

WGSD
Alternative Method of Instruction
(AMI)

First Grade

Day #1

Student Name: _____

Lost

Illustrate the story here:



Dom is lost. He went to look at a frog and lost his mom. He can not spot his mom.

Is Mom at the camp? No. Mom is not at the camp. Is Mom in the sandbox? No. Mom is not in the sandbox.

Dom stops at the pond. He can see his mom! He runs to his mom. Dom and his mom look at frogs in the pond.

UFLI Home Practice

Our end of the week phonics assessment will include each of these skills, please have students reading these words each day.

Read and Write: Reading and writing words with the the short o sound.

Read and write the words.

Read

Write with help

Write on your own

frog

frog

spot

spot

drop

drop

plot

plot

cost

cost

Review Irregular Words: Read & Write irregular word. Grown ups, read the word to your student, have them write the words on a separate piece of paper.

The spelling of these words will be assessed.

he
♥

be
♥

me
♥

from
♥

UFLI Home Practice

Listen and build: Using letter tiles, writing paper, or online word mat, build the following words. Grown ups read the words to your student and have them write or build the word, changing the sounds as you read.

cost → lost → loft → soft

plot → slot → slob → blob

Sentences:

Read the sentences below, rewrite them with your best handwriting. Circle words with short vowel o and underline irregular words.

1. He did not stop me.

2. I got the prop from him.

Grade 1 - Day 1

Art

Look out the window and draw what you see.
Copy a picture from a book or magazine.
Draw your favorite snack or toy.

Music

Create sound effects to your favorite book or poem. Tell the story with sounds. If the story has a bird, can you make a chirping sound? What sound would a car or the wind make?

Name _____

1. Count the number of apples.



Write your answer here.

2.

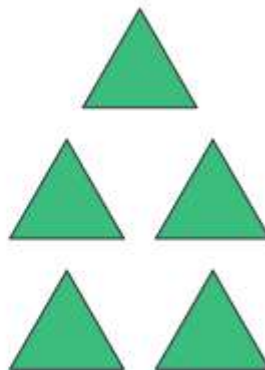
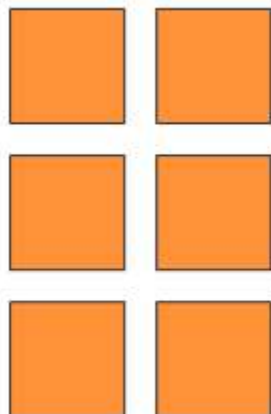
$$1 + 2 =$$

3. Name this shape.

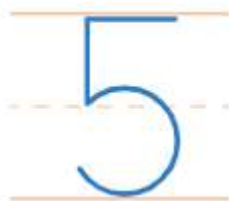
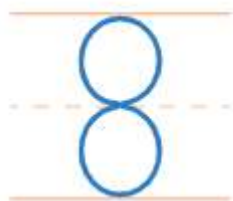


4. Which is taller, a tree or a flower?

5. Circle the group that has fewer things.



6. Circle the number that is more.



7. How many dots are there?



8. Write an expression for the picture.



9.

$$5 - 3 =$$

10. Jada saw 3 birds on the ground and 7 birds in a tree. How many birds were there altogether? Show your thinking.

Indoor Physical Activity Checklist for Kindergarteners and First Graders

Choose 3 of the activities listed below. Once completed, check the items off of the list.

- **Jumping Jacks** – Count and do 10-20 jumping jacks.
- **Animal Walks** – Pretend to be different animals (bear crawl, crab walk, frog jumps).
- **Ball Toss** – Throw a small ball (or rolled-up sock) into a basket or bucket.
- **Balance Beam** – Use a piece of tape or a scarf on the floor and walk along it like a balance beam.
- **Yoga Poses** – Practice simple poses like tree pose, downward dog, and cat-cow.
- **Simon Says with Movement** – Play a game of Simon Says focusing on physical movements.
- **Dance Party** – Put on favorite songs and dance freely for 5-10 minutes.
- **Obstacle Course** – Set up pillows, chairs, or other household items to climb over, crawl under, or weave through.
- **Balloon Volleyball** – Keep a balloon from touching the ground using hands or a soft paddle.
- **Follow the Leader** – Lead themselves or siblings in different movements (marching, hopping, skipping).
- **Hopscotch** – Create a hopscotch grid on the floor with tape and practice hopping.
- **Beanbag Toss** – Toss a beanbag (or rolled-up sock) onto marked spots on the floor.
- **Jump Over Lines** – Lay string or tape on the floor and practice jumping over it.
- **Marching Band** – March around the house to a rhythm, using pots and pans or toy instruments.
- **Wall Push-Ups** – Stand a short distance from a wall and practice pushing against it.
- **Freeze Dance** – Dance when the music plays and freeze when it stops.
- **Sock Skating** – "Skate" on smooth floors with socks on.
- **Shape Stretching** – Stretch their body into different shapes (circle, triangle, star).
- **Stepping Stones Game** – Use paper or cloth to create "stones" to step on and avoid touching the "lava."
- **Pretend Trampoline** – Pretend the floor is a trampoline and jump up and down gently.
- **Chair Yoga** – Sit on a chair and do stretches like reaching arms up high, twisting, and touching toes.
- **Scarf Toss** – Toss scarves or lightweight cloths into the air and try to catch them.
- **Shadow Tag** – Try to "catch" their own shadow on the wall by moving quickly.
- **Toy Parade** – Push or pull toy vehicles, dolls, or stuffed animals in a "parade" around the room.
- **Rolling Race** – Lie on the floor and roll from one side of the room to the other.