

FRSD Distance Learning: 2nd Grade May 11 - May 15



Hello FRSD K-5 families! As we move forward with our new distance learning format, we hope to partner with you to make this transition as smooth as possible. We know that this is a stressful time for our students and we want to be sensitive to their (and your) needs. As such, at this time distance learning at the K-5 level is being rolled out slowly, with all of our families being considered.

A paper packet will be available via the links below each Monday which will include a weekly lesson plan as well as work from both our ELA and Math curricula. Alternately, packets will be available for pickup on

Mondays at the school. Teachers will be reaching out to you at least once weekly regarding the progress of your student in their classwork. Also available to families are the online supplemental resources linked to via the COVID-19 link on the FRSD webpage under "Supplemental Learning". Please reach out to your teacher with any questions, concerns, or feedback going forward. If the school closure is extended beyond the current timeline, we will reassess our plans as needed. Thank you for your continued partnership in your child's education!



Contact Information:

1. Teachers will be available from 8:00-4:00 each day.
2. If you are unable to reach a teacher for some reason, leave a message or send an email and they will get back to you within 24 hrs.
3. Please know that many of our teachers will be using Google Voice- this number may look unfamiliar when they call you



Differentiation/Extension/Supports:

1. We understand that you may need to provide your child with extra support or extension activities during this time.
2. If you are unable to access the online Differentiation/Extension document online, please communicate with your child's teacher for more ideas



FRSD Meal Plan:

1. FRSD is providing free meals (sack lunch & breakfast) to **anyone** 18 years or younger at the following locations in our community:
2. **VES Parking Lot:** Drive through from 11:00-12:30
3. There are 13 bus routes for meal delivery with a few stops per route. The stops/routes are listed here.

4. If you cannot make it to one of these locations and need meals delivered to your house please contact your school office by 8:00 AM of the day you need them delivered and let us know how many kids need a meal, your address and a phone number where you can be reached.



Stay Informed:

Please remember to check the Fern Ridge School District webpage for updates.
<https://www.fernridge.k12.or.us/>

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: Hello Families! What did the dinosaur say when he fell off his bike? I'm so saurus! Hehe! Keep up the hard work! We are truly amazed with all of you! :)

Mon. 5/11	Tues. 5/12	Wed. 5/13	Thurs. 5/14	Fri. 5/15
<p>Writing: Choose one writing prompt to write in your journal. (at least 10 minutes)</p> <hr/> <p>Math: Lesson 17 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=438</p> <hr/> <p>Practice counting by 7's. How high can you count?</p> <hr/> <p>Reading: Journey's Book: Read and discuss vocabulary words on pgs. 418-419</p> <hr/> <p>Write each vocabulary word and draw a matching picture in your writing journal.</p> <hr/> <p>Journey's Book: Read and discuss pgs. 420-421</p> <hr/> <p>Complete Monday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Make flashcards using your spelling words and/or sight words. • Brainstorm a list of words that have 'oo'. • Read 20 minutes. • IXL practice 	<p>Writing: Choose one writing prompt to write in your journal. (at least 10 minutes)</p> <hr/> <p>Math: Lesson 18 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=440</p> <hr/> <p>Practice counting by 7's. How fast can you count?</p> <hr/> <p>Reading: Journey's Book: Read story on pgs. 422-439 <u><i>The Dog That Dug for Dinosaurs</i></u></p> <hr/> <p>Questions to discuss while reading: Why couldn't the adults figure out what the bones were? (after pg. 428) Why is Mary Anning famous? (after pg. 438)</p> <hr/> <p>Find the vocabulary words in the story.</p> <hr/> <p>Complete Tuesday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Write spelling words three times each. • Brainstorm a list of words that rhyme with 'shook'. • Read 20 minutes. • IXL practice 	<p>Writing: Choose one writing prompt to write in your journal. (at least 10 minutes)</p> <hr/> <p>Math: Lesson 19 OPTIONAL watch this lesson online at https://embarc.online/mod/page/view.php?id=442</p> <hr/> <p>Practice counting by 7's. Can you write them?</p> <hr/> <p>Reading: Journey's Book: Read Pg. 442.</p> <hr/> <p>Use 'Classroom Conversation' to guide discussion about the story as you RE-READ pgs. 422-439 <u><i>The Dog That Dug for Dinosaurs</i></u></p> <hr/> <p>Complete Wednesday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Rainbow write (use lots of colors) your spelling words and/or sight words. • Brainstorm a list of words that rhyme with 'moon' and 'cook'. • Read 20 minutes. • IXL practice • Count by 7's video: https://www.youtube.com/watch?v=CsQ_dPiRP4w 	<p>Writing: Use page 443 in Journeys book to write about how finding fossils changed Mary's life. Please write at least 5 sentences.</p> <hr/> <p>Math: End of Module Assessment</p> <hr/> <p>Try your best!!</p> <hr/> <p>Practice counting by 7's. Skip while you are counting!</p> <hr/> <p>Reading: Journey's Book: Read and discuss pgs. 444-446 <u><i>La Brea Tar Pits</i></u></p> <hr/> <p>Read pg. 447 Choose an activity listed. Discuss or write your answers in your writing journal.</p> <hr/> <p>Complete Thursday's pages of the packet.</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Write spelling words in a sentence. • Listen to 422-439 <u><i>The Dog That Dug for Dinosaurs</i></u> https://www.youtube.com/watch?v=jTHBWPw129Q • Read 20 minutes. • IXL practice 	<p>Writing: Edit and add to your Thursday writing.</p> <hr/> <p>Math: Week 27 & Sudoku</p> <hr/> <p>OR catch up on any missed work.</p> <hr/> <p>Practice counting by 7's. Can you get to 105? Write them!</p> <hr/> <p>Reading: Read Together page: Read three times for fluency.</p> <hr/> <p>Use the Spelling Test pg for the spelling test.</p> <div data-bbox="1274 882 1567 1155" data-label="Image"> </div> <hr/> <p>OR catch up on any missed work. 😊</p> <hr/> <p>PE: Log 30 minutes of activity.</p> <hr/> <p>Extra:</p> <ul style="list-style-type: none"> • Art: Try to draw a dinosaur with shapes! https://www.youtube.com/watch?v=EZ2h6W4YVz0 • Science-Were dragons real? https://mysteryscience.com/mini-lessons/dragons#slide-id-5267 • Read 20 minutes. • IXL practice

Reading Focus: -I understand the author's purpose. -I can ask questions while reading.

Spelling words: (Focus is on spelling with oo) took, books, foot, hoof, cook, nook, hood, wood, stood, hook, crook, cookbook

Sight Words: buy, called, even, father, maybe, outside, tomorrow, town, water, where

Vocabulary: exact, amazed, discovered, remove, growled, amazed, explained, guard, souvenirs

Math Focus: I can relate addition and subtraction strategies to written methods and explain why my strategies work.

Writing Focus: I can write 7-10 sentences using correct handwriting, capital letters, and end marks. My sentences make sense.

May 11-15

Home Letter

The Dog That Dug for Dinosaurs
Home Letter

Dear Family,

This week we will explore the question “How can you learn about animals that lived long ago?” We’ll begin by reading the biography **The Dog That Dug for Dinosaurs**. Can you guess what the surprising discovery might be in this story? Then we’ll read an informational text called **La Brea Tar Pits**, where there are more surprising discoveries for us to find!

Dinosaur
Week!

This week’s...

Target Vocabulary: discovered, guard, remove, souvenirs, amazed, explained, exact, growled

Phonics Skills: Words with *oo* (*book*)

Vocabulary Strategy: Shades of meaning

Comprehension Skill: Fact and opinion—tell if an idea can be proved or is a feeling

Comprehension Strategy: Question—ask questions about what you are reading

Writing Focus: Opinion writing—opinion paragraph

optional!

Activities to Do Together

Vocabulary

See if you can use this week’s **Target Vocabulary** words in sentences that each also contains the word *surprise*.

Take a Discovery Walk

Take a walk with your child and see if you can make a surprising discovery or two of your own. Talk about what you see as you walk. What surprising discoveries did you make?

Discover a New Book

Make a literary discovery by reading a storybook with your child that you’ve never read before. Then work together to write a paragraph that tells what you both thought of that book.




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

May

May Writing Activities

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

New prompts! 

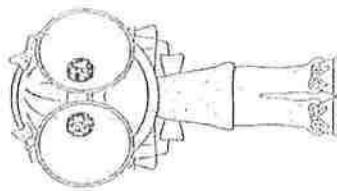
Writing Prompts

Mon, Tues, Wed

Write for 10 minutes.

writing checklist

- ☐ My name is on my paper.
- ☐ I started all my sentences with a capital letter.
- ☐ All my sentences end with a punctuation mark. (. ? !)
- ☐ I put spaces between each word.
- ☐ I checked my spelling.
- ☐ My writing makes sense.
- ☐ I used some "wow" words.



Start a new prompt everyday
OR
Add to yesterday's writing!



7 down

7 into heaven
& all around



7 here

7 there

counting by 7s is in the air



7

14

21

28

35

42

49

56

63

70

Wednesday and Friday:

Can you cover up the
numbers and practice
counting by 7's as you
write them?

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
61	62	63	64	65	66	67	68	69	70



<https://www.youtube.com/watch?v=KSiHtV8sezws>

Song 🎵

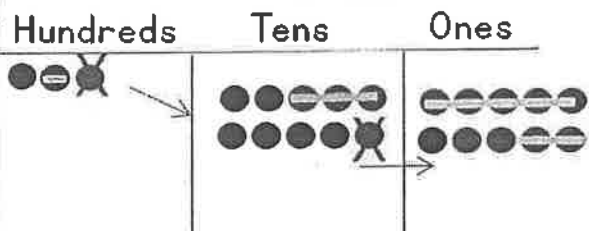
Name _____

Monday

Lesson 17

Subtracting Across Zeros

$300 - 137 = \underline{\hspace{2cm}}$



Vertically

$$\begin{array}{r} 2\cancel{0}^9\cancel{0}^{10} \\ - 137 \\ \hline 163 \end{array}$$

Can't do,
can't do,
need to
borrow from
you!



There aren't any tens or ones, so we have to unbundle a hundred to make 10 tens. We still don't have any ones, so we have to unbundle 1 ten to make 10 ones. We know have 2 hundreds, 9 tens, and 10 ones, now we are ready to subtract. $300 - 137 = 163$.

Directions- Solve vertically and draw chips on the place value chart.

$400 - 153 = \underline{\hspace{2cm}}$

Hundreds	Tens	Ones

$500 - 214 = \underline{\hspace{2cm}}$

Hundreds	Tens	Ones

$200 - 132 = \underline{\hspace{2cm}}$

Hundreds	Tens	Ones

Name _____

Date _____

1. Solve vertically or using mental math. Draw chips on the place value chart and unbundle, if needed.

a. $200 - 113 =$ _____

hundreds	tens	ones

b. $400 - 247 =$ _____

hundreds	tens	ones

c. $700 - 428 =$ _____

hundreds	tens	ones

Monday

ABC Order

Name: _____

took	hoof	nook	stood
books	cookbook	hood	shook
foot	cook	wood	crook

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Monday

Name _____ Date _____

Lesson 27
BLACKLINE MASTER 27.4

Dinosaur Fossils
Target Vocabulary

Target Vocabulary

Write the Target Vocabulary word that means the opposite of each word or phrase.

1. close to _____
2. not surprised _____
3. hid _____
4. cried softly _____
5. put in _____

Vocabulary

amazed
discovered
exact
explained
growled
guard
remove
souvenirs

↑
Words to
Know!

Use a Target Vocabulary word to complete each sentence.

6. The teacher _____ how to solve the problem.
7. The _____ watched the door carefully.
8. I bought some _____ in the gift shop.

Name _____

Tuesday

Lesson 18

Alternate Methods for Subtracting

Solve $300 - 125$ different ways.

Arrow Way

$$300 \xrightarrow{-100} 200 \xrightarrow{-20} 180 \xrightarrow{-5} 175$$

$$300 - 125 = 175$$

Counting On

$$125 \xrightarrow{+5} 130 \xrightarrow{+70} 200 \xrightarrow{+100} 300$$

$$300 - 125 = 175$$

Vertical

$$\begin{array}{r} 2910 \\ 300 \\ - 125 \\ \hline 175 \end{array}$$

Simplifying

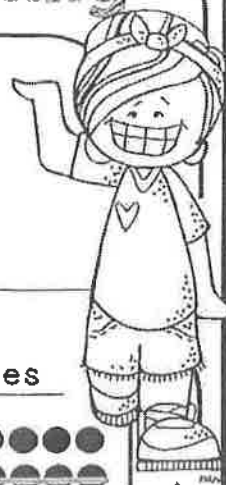
$$\begin{array}{r} 299 \\ - 124 \\ \hline 175 \end{array}$$

Place Value Chart

Hundreds

Tens

Ones



Directions- Solve the problems using the strategies given.

Arrow Way

$$400 - 128 = \underline{\hspace{2cm}}$$

Counting On

$$600 - 199 = \underline{\hspace{2cm}}$$

Vertical

$$500 - 147 = \underline{\hspace{2cm}}$$

Simplifying

$$600 - 137 = \underline{\hspace{2cm}}$$

Place Value Chart

$$302 - 146 = \underline{\hspace{2cm}}$$

Hundreds

Tens

Ones

Tuesday - How many

A STORY OF UNITS

Lesson 14 Core Fluency Practice Set D 2•5

Can
you
do
in
5
mins.?

Name _____

Date _____

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

Words with *oo* as in *book*

The Dog That Dug for
Dinosaurs

Spelling: Words with *oo*
(book)

Sort the Spelling Words by final consonants.



Final *k*



Final *d*



Final *t or f*

- | | | |
|----------|-----------|-----------|
| 1. _____ | 9. _____ | 13. _____ |
| 2. _____ | 10. _____ | 14. _____ |
| 3. _____ | 11. _____ | |
| 4. _____ | 12. _____ | |
| 5. _____ | | |
| 6. _____ | | |
| 7. _____ | | |
| 8. _____ | | |

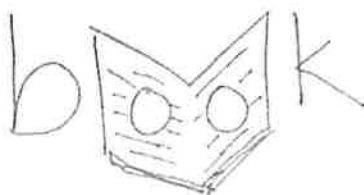
Spelling Words

Basic Words

1. took
2. books
3. foot
4. hoof
5. cook
6. nook
7. hood
8. wood
9. stood
10. shook
11. crook
12. cookbook

Review Words

13. look
14. good



Tuesday

Spiral Words

Name: _____

Date: _____

Lesson 27 Short oo

Word Bank:

took

books

foot

hoof

cook

nook

hood

wood

stood

shook

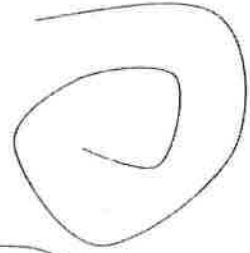
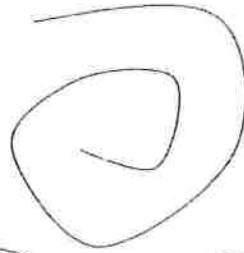
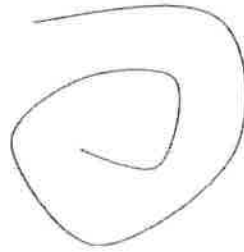
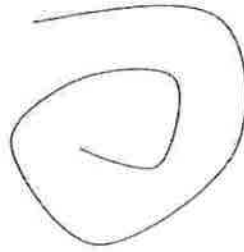
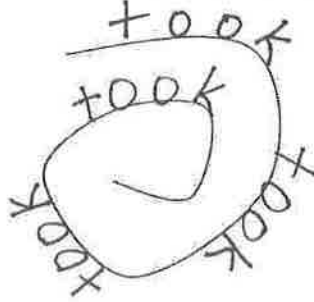
crook

cookbook

look

good

Write each spelling word along a swirl, so the word is in a spiral pattern.

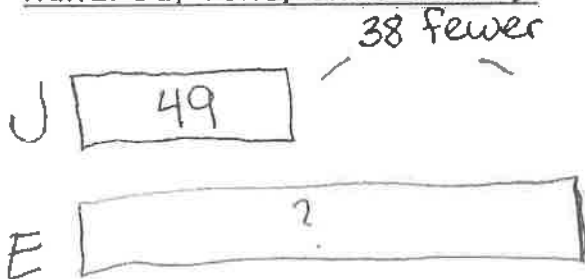


Application Problem Wednesday

Lesson	Problem
19	Joseph collected 49 golf balls from the course. He still had 38 fewer than his friend Ethan. How many golf balls did Ethan have?

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

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



W Write a number sentence (equation):

W Write the answer in a sentence (statement):

Name _____

Date _____

Solve and explain why you chose that strategy.

<p>1. $400 + 590 =$ _____</p>	<p>Explanation:</p> <hr/> <hr/> <hr/> <hr/>
<p>2. $775 - 497 =$ _____</p>	<p>Explanation:</p> <hr/> <hr/> <hr/> <hr/>

A spiral-bound notebook is shown from a top-down perspective. The left page features a detailed black and white line drawing of a flower with multiple layers of petals and a central core. The right page is blank, with horizontal ruling lines visible. The spiral binding is located in the center, connecting the two pages.

Wednesday


Name _____

Date _____


Lesson 27
READER'S NOTEBOOK

**The Dog That Dug
for Dinosaurs**
Independent Reading

Read pages 434–435. Keep writing your fossil hunting guide. Tell your readers about some of the dangers of fossil hunting.

Read page 436. What kinds of fossils will people find?
Let readers of the fossil hunting guide know what to expect.

Thursday and Friday

Write About Reading

Journeys Book - Page 443

Choose a prompt to write about:

How did finding the fossils change Mary's life? - Journeys Book - page 443

Your choice! ↗
↘

OR

What would you do if you found a fossil? Write what you would think, say, do, and feel if you found a dinosaur fossil!! How would you know what kind of fossil it is? Who would you ask for help? How would you handle the fossil carefully?

At least 5 sentences.

Proofread for Spelling

The Dog That Dug for Dinosaurs

Spelling: Words with oo
(book)

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

I had a funny dream. I dreamed I was sitting in a nook next to an old fireplace. I could smell the wud fire. Near the door, stud a huge cook. I knew because he wore an apron and held a cookbuck.

He came over and shok my hand. Then he pulled a hood over his head and started cooking breakfast. It smelled gud. I saw that his right foat was not in a shoe, but was a huf! He smiled at me. He looked like a character from one of my story boaks!

1. wood

5. _____

2. _____

6. _____

3. _____

7. _____

4. _____

8. _____

Spelling Words

1. took
2. books
3. foot
4. hoof
5. cook
6. nook
7. hood
8. wood
9. stood
10. shook
11. crook
12. cookbook

Review Words

13. look
14. good

Write these other Spelling Words in ABC order: took, cook, nook, hood, look, crook.

9. _____

12. _____

10. _____

13. _____

11. _____

14. _____

Name _____

Thursday

Module 5

End of Module Assessment

Directions- Use a strategy to solve each problem such as mental math, tape diagram, number bonds, arrow way, vertical form, or a math drawing.

$450 + 240 = \underline{\hspace{2cm}}$

$500 - 196 = \underline{\hspace{2cm}}$

$347 + 258 = \underline{\hspace{2cm}}$

$\underline{\hspace{2cm}} = 500 + 263$

$360 - 170 = \underline{\hspace{2cm}}$

$\underline{\hspace{2cm}} = 430 - 280$

Directions- Solve the problems using the arrow way.

$760 - 230 = \underline{\hspace{2cm}}$

$650 - 363 = \underline{\hspace{2cm}}$

Friday

Name _____

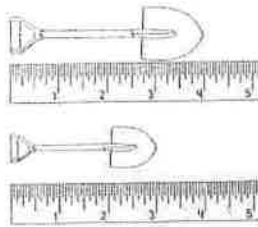
Week #27

Day 1

Kennedy has \$0.92. Her sister gives her \$0.08. How much money does Kennedy have now? _____

$$87 + 13 =$$

$$91 - 35 =$$



How many inches longer is one shovel than the other? _____

$$8 + 10 =$$

$$3 + 8 =$$

$$7 + 9 =$$

Jonathan has 20 pieces of candy. He eats 6 pieces of candy. How many pieces of candy does he have left? _____

Write the standard form for each expanded form.

$$400 + 20 + 7$$

$$900 + 9$$

Write the number 110 on the number line.



Day 2

$$667 + 300 =$$

Day 3

Britney gets a haircut and has 5 inches cut off. Delaney gets a haircut and has 7 inches cut off. How much total hair did the girls have cut off? _____

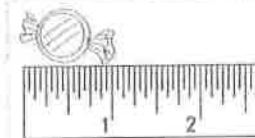
Is the number of shaded squares even or odd? _____



What unit would you use to measure the length of a dresser?

- A. feet
- B. inches
- C. meters

$$498 - 268 =$$



How many inches long is the piece of candy? _____

$$12 + 13 + 56 + 48 =$$

Mason records 18 songs on Thursday and 17 songs on Friday. How many songs did Mason record altogether? _____

Draw the hands on the clock to show 11:55.



Day 4

SUDOKU 4 Kids

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

Puzzle 9

Difficulty Level



Time Taken: *optional*

4			
		1	
1		4	
	4	2	1

Puzzle 10

Difficulty Level



Time Taken: *optional*

		3	
2		1	
		4	
4	1	2	

Friday

Read
Together

ELL Lesson 27
BLACKLINE MASTER ELL27.5

The Dog That Dug
for Dinosaurs
Oral Language Chant

Fossil Hunt

Read the chant with a partner. Then use Target Vocabulary words to talk with your partner about things you have discovered.

*Read for fluency
& fun!*

Bring a hammer and a chisel.

This will be fun!

We're going on a fossil hunt.

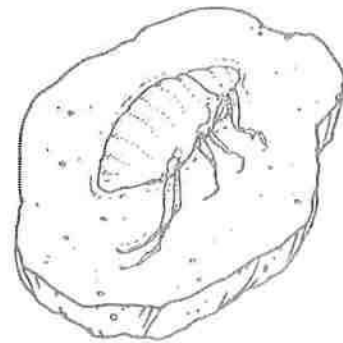
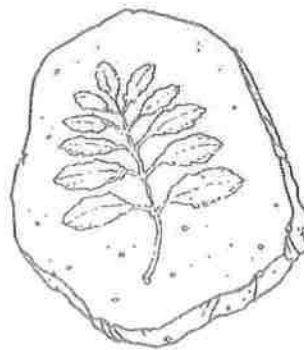
I hope that we find one!

Where do we start digging?

Where's the **exact** spot?

I want to find some fossils!

I know we'll find a lot.



With a hammer and a chisel

dig around ancient stones.

With a brush, **remove** dirt

from the dinosaur bones.

These fossils won't be **souvenirs**.

People need to see them.

Everyone will be **amazed**

when they go to the museum!

Friday

Spelling & Conventions Fun Quiz

Name _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Writing Conventions Fun Quiz:

**Make up a 1-3 sentences for your child to write.
Include a spelling or vocabulary word in every sentence.**

OR

Copy and revise one of your journal entries with correct conventions.

YES!	Not yet.	
		<i>Sentence starts with a capital and no extra capitals are in the middle of the sentence.</i>
		<i>The sentence ends with an end mark (period, exclamation mark, question mark).</i>
		<i>There are correct spaces between words and between letters.</i>
		<i>Spelling is logical and matches learned spelling patterns. Words that are unknown can be sounded out but the spelling words should be spelled correctly.</i>
		<i>Presentation: handwriting sits on the line. Most letters are formed correctly.</i>



Physical Education

ACTIVITY LOG

Kindergarten - 5th Grade

Use this activity log to track your physical activity minutes for 1 week. Have an adult put their initials next to each day that you complete 30 - 60 minutes. Do the warm-up, pick a fitness activity from the list, and do the cool down. (An example day is done for you).

Day	Warm-up	Fitness Activity	Cool Down	Total
<i>Example Day</i>	<i>Warm-up 5 Minutes</i>	<i>Family Hike 25 Minutes</i>	<i>Cool Down 5 Minutes</i>	<i>35 Minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Warm-up Routine

1. Basketball slide around the house once or down the hall 5 times.
2. Bear crawl down the hall 5 times or around the house.
3. Skip around the house or 5 times down the hall

Cool Down Routine

1. Stretch your quad muscle by standing on one leg and holding one leg bent behind you in your hand for 10 seconds. (both legs)
2. Legs together, keep them straight, slowly reach for your toes and hold for 10 seconds. (twice)
3. 10 deep breaths while doing a Yoga pose.

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
Chalk Obstacle Course on the sidewalk

Dance Party
Croquet
Play Catch
Stack Wood
Go Noodle (online)
Wiffle Ball
Jogging
Build a Fort
Juggling
Bean Bag Toss Game
Wall Ball