



Pathway to the Future

One Packet Per Family

Elementary School

March 2020

FREE

**Reading, Writing, PE, and
Science Activities**

Preschool, kindergarten, 1st grade and 2nd grade

Time	Activity
8am - 9am	Breakfast/Get ready (Yes. Change out of PJs)
9am - 9:30am	Math practice (Use the Silicon Valley Education Foundations pages)
9:30am - 10am	Play. Ideally outside if weather permits.
10am - 10:30 am	Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.
10:30am - 11:20am	Break. Ideally run around and play outside. Have a snack.
11:20am - 12pm	Writing practice -Write a journal entry about your day or tell an imaginary story -Write a book report -Complete a worksheet with new vocabulary and spelling words from your reading
12pm - 1pm	Lunch - Listen to an educational podcast! Try <u><i>Wow in the World!</i></u> If you like science, <u><i>Stories Podcast</i></u> or <u><i>Circle Round</i></u> to hear a story, or <u><i>Noodle Loaf</i></u> to learn about music!
1pm - 1:30pm	Science activity or arts and crafts -See activities in this packet
1:30pm-7pm	Relax, go outside, play, time with family.
7-8pm	Lights out, time to sleep!

Grades 3 - 5

Time	Activity
8am - 9am	Breakfast/Get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	Math Activities Assuming you've gotten a good night of sleep, your thinking will be sharpest in the morning so let's start the day strong with some math! Whoo hoo! <ul style="list-style-type: none"> - (Use the Silicon Valley Education Foundations pages)
9:40am - 10am	Play. Ideally play outside. Get that heart pumping.
10am - 10:30 am	Reading Activities <ul style="list-style-type: none"> - Read, annotate, summarize - Exploring new vocabulary acquired in reading
10:30am - 11am	Silent reading. Curl up with a favorite book or magazine.
11am - 11:20am	Break/walk/play. Try to get that heart pumping again!
11:20am - 11:40am	Khan Academy Grammar: https://www.khanacademy.org/humanities/grammar Recommend starting by taking the course challenge a few times to figure out what you know and don't know.
11:40 am - 12pm	Journaling/writing. <ul style="list-style-type: none"> - Write a journal entry about your day or tell an imaginary story - Write a book report - Use pages in packet to explore new vocabulary and spelling words from your reading
12pm - 1pm	Lunch - Listen to an educational podcast! Try <u><i>Brains On!</i></u> If you like science, <u><i>Forever Ago</i></u> if you like history, or <u><i>Story Pirates</i></u> to hear funny stories written by kids.
1pm-2pm	Science, Social Studies and Art Activities <ul style="list-style-type: none"> - See activities in this packet
2pm-8pm	Relax, go outside, work on passions, time with family.
8pm-9pm	Lights out, time to sleep!

Vocabulary Four Square

Meaning

Picture

Word

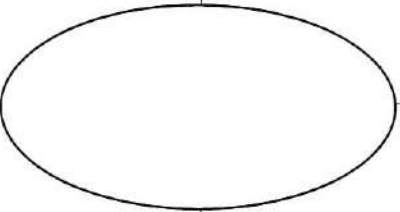
Sentence

Vocabulary Four Square

<p>_____</p> <p>_____</p> <p>_____</p>	<p>Picture</p>
<p>Word</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>Sentence</p>

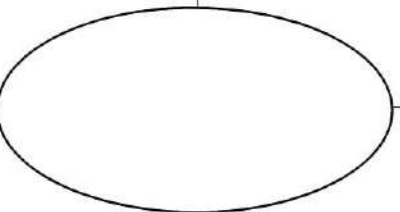
Write the new vocabulary word in the middle. Fill in the boxes.

Definition	Characteristics (or Illustration)
Examples	Non-examples



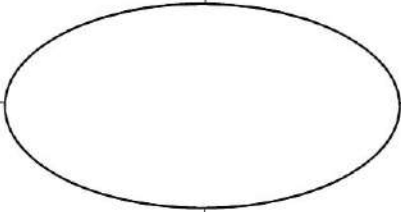
Write the new vocabulary word in the middle. Fill in the boxes.

Definition	Characteristics (or Illustration)
Examples	Non-examples



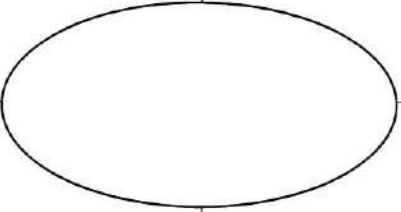
Write the new vocabulary word in the middle. Fill in the boxes.

Definition	Characteristics (or Illustration)
Examples	Non-examples



Write the new vocabulary word in the middle. Fill in the boxes.

Definition	Characteristics (or Illustration)
Examples	Non-examples



Let's Spell

Tricky Words

1. Write your word in the "My Spelling Words" section
2. Look at the word
3. Copy the word
4. Sound the word out as you write it in the Say & Spell section
5. Cover the word up and write the word
6. Check your spelling






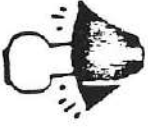





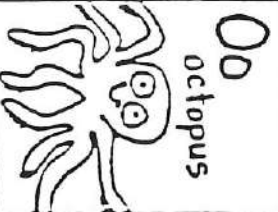














My Spelling Words	Copy	Say & Spell	Write and Check
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			


Let's Spell


Tricky Words

1. Write your word in the "My Spelling Words" section
2. Look at the word
3. Copy the word
4. Sound the word out as you write it in the Say & Spell section
5. Cover the word up and write the word
6. Check your spelling


My Spelling Words	Copy	Say & Spell	Write and Check
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

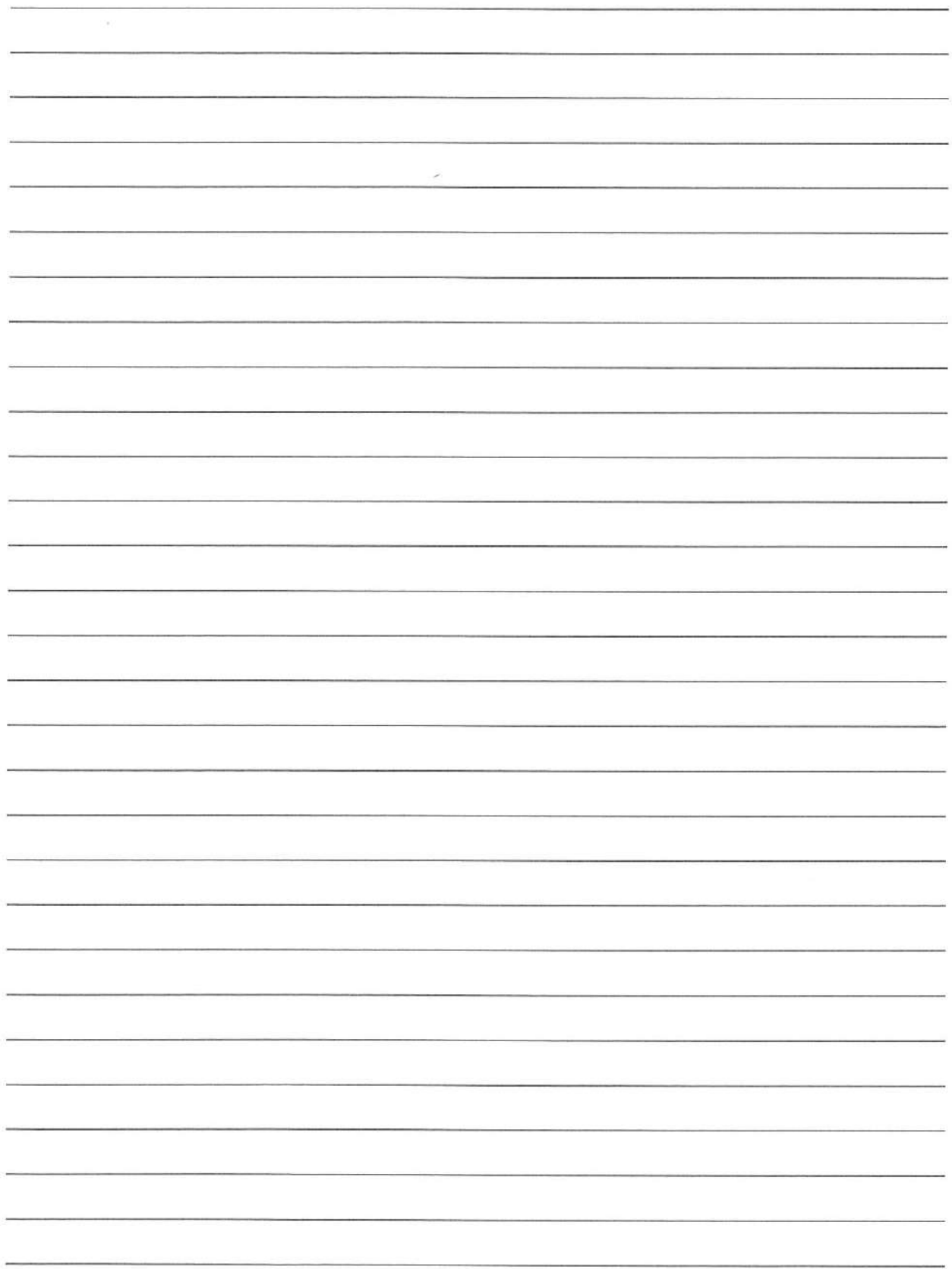
<p>Aa apple </p> <p>Jj jump </p>	<p>Bb banana </p> <p>Kk kite </p>	<p>Cc cat </p> <p>Ll lamp </p>	<p>Dd dog </p> <p>Mm moon </p>	<p>Ee elephant </p> <p>Nn nest </p>	<p>Ff fish </p> <p>Oo octopus </p>	<p>Gg girl </p> <p>Pp pig </p>	<p>Hh hat </p> <p>Qq queen </p>	<p>Ii igloo </p> <p>Rr rabbit </p>
<p>Ss snake </p> <p>Tt turtle </p>	<p>Uu umbrella </p> <p>Vv violin </p>	<p>Ww wagon </p> <p>Xx x-ray </p>	<p>Yy yarn </p> <p>Zz zabra </p>					

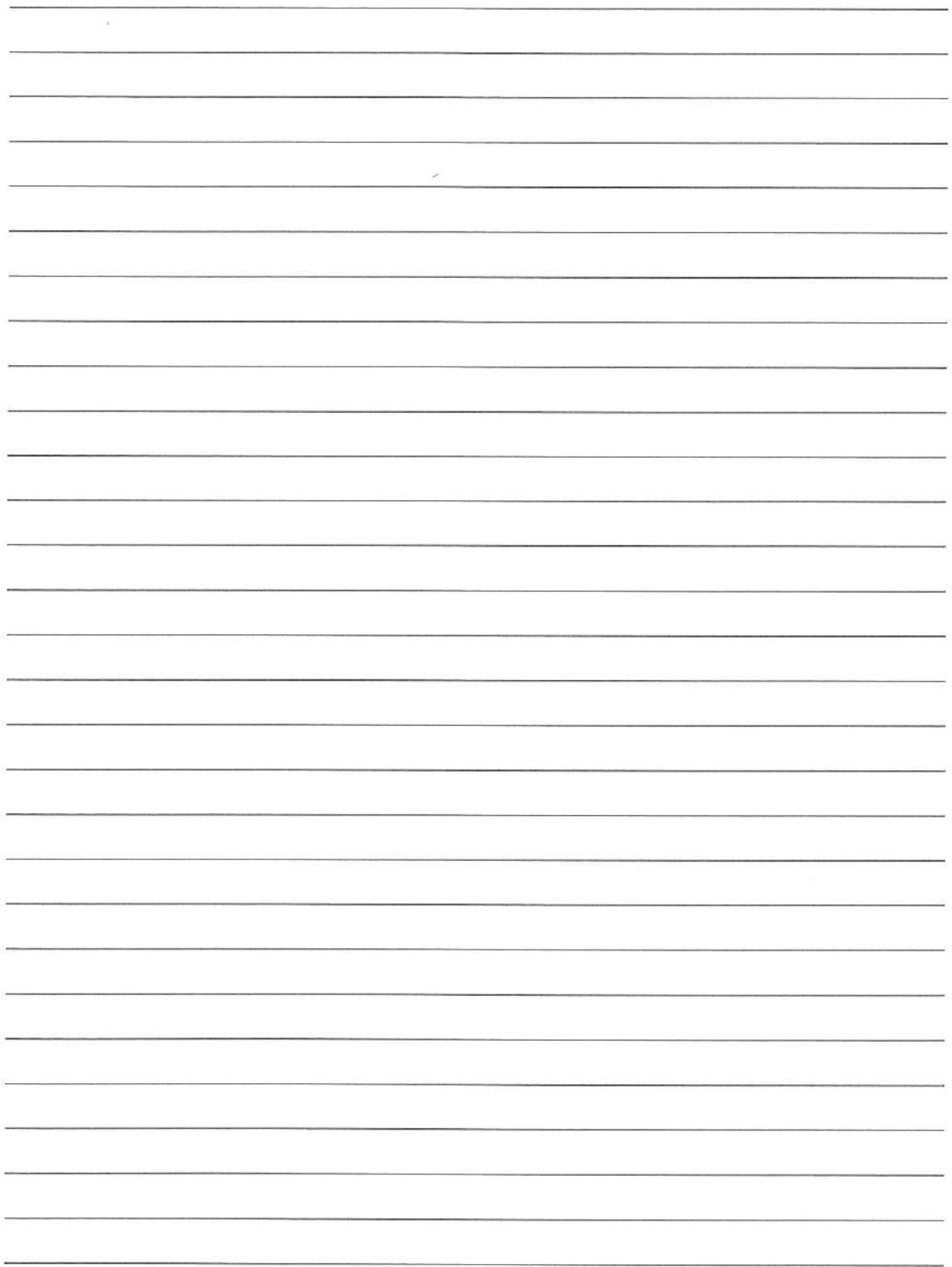
ch  chair

sh  shovel

th  thumb

wh  wheel





Jump Rope Rhymes

<p>Cinderella</p> <p>Cinderella dressed in yellow Went Updates to kiss a 'fella' Made a mistake And kissed a snake How many doctors Did it take?</p>	<p>Miss Mary Mack</p> <p>Miss Mary Mack, Mack, Mack All dressed in black, black, black With silver buttons, buttons, buttons All down her back, back, back. She asked her mother, mother, mother For 50 cents, cents, cents To see the elephants, elephants, elephants Jump over the fence, fence fence. They jumped so high, high, high They reached the sky, sky, sky They never came back, back back Till the 4th of July, ly, ly! July can't walk, walk, walk, July can't talk, talk, talk July can't eat, eat, eat. With a knife and fork, fork, fork.</p>
<p>Teddy Bear, Teddy Bear</p> <p>Teddy Bear, Teddy Bear, turn around, Teddy Bear, Teddy Bear, touch the ground, Teddy Bear, Teddy Bear, show you shoe, Teddy Bear, Teddy bear, that will do! Teddy Bear, Teddy Bear, go upstairs, Teddy Bear, Teddy Bear, say your prayers, Teddy Bear, Teddy Bear, turn out the lights, Teddy Bear, Teddy Bear, say goodnight!</p>	<p>7-Up</p> <p>7 up, 7 up, count to 11 up 1 2 3, 4 5 6, 7 8 9 10 11 6 up, 6 up, do the splits up 1, 2, 3, 4, 5, 6 5 up, 5 up, touch the side up 1, 2, 3, 4, 5 4 up, 4 up, touch the floor up 1, 2, 3, 4 3 up, 3 up touch you knee up 1, 2, 3 2 up, 2 up, touch your shoe up 1, 2 1 up, 1 up, your all done up</p>

Experimenting With PAPER AIRPLANES

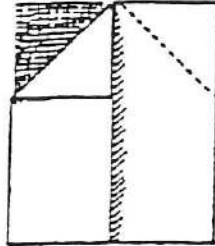
Folding instructions taken from
The Paper Airplane Book by Seymore Simon (Viking Press, 1971)

Instructions

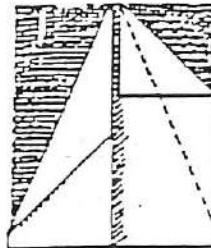
1. Fold an 8 1/2" by 11" piece of paper in half lengthwise.



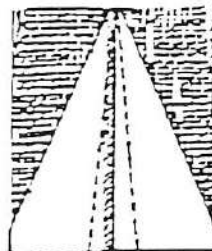
2. Open the paper and fold both corners toward center along dotted lines.



3. Fold both sides toward the center along dotted lines.



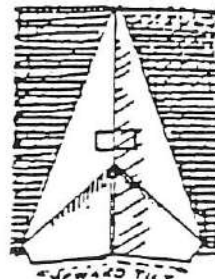
4. Turn paper over. Fold one side along the dotted line.



Open the paper and fold the other side along the other dotted line.



5. Put a piece of tape on top to hold the body of the plane together and to give the wings an upward tilt.



WHY

To predict and test
To control a simple piece of technology

WHO AND WHEN

Near the beginning of the twentieth century advances in the technology of engines and materials made it possible to build a flying machine. Before the Wright brothers made their first flight many tried and some even coaxed their machines off the ground, but without the ability to steer their planes well enough for a controlled flight. It took a systematic program of glider building and testing for the Wright brothers to finally succeed and claim credit for the first controlled flight.

WHAT YOU NEED

8 1/2" by 11" paper

tape

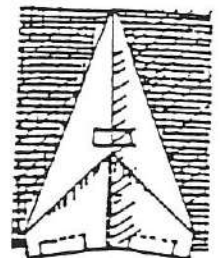
scissors

prediction and observation sheet and pencil

HOW

Build the paper airplane as shown at left. For eye safety snip about an inch off the nose of the airplane.

Add flaps by making cuts in the trailing edge of the wings. Cuts should be about a quarter inch deep and an inch and a half apart.



Position the flaps various ways. In each case make a prediction about how the plane will behave in flight. Test your predictions by flying the airplane.

Make further changes if you wish.

Add more flaps.

Attach paper clips.

Fold up the outside edges to make 'vertical stabilizers'.

What else can you think of?

Experimenting With PAPER AIRPLANES

We are flying our airplane
like this:

This is what we think our
airplane will do:

Here is what our airplane
did:



Pitch up



Pitch down



Roll Counter Clockwise



Roll Clockwise



Yaw Left



Yaw Right

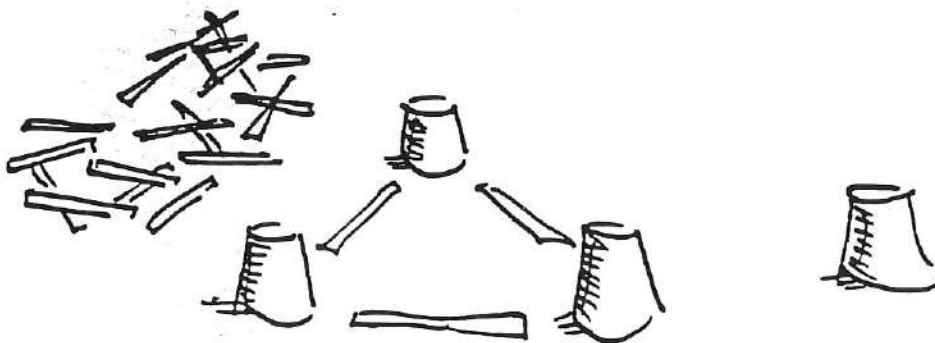
You will need: 4 small containers (empty juice cans, small plastic cups, film cans, etc.)
20 or more sticks (popsicle sticks, coffee stirrers, chopsticks, etc.)
To set up: Place the containers and the sticks on a flat surface large enough for several people to work around. Post the directions.

PLATFORM

POSITION THREE CONTAINERS
TO FORM A TRIANGLE.

THEY MUST BE FAR ENOUGH APART SO
THAT A STICK WILL NOT BRIDGE
ACROSS ANY TWO.

BUILD A PLATFORM
SUPPORTED **ONLY** BY THE
THREE CONTAINERS,
WHICH WILL SUPPORT
THE FOURTH CONTAINER
IN THE MIDDLE.



You will need: (beaks) tweezers clothespin (spring type) tongs
scissors two tongue depressors
(food) marbles string (3" lengths) toothpicks
beans sponge (cut into 1/2" chunks)
carpet square
To set up: Place several samples of each type of food on a carpet square.
Place the beaks next to the carpet square of food. Post the directions near the work area.

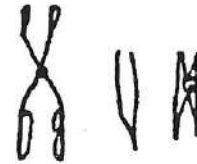
PRETEND YOU ARE A BIRD.

With each beak what would you eat?

USE ONE OF THE BEAK-LIKE TOOLS:



SCISSORS
TWEEZERS
TONGS
CLOTHESPIN
TONGUE DEPRESSORS



TO SEE WHICH FOODS YOU COULD GATHER AND EAT:



MARBLE SNAILS
TOOTHPICK INSECTS
STRING WORMS
BEAN SEEDS
FOAM FRUIT



Move It

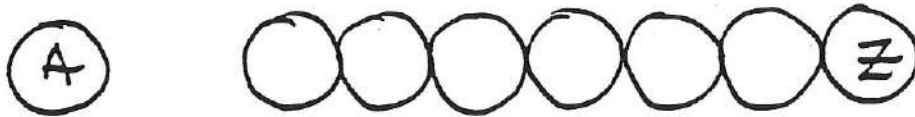
INERTIA

You will need: 8 checkers, lids, poker chips, or coins.
To set up: Place the 8 objects on a flat surface. Post the directions.

MOVE IT

TO BEGIN

POSITION THE OBJECTS LIKE THIS:



NOW

MOVE THE OBJECTS TO LOOK LIKE THIS:



YOU CAN ONLY TOUCH THE OBJECT IN POSITION A.



Move It

It takes some kind of force to move an object because it has mass. The force of gravity makes things fall. The force of the wind blows leaves around. The force from your foot moves a ball when you kick it. Sometimes, when you apply force to move an object, the object doesn't move. It resists movement. The more quickly you apply the force, the more the object resists. This property of objects is called *inertia*. Objects at rest try to stay at rest. Similarly, objects in uniform motion stay in motion, unless they are acted on by an outside force. This property of objects is called *momentum*.

In this activity, there is a force. You use the object in position A to transfer the force from your hand through the other objects to the end. The fact that the middle group of objects remains almost unchanged is the result of inertia.