

**WGSD**  
**Alternative Method of Instruction**  
**(AMI)**

*Kindergarten*

**Day #4**

Student Name: \_\_\_\_\_

## 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.

## Grade K - 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

Listen to your favorite song and whistle to the song.

Learn a hand game to music. An example would be Miss Mary Mack or I Let her Go go. You can learn from a family member or on YouTube.

**Objective:**  
Students will make qualitative observations about objects, focusing on their size, shape, color, and mass.

**Duration:** 20–30 minutes

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**1. Interactive Activity: Scavenger Hunt**

- Instructions:**
- 1. Find 3 objects in your home.
  - 2. Draw each object in the boxes below.

Object	Draw It!	Size (Big/Small)	Shape (Round, Square, Other)	Color	Mass (Heavy/Light)

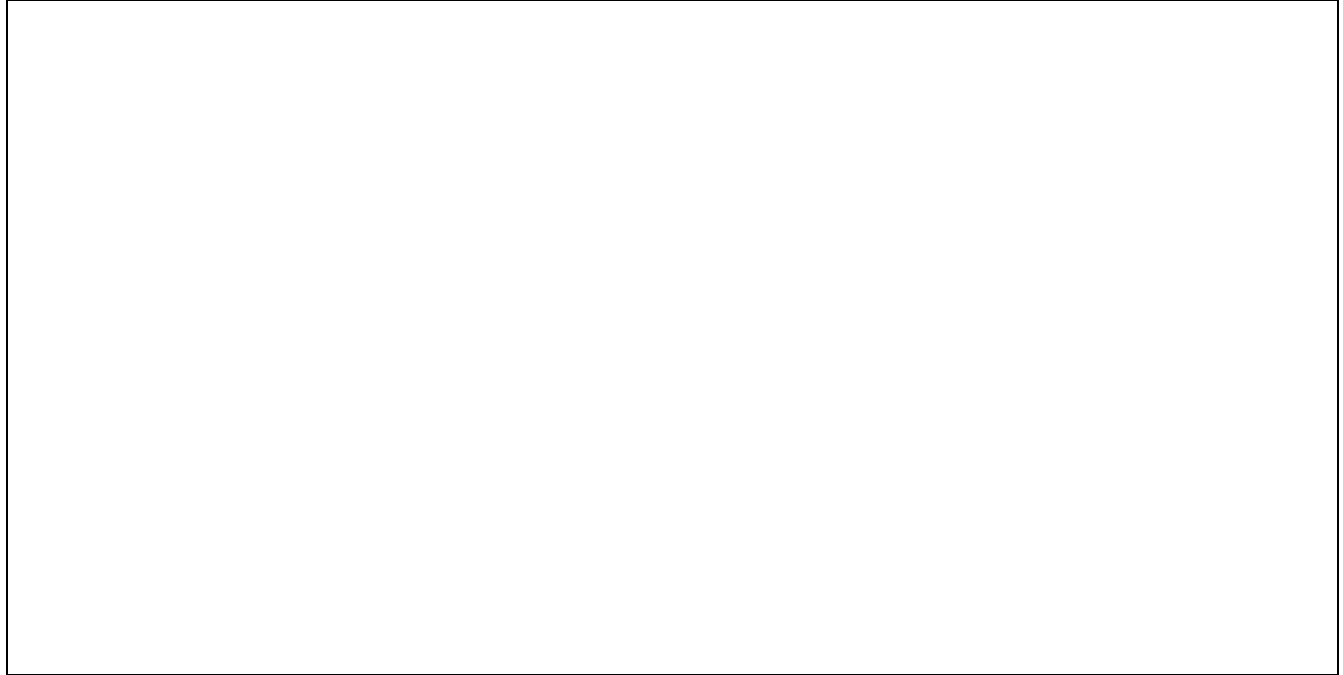
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3. Write or ask an adult to help you describe:

- The **size**: Is it big or small?
  - The **shape**: Is it round, square, or another shape?
  - The **color**: What color is it?
  - The **mass**: Is it heavy or light?
-

## Sam and Pam

Illustrate the story here:



Sam is tan. Pam is tan.

Pam is as tan as Sam.

Sam and Pam sat on the mat.

Sam and Pam tap the mat.

Sam and Pam tap and tap and tap.

Sam and Pam nap.

# 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 nasalized a (an, am) spellings and sounds. Read the words and write them.

Read

Write with help

Write on your own

an

an

fan

fan

pan

pan

am

am

Sam

Sam

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.



# 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.

an → man → fan → tan

am → Sam → Pam → Tam

## Sentences:

Read the sentence below, rewrite it with your best handwriting.

The man sat.

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Name \_\_\_\_\_

\_\_\_\_\_

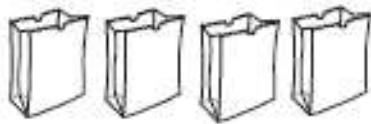
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1. How many objects are there? \_\_\_\_\_

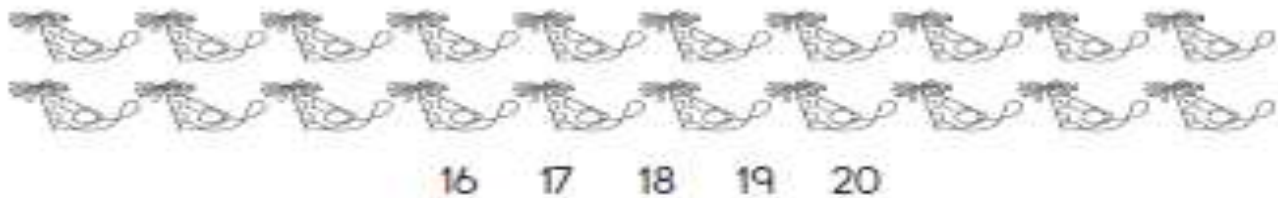
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How many would there be if 1 more object was added? \_\_\_\_\_



2. Count the objects aloud. Circle the correct number.



3. Circle all the triangles.



4. Draw 6 circles.

5. Circle the set that has more objects.



6. Use the ten frames to show the number sentence.

10 and 3 is 13



7. Draw a line to connect each shape with its name.



rectangle



hexagon



square

8. Count the objects aloud. Write the correct number.

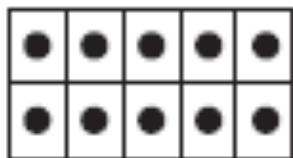


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9. Write the number sentence.



15 is \_\_\_\_\_ and \_\_\_\_\_