

WGSD
Alternative Method of Instruction
(AMI)

First Grade

Day #4

Student Name: _____

Fred and the Tent

Illustrate the story here:



Fred is at camp. He must set up his tent. Oh no! The tent has a rip in it. Fred must mend the tent. What can help Fred mend the tent? A kit can help him mend the tent. Fred mends and tests the tent. It is set up!

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 e sounds. Read and write the words.

Read

Write with help

Write on your own

west

west

rent

rent

bend

bend

sped

sped

fled

fled

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.

you what have
♥ ♥ ♥ ♥

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.

send → sent → went → west

bled → fled → sled → sped

Sentences:

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

1. What fits in the tent?

2. Have you sent the text?

Title: *How Do Vibrations Make Sound?*

Objective:

Students will investigate and observe how vibrations create sound and how sound can make materials vibrate.

Duration: 20–30 minutes

Lesson Steps

1. Introduction Video



Explain to a family member or adult what is happening in the image above.

2. Investigation: Vibrations and Sound (10–15 minutes)

Provide step-by-step instructions for two simple investigations students can do at home.

Investigation 1: Vibrating Materials Make Sound



1. Answer the question: What happens when the rubber band vibrates?

Investigation 2: Sound Makes Materials Vibrate

Materials: Plastic wrap, a bowl, and some rice or small beads.



- 1.
 2. Sprinkle a small amount of rice or beads on the plastic wrap.
 3. Make a loud sound near the bowl (clap your hands, tap a spoon on the table, or play music).
 4. Watch the rice or beads move.
 5. Answer the question: What happens to the rice or beads when the sound is made?
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3. Observation Worksheet

Investigation	What did you do?	What did you observe?	Draw It!
Rubber band			

Plastic Wrap			
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4. Reflection Activity

Draw or write answers to these questions:

- "What makes sound?"
- "How does sound make things move or vibrate?"

Grade 1 - Day 4

Art

Cut out shapes from colorful paper to make a collage.

Create a picture using scraps from magazines or newspapers.

Make a card for someone special with glued decorations.

Music

Play a song and move your body to match the beat. When you hear the music, how does your body want to move? Can you move fast when the music is fast and slow when it's slow?

Name _____

1. Count the stars.



2. If there are 3 ducks and 3 more join, how many ducks are there?

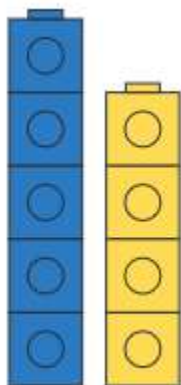
3. Name a shape with 4 sides.

4. Fill in the blanks.

$$\underline{\hspace{2cm}} + \underline{\hspace{2cm}} = 13$$

5. Han has 7 flowers. He gives Elena 1 flower. How many flowers does Han have now?

6. Write an expression for the picture.

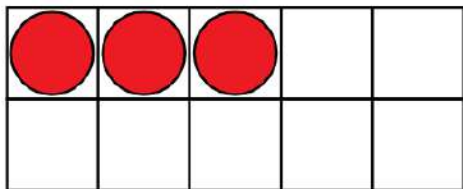
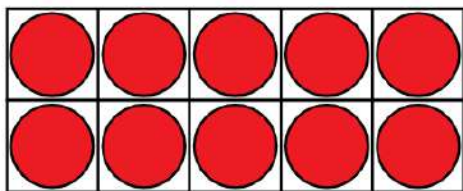


7. Ben has 7 crackers. He gives some crackers to his sister. He has 3 crackers left.
How many crackers did he give his sister?

8.

$$16 - 5 = \underline{\hspace{2cm}}$$

9. Show on the ten frames how you can find the difference between 13 and 8.



10. True or False?

$$5 + 5 = 6 + 4$$

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.