Va:Cr1.1.3a Va:Cr1.2.3a Va:Cr2.1.3a Va:Cr2.2.3a</p>	<p>MOVIE!</p> <p>Watch a musical. That means any movie that has singing in it. Enjoy!</p> <p>Good examples-</p> <p><u>Netflix-</u> Willy Wonka Mary Poppins Returns Tarzan <u>Disney +</u> Aladdin The Aristocats Tangled Mary Poppins and Mary Poppins Returns Annie The Sound of Music</p> <p>(MU:Re.9.1) (MU:Cn.10.1)</p>	<p>Jump Rope Challenge! For each Challenge you will need to set a 1 minute timer and jump or hop as many times as possible in the minute.</p> <p>Challenges: 2 foot hop, 1 foot hop, 2 foot hop over a folded towel, 1 foot hop over a folded towel, Jump Rope with 2 feet, Jump Rope with 1 foot</p> <p>Variations/Challenges: try hopping forward and backward as well as side to side. Try both the right foot and left foot for the single foot challenges. Record your score for each variations to see which one had the most hops, which one had the least amount of hops. Can you beat any of your scores? (State Goal 19)</p>
<p>Draw a picture of what you would like to do when this is all over and we aren't social distancing.</p> <p>Va:Cr1.1.3a Va:Cr1.2.3a Va:Cr2.1.3a Va:Cr2.2.3a Va:Cr3.1.3a</p>	<p>Music (About Me) Share with your family.</p> <ol style="list-style-type: none"> <li>1) Favorite instrument</li> <li>2) Favorite singer (band)</li> <li>3) Favorite song</li> <li>4) Favorite style of music (pop, country, rap, classical, etc)</li> <li>5) Have you seen anyone in concert? If not, who would you want to see?</li> <li>6) How is music important in your life?</li> <li>7) Favorite part about music class this year.</li> </ol> <p>(MU:Cn.10.1)</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.chromeexperiments.com/">https://musiclab.chromeexperiments.com/</a> <a href="http://www.themusicinteractive.com/kbe/Chromebook/index.html">http://www.themusicinteractive.com/kbe/Chromebook/index.html</a></p>	<p>Activity: Jumping and Landing (19.A.2a)</p> <p>Jumping is an excellent form of physical activity and exercise. There are three types of "Jumps" to try out. Try to do each of the three types of jumping locomotor movements. Challenge yourself by jumping over a safe object such as a pillow.</p> <p>Hop - Put both feet together and hop up and down like a bunny</p> <p>Jump - Feet shoulder width apart, bend knees, swing arms back and jump forward</p> <p>Leap - Jump off one foot and land on the opposite foot.</p>

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