



HOWLAHA DHEERAADKA AH EE BARASHADA

FASALKA 1

Toddobaadk
a 1-aad

Waxqabadka Barashada

Fasalka 1aad Fasalka

koowaad, ardaydu waxay u baahan yihiin inay **akhriyaan qoraallada heerka fasalka iyagoo leh dhiirrigelin iyo taageero.**

Waalidku waxay ku taageeri karaan heerarkan (ardayda wax u akhriyaya nafsadooda, qof kale, ama dhagaysanaysa wax akhrinta) 20 daqiiqo maalin kasta.

Waxqabadka Toddobaadka 1-aad

- 1. 1-aad EE XANUUNKA CARRUURTA** **Qalabka:** Sanduuqyada ku yaal xagga hoose ee warqad, qalin ka dooro 10 eray oo ah "SIGHT WORDS" liiska. Ku qor sanduuqyada sagxadda hoose ee bogga. Ku celcelin akhriska kuwan maalin kasta.
- 2. LONI's TOWN (qoraalka gadaal)** ~sheeko : sheekosheeko ku saabsan gadaasha nashaadaadka, qalin u akhri cunuggaaga. Iyagu iskood ayey wax u aqrin karaan. Akhrinta ka dib, hel oo goobaabin 10 ama in ka badan ereyada aragtida ee aad ku akhriso sheekada (eeg liiska ku lifaaqan fasalka 1aad "erayga indhaha").
- 3. LONI's TOWN (text on dib)** ~sheekooyin: **Alaabtasheeko on dambe ee hawlaha**
u akhri sheekada ilmahaaga. Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "sifiican", sida aan u hadlayno. Kadib, cunugaada u sheego jilayaasha (**yaa**) oo adeegsada qeexitaanka ereyada sida, "smart", "dheer", "dhaqso".
- 4. LONI's TOWN (text on dib)** ~sheekooyin: **Alaabtasheeko on dambe ee hawlaha**
u akhri sheekada ilmahaaga. Iyaguwax u aqrin iskood ayeykaraan. Ku dhiirgali dhalaankaaga inuu wax ku akhriyo "sifiican", sida aan u hadlayno. Kadib, cunugaada ha sharxo "dejinta" sheekada (**meesha iyo goorta**). Sharaxaad ka bixi siyaabaha "BILAASHKA" loo beddelay waqti ka dib.
- 5. LONI's TOWN (qoraalka gadaal ka ah)** ~sheeko **Qalabka:** sheekada dusha ka socota dhaqdhaqaaqyada
Cunugaagu ha akhriyo sheekada mar labaad kaligiis ha ahaato ama ha yara caawiyo. Kadib, cunugaada ha "RETELL" ama qor "RETELL" dhacdooyinka sheekada oo qeexaya "bilow", "dhexe", iyo "dhamaadka".

Waxay Qoysasku Sameyn Karaan

- Dib u aqrinta sheekooyinka waxay ka caawineysaa dhisida akhrinta iyo kalsoonida cunugaaga.
- Waqti sii cunugaaga, oo arag inta erey oo sax ah oo ay ku akhriyi karaan 1 daqiiqo. Dib u akhri si aad u kordhiso saxnaanta iyo waqtiga si fiicnaanta.
- Xusuuso oo ku celceli ereyada uu ilmahaagu ku dhibtoodo inuu akhriyo.

Halkaan ku qor 10 erey oo aragga ah:

Loni's Town

By Ann Rossi

Illustrated by Jeff Hopkins

Loni loved her town. She spent time walking and shopping with her grandma. They bought bread at the bakery and shoes at the shoe store. From their apartment window, Loni and her grandma watched people walk and jog along the busy street. At the crosswalk, a guide dog was helping its owner cross the street. "Grandma, I love living here. I hope our town will never change," said Loni. "We have a great town, Loni," smiled Grandma. "But did you know that in the past, there were only farms here? It looked very different when my great-grandmother was a little girl.



"I'll get some pictures to show you." Grandma showed Loni a picture of a young girl. She was standing next to a house and barn. A cow was sticking its head out of a window in the barn. Behind the girl, a field of corn stretched down to the river. "Wow! I never knew our town used to be farmland!" exclaimed Loni as she pointed to the photo album. "Oh my, yes," said Grandma. "My great-grandmother's family farm had cows, sheep, and goats for milk." "They kept chickens too," continued Grandma, "but not for milk." Loni giggled. "There's no such thing as chicken milk, Grandma! Look, your great-grandma is gathering chicken eggs in this picture." Grandma explained that even transportation was different back then. Her great-grandmother's family traveled by boat, by horse, or on foot. There were dirt roads in the town. "What happened to all the farms and the dirt roads?" asked Loni. "More people settled here. Over time, farmers sold their land to builders. They built stores and schools. They paved the roads. It was a town when my grandmother was born. People moved there to find jobs," said Grandma. "This picture shows how different the town looked back then." Grandma handed Loni another picture. "When my mother was born, cars and horses shared the road. Years later, when I was born, you never saw a horse on the street." "Our town has changed a lot," said Loni thoughtfully. "I bet it will keep growing and changing, just like me."



Sight Words:

the	or	will	number
of	one	up	no
and	had	other	way
a	by	about	could
to	words	out	people
in	but	many	my
is	not	then	than
you	what	them	first
that	all	these	water
it	were	so	been
he	we	some	called
was	when	her	who
for	your	would	oil
on	can	make	sit
are	said	like	now
as	there	him	find
with	use	into	long
his	an	time	down
they	each	has	day
I	which	look	did
at	she	two	get
be	do	more	come
this	how	write	made
have	their	go	may
from	if	see	part

Siyaabo kale oo suurtoagal ah oo aad ugu celcelin karto ereyada aragga: Ka

- raadi kalmadaha ku xeeran gurigaaga, joornaalada, ama wargeysyada
- U isticmaal "ciyaar go'an" oo aad horey u leedahay oo ku qor ereyo aragga meelaha bannaan ee ciyaarta
- Ku qor ereyada aragtida dusheeda halxiraala aad horay uheshay oo aqri erayga aragtida markaad qormadeyda halxiraalaha ah ku
- qor "erayada arag" adigoo masax lugo lug ah
- Ku qor "erayada arag" qaanso roobaadka midabada
- Maalinta qorraxdu jirto, biyo ugu isticmaal fartaada ama rinjiga si aad wax ugu qorto Erayada ku lugeynaya
- Isbaarada isla markaana wax kula aqri Magnet qabow ku
- dhaji ereyada darbiga bartilmaameed ahaan. Tuur kubbad oo aqri erayga uu taabto. Erayada ayaa noqon kara dhibco qiimo leh.
- Erayada waxaa loo sameyn karaa "flashcards" ama ciyaaro xusuusta
- Ku qor erayga aragtida midab cad oo midab leh kuna calaamadee si aad u shaaciso.
- Ku celceliso ku-celinta ama ku qorista ereyada weedho.
- Ku celcelinta higgadinta "ereyada aragtida".

Waxqabadka Barashada ee Darajada 1aad ee Akhrinta

Fasalka 1

Heerarka Oregon waxay cadeeyaan codadka iyo wacyigelinta codka sidii xirfada mudnaanta koowaad ee fasalka koowaad. Hawlahaani waxay ka caawin doonaan cunuggaaga inuu akhriyo ereyada.

Hawlaha usbuuca 1-aad

1. **Ku celceli xirfadda wacyigelinta astaamaha: Qaybinta dhawaaqyada erayada.** **Qalabka:** Tani waa hawlo hadal ah oo lagu qaban karo ereyadaad doorato.

Waalidku waxay dhahaan erayga oo dhan. Cunuggu wuu soo celiyaa ereyada ka dibna wuxuu ku yiraahdaa dhamaan codadka erayga.

Parent: drum	Child: drum /d/ /r/ /u/ /m/
Parent: braid	Child: braid /b/ /r/ /ai/ /d/
Parent: fan	Child: fan /f/ /a/ /n/
Parent: grump	Child: grump /g/ /r/ /u/ /m/ /p/
Parent: dress	Child: dress /d/ /r/ /e/ /ss/

2. **Ku celceli ereyada dhawaaqa ka soo baxa qoraalka, “Buug”.** **Qalabka:** Sheekadu waxay ku taal bogga xiga. Ku dhawaaqa ereyadan:

bump, rug, wag, flat, mug.

Dadka waaweyni waa inay tilmaan u ahaadaan erayga, oo cunugga ha u sheego dhammaan dhawaaqyada erayga isaga oo aan joojin codadka dhexdooda. Tusaale:

Parent points to Bump.
Child: /b-u-m-p/ Bump

3. **Akhri sheekada.** **Qalabka:** Sheekadu waxay ku taal bogga xiga.

Ardaydu ha ku celceliyaan akhriska sheekada (marar badan).

4. **higgaadinta** **Qalabka:** Erayada sheekada “Buunbuun.”

U sheeg ereyga cunuggaaga. Cunugaaga ha ku celiyo erayga, oo ha ku dhawaaqo codadka erayga (kor u qabo farta cod kasta).

Waxay Qoysasku Sameyn Karaan

- Aqri qoraalka kasta oo guriga ku yaal ee ardaydu ku raaxeystaan.
- Ku celceli inaad ereyada ugu kala jejebtaan dhawaaqyadooda shaqsiyeed. Sheeg eray oo cunugga ha kuu sheego dhammaan dhawaaqyada eraygaas.
- U oggolow carruurtu inay ku celceliyaan ereyada dhawaaqa leh ee laga helo guriga (buug, joornaal, internetka, sumadaha).
- Sii cunugaaga ereyo uu higgaadiyo. U oggolow inay dhawaaqaan dhawaaqyada ka dibna u oggolow inay qoraan erayga.

Read/use the decodable text for activities: **A Bump Mugs**

Mugs is not here.

The rug is flat.

The rug has a bump.

The bump can wag.

It is Mugs.

Mugs the dog was a bump in the big rug.

Waxqabadka Barashada ee Qorista

Fasalka 1

Heerarka Aasaasiga ah ee Oregon waxay doonayaan ardayda fasalka koowaad inay kaqaybqaataan cilmi baaris la wadaago iyo mashruucyo qoraal ah (tusaale, sahli dhowr "sida loo sameeyo" buugag ka hadlaya mowduuc loo isticmaalo una adeegsada inay qoraan tilmaamaha taxanaha).

Waxqabadka usbuuca 1aad

1. Sida loo sameeyo canjeelada

Qalabka: warqad, qalin, qalloocyo

Ilmahaaga ha daayo oo ha kaa caawiyo sameynta canjeelada.

- Ardayda ayaa qori doona oo sharixi doona tilaabo kasta oo nidaamka ah iyagoo isticmaalaya ereyada kala guurka.

Tusaale: Marka hore, Kadib, Xiga, intaas kadib, Kadib, Ugu Dambeyn.

* Si loo ballaariyo waxqabadka waa inay calaamadiyaan sawirada oo ay qortaan liistada walxaha.

2. Sida loo sameeyo rooti

Qalabka: warqad, qalin, dhadhanka

Ilmahaaga ha daayo oo ha kaa caawiyo sidii aad u dooran lahayd rooti.

- Ardayda ayaa qori doona oo sharixi doona tilaabo kasta oo nidaamka ah iyagoo isticmaalaya ereyada kala guurka.

Tusaale: Marka hore, Kadib, Xiga, intaas kadib, Kadib, Ugu Dambeyn.

* Si loo ballaariyo waxqabadka waa inay calaamadiyaan sawirada oo ay qortaan liistada walxaha.

3. Sida loo sameeyo sariirtaada

Qalabka: warqad, qalin, dhadhanka

Ilmahaaga ha daayo oo ha kaa caawiyo sidii aad sariirta ugu dhigi lahayd.

- Ardayda ayaa qori doona oo sharixi doona tilaabo kasta oo nidaamka ah iyagoo isticmaalaya ereyada kala guurka.

Tusaale: Marka hore, Kadib, Xiga, intaas kadib, Kadib, Ugu Dambeyn.

* Si loo ballaariyo wax qabadkan waa in ay jihooyinka ay ku laalaadaan sariirtooda oo ay u tixraacaan maalin kasta.

4. Sida loo xirxiro kabahaaga

Qalabka: warqad, qalin, dhadhanka

Ilmahaaga ha fiiriyo oo ha kaa caawiyo inaad xirxirto kabo.

- Ardayda ayaa qori doona oo sharixi doona tilaabo kasta oo nidaamka ah iyagoo isticmaalaya ereyada kala guurka.

Tusaale: Marka hore, Kadib, Xiga, intaas kadib, Kadib, Ugu Dambeyn.

* Si loo dheereeyo nashaadaadkan waa inay ku celceliyaan xirashada gogosha.

5. Sida loo sawiroxayawaanka ee aad ugu jeceshahay

Qalabka: warqad, qalin, dhadhansi

Ilmahaaga ha sharxo sida loo sawiro xayawaankooda ay jecel yihiin taxane ah lix tillaabo.

- Ardayda ayaa qori doona oo sharixi doona tilaabo kasta oo nidaamka ah iyagoo isticmaalaya ereyada kala guurka.

Tusaale: Marka hore, Kadib, Xiga, intaas kadib, Kadib, Ugu Dambeyn.

* Si loo ballaariyo waxqabadka waa inay calaamadiyaan sawirada oo ay qortaan liistada walxaha.

Waxay Qoysasku Sameyn Kartaan

- Iyagoo kaashanaya fikradda ah "sida loo isticmaalo" luqadda, ardaydu waa inay gartaan goorta wax loo qabanayo si isku xigta.
- Ka wada hadla sida ku sameynta wax "amar khaldan" ay dhibaatooyin u keeni karaan. (Kabo gasho

kabahaaga Kadibna xiro sharaabaadahaaga) !! Tani macno malahan. Kala hadal sababta ay muhiimka u tahay in howlaha loo qabto si isku xigxiga.

Tusaale sheeko dhameystiran:

How to Wash a Dog



tub

First, put the dog in the tub. Bring a towel, shampoo and a hose.

hose

Then, fill the tub with water from the hose.

water

Next, shampoo the dog. After that, rinse the dog with water.

towel

Last, use the towel to dry off the dog. If he was a good boy, give him a treat!

Hawlaha barashada ee xisaabta

Fasalka 1

Heerarka xisaabta Oregon waxay cadeeyaan kordhinta **isku xigxiga tirinta, akhriska, qorista / ama tirinta illaa 120**, oo ka bilaabanta tiro kasta oo ka yar yahay 120.

Week 1 Hawlaha

1. **qasiidooyinka Tirinta:** **Qalabka** 120 shaxda (eeg xagga dambe ee boggan ku yaal), qalin

Isticmaalka ardayda 120 shaxda:

- Chorally count ka 1-120 aad ardayga ka dib markii tiro ee isku xigxiga.
- Doorro tirada kala duwan oo aan kala sooc lahayn loo doortay ka soo shaxda, waxay leeyihiin ardayda aad garto tirada iyo sii tirinta on inay 120.
- Aad ardaygaaga tirinta dhaqanka by 2s, 5 iyo 10 ee.
- **Caqabada:** Ilmahaaga ha u akhriyo lambar / ka dib gadaal lambarrada wax kayar 120.

2. **Qiimee Lambarka** **Qalabka:** qalin, 120 jaantus, shay yar

U oggolow ardaydaadu inay kululeeyaan iyagoo si isdaba joog ah u tirinaya lambarrada 1-120.

Ciyaarta: Adigoo adeegsanaya shay yar ama fartaada, ku dabool lambar tirokoobka 120ka. U oggolow ardaygaagu inuu isticmaalo aqoontiisa tirakoobka iyo qaababka lambar si uu u maleeyo tirada. Tan u samee si isdaba joog ah si aad ugu celceliso aqoonsashada iyo xisaabinta lambarro badan.

Caqabada: Dabool lambaro fara badan (ha noqoto mid bakhtiyaa nasiib ah ama isku xigta) oo ha arkee ardayda inay aqoonsadaan dhamaan nambarada daboolan.

3. **Buuxi 120** **Qalabka Jaantusyada:** qalin, oo dhammeystiran oo maran 120 jaantus

Ardayda ha kululeeyaan iyagoo si isdaba joog ah u tirinaya lambarrada 1-120.

Sii ardayda khariidad madhan oo 120 ah. U oggolow ardayda inay si madaxbanaan u buuxiyaan tirooyinka 1-120. Caawi hadba sida loogu baahdo.

Ikhtiyaar: Ciyaar casharka 2aad oo leh jaantus cusub oo dhowaan la buuxiyay.

4. **Tirinta 10 ee & 5 ee** **Qalabka:** gooldhalinta 120 iyo qalin / qalinka / crayon / highlighter

Hayso ardayda aad kululeeyo tiro chorally tirinta 1-120.

Ka eeg ardaygaaga jumladaha 120-aad. Ka wada hadal astaamaha lambarrada ogeysiiska ardayga ee u dhexeeya lambarada (saf saf iyo sadarro-1 iyo 10 ee). Adigoo adeegsanaya qalin, dhagaxyo, wiish weyn, iwm. Ku sawiro goobaabo badan 5, iskana dhaji seddexgeesood dhammaan isugeynta 10. Ku celceli tirinta tirinta hadal ahaan 10-ka iyo 5-aad.

Caqabada: muuji dhulal badan oo 2 oo tirin 2's. Ardeydu ha ku laabtaan gadaal 5s iyo 10s laga soo bilaabo 120 ama lambarada si aan kala sooc lahayn loo xushay.

5. **Tirinta** **Qalabka** Family: 2 ama dad ka badan

Hal qof qaado tirada u dhexeeya 1-120 iyo qaadan markooda si tirinta kor ama hoos ka tiro in. Ka dhig mid xiiso leh iskuna day inaad tiraahdid isla markaana sida ugu dhakhsaha badan ee aad kari karto u rog.

Wareegii wuu dhammaaday markii qof qaato waqti badan, ma yaqaan tirada, ama ereyadooda wuu ka xanaajiyaa!

Waxa Qoysasku Sameyn Karaan

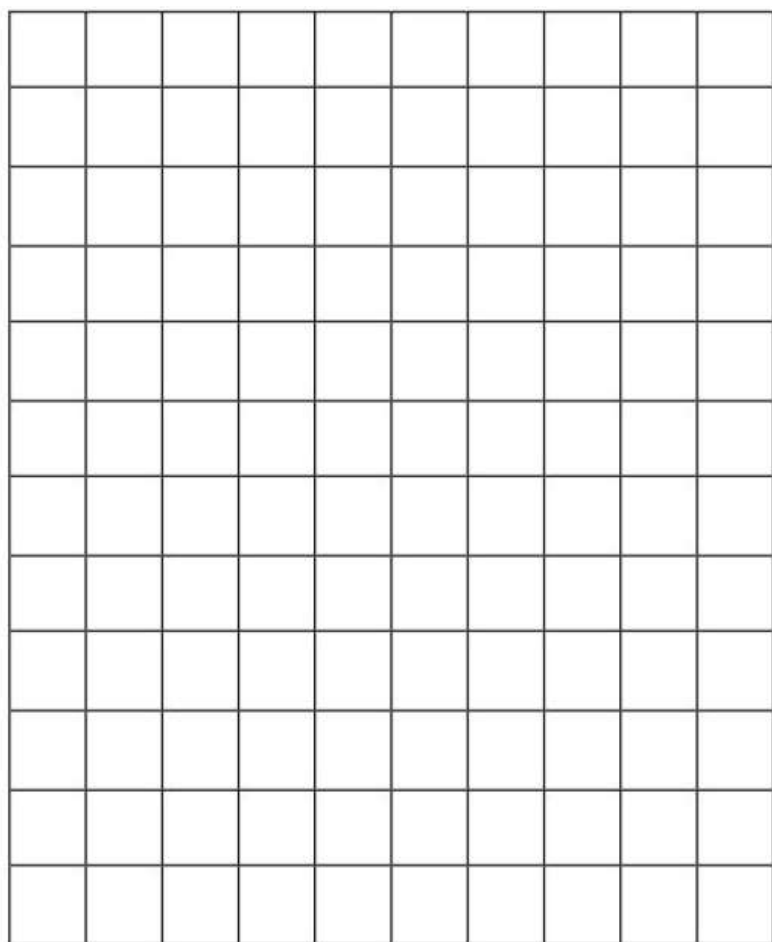
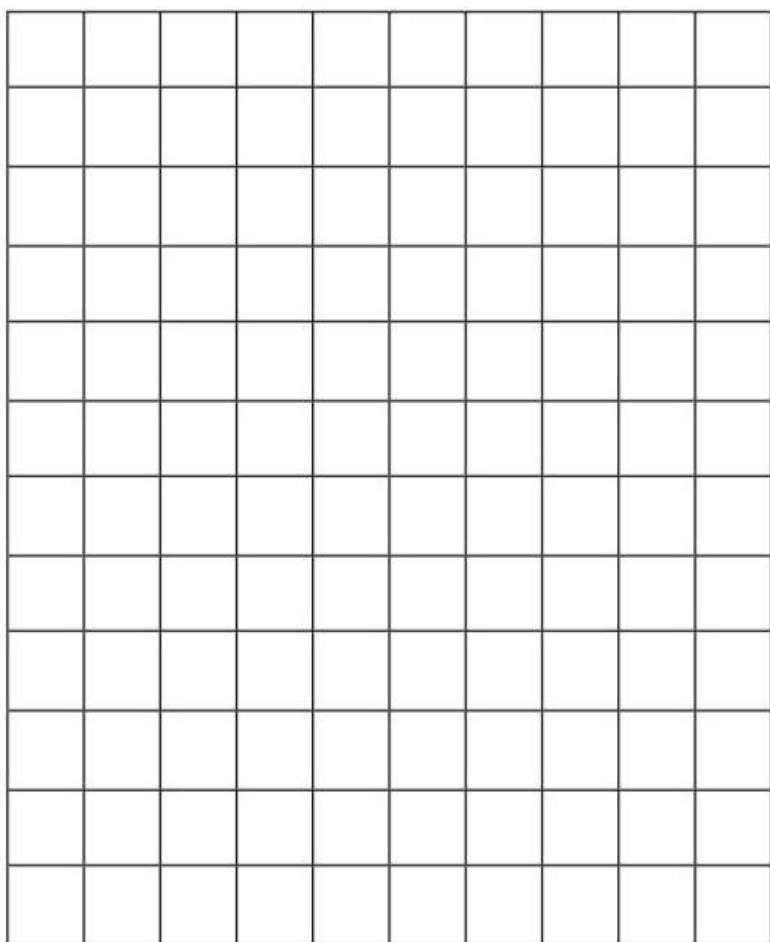
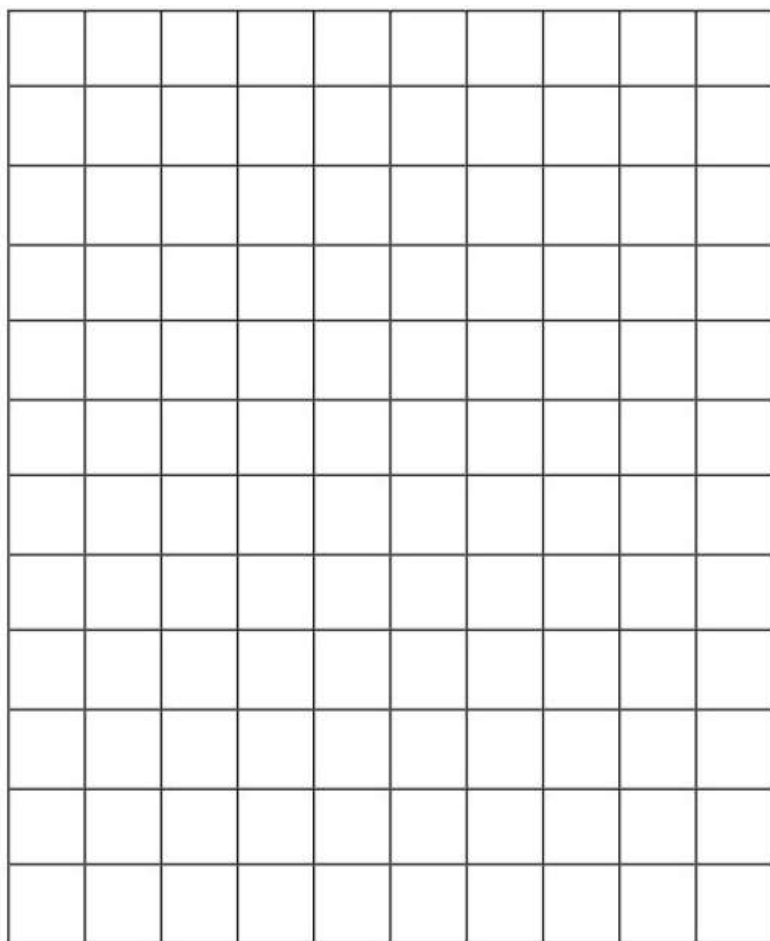
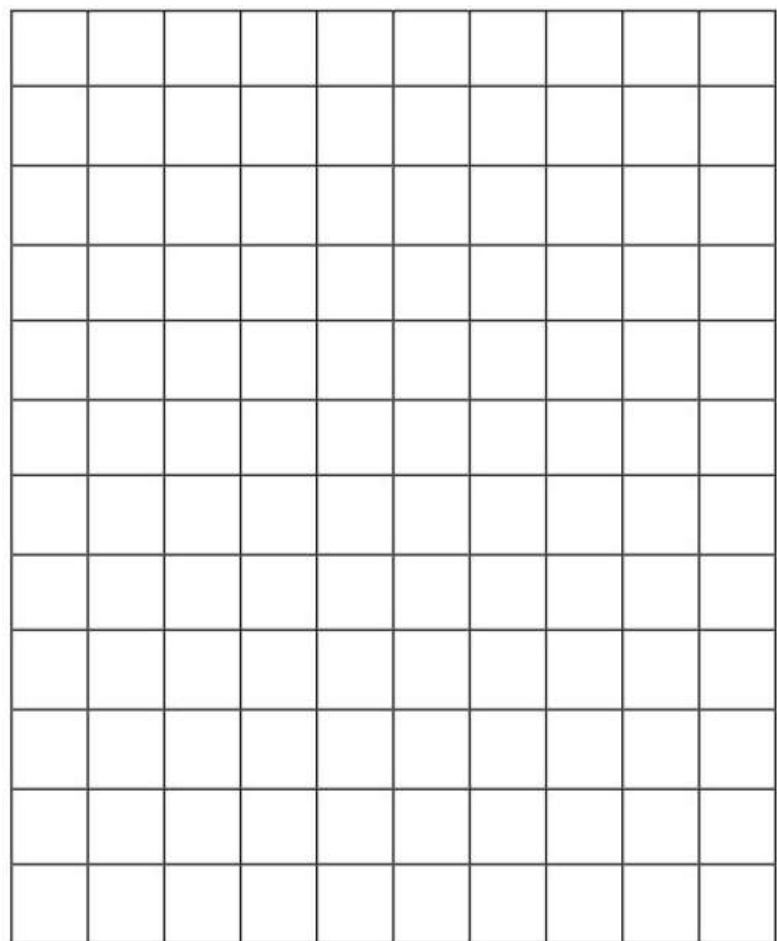
- Agabashada walxaha nolol maalmeedka ayaa ugu fiican barashada. Ardaydu way tirin karaan walxaha ay ku arkeen guriga, baabuurka, bakhaarka, iwm. Ka dhig farxad iyo is dhexgal ardaygaaga.
- Fikradaha dheeriga ah: tirin calaamadaha joogsiga aad ka aragto gaariga, qabo tiro alaab ah oo tiriso, ardaydu ha qabsadaan alaabo badan intii ay karaan 1 daqiiqo ka dibna tirin karaan.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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111	112	113	114	115	116	117	118	119	120

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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111	112	113	114	115	116	117	118	119	120

1	2	3	4	5	6	7	8	9	10
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101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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61	62	63	64	65	66	67	68	69	70
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91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120



Waxqabadka Barashada

Fasalka 1aad

Halbeegga Halbeega Sayniska wuxuu sheegaa in ardayda fasalka koowaad inay awood u yeelan karaan inayarkaana aragtida qorraxda, dayaxa, iyo xiddigaha si ay u sharraxaan astaamaha la saadaalin karo. Hawlahaas waxay ka caawin doonaan cunuggaaga inuu garto oo sahmiyo waxyaabaha iyo astaamaha cirka ku jira.

Hawlaha Toddobaadka

1. Kormeerka Xiddigaha

Qalabka: Waraaq, Qalin, Crayons

Dibadda ula aad qof weyn fiidkii habeen cad. La soco xiddigaha. Miyaad arki kartaa qaab xiddig kasta? Xiddigaha qaar miyey ka sii iftiimayaan kuwa kale? Sawiro sawiro xiddigaha kadib markaad daawatid.

2. indhaDayaxa

Qalabkaindheeynta: Waraaq, qalin, qalcado

U tag banaanka adoo wata qof weyn fiidki habeen cad. Fiiri dayaxa. Waa maxay nooca wajiga bisha? Tan waad sameyn kartaa habeen walba oo isbuuca ah oo fiiri haddii wajiga dayaxu uu isbedelayo haba yaraatee. Sawir dayaxa iyo aragtidaada.

3. Buugga Wajiga Dayaxa

Qalabka: Waraaq, Qalin, Dhajisyowejig

Samee buug lehkasta oo dayaxa ku yaal. Sawiro masawiro weji kasta, sumadna weji kasta.



4. Isku Sawirka

QalabkaMuuqaalkaWaxyaabaha: Xaashiyaha, Xaashiyaha, Quruxda, Xaashida Dhismaha

Isticmaal xaashida xaashida ee bogga ku xigga si aad u sameysato unugyadaada. Isku xidhka dhibcaha si ay u sameeyaan unugyo kala duwan.

5. Solar System

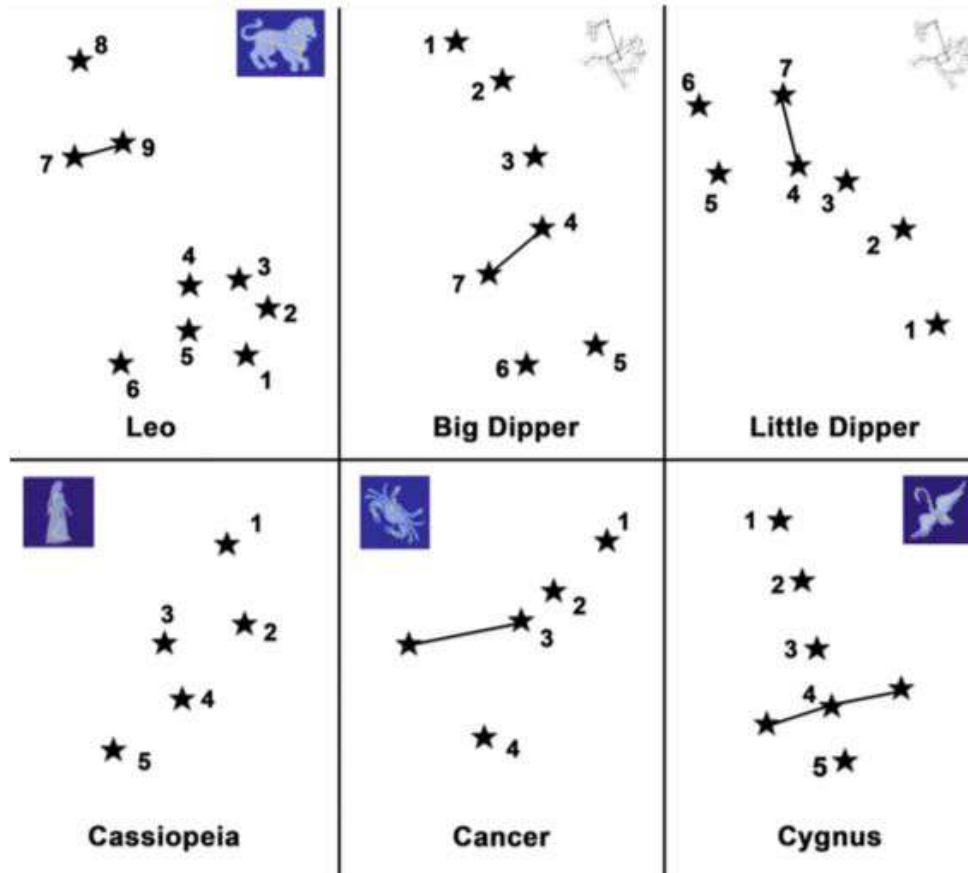
Qalabka: Paper, qalin

List 4 waxyaalaha ku jira nidaamka qorraxda. Nidaamka qorraxda waxaa ku jira 1. _____ 2. _____ 3. _____ 4. _____. U sheeg xubin reerka ah wixii aad ka ogtahay wax kasta oo aad qortay.

Waxay QoysaskuDoodi Karaan

- KaKala Hadal Qaabka Xiddigaha, Wajiyada Dayaxa, iyo Nidaamka Qorraxda Toddobaadka oo dhan.
- Marxaladaha Dayaxa: Bisha, Saddexaad Saddexaad, Waning Gibbous, Dayax buuxo, Waxing Gibbous, Quarter First, Crescent Bisha.

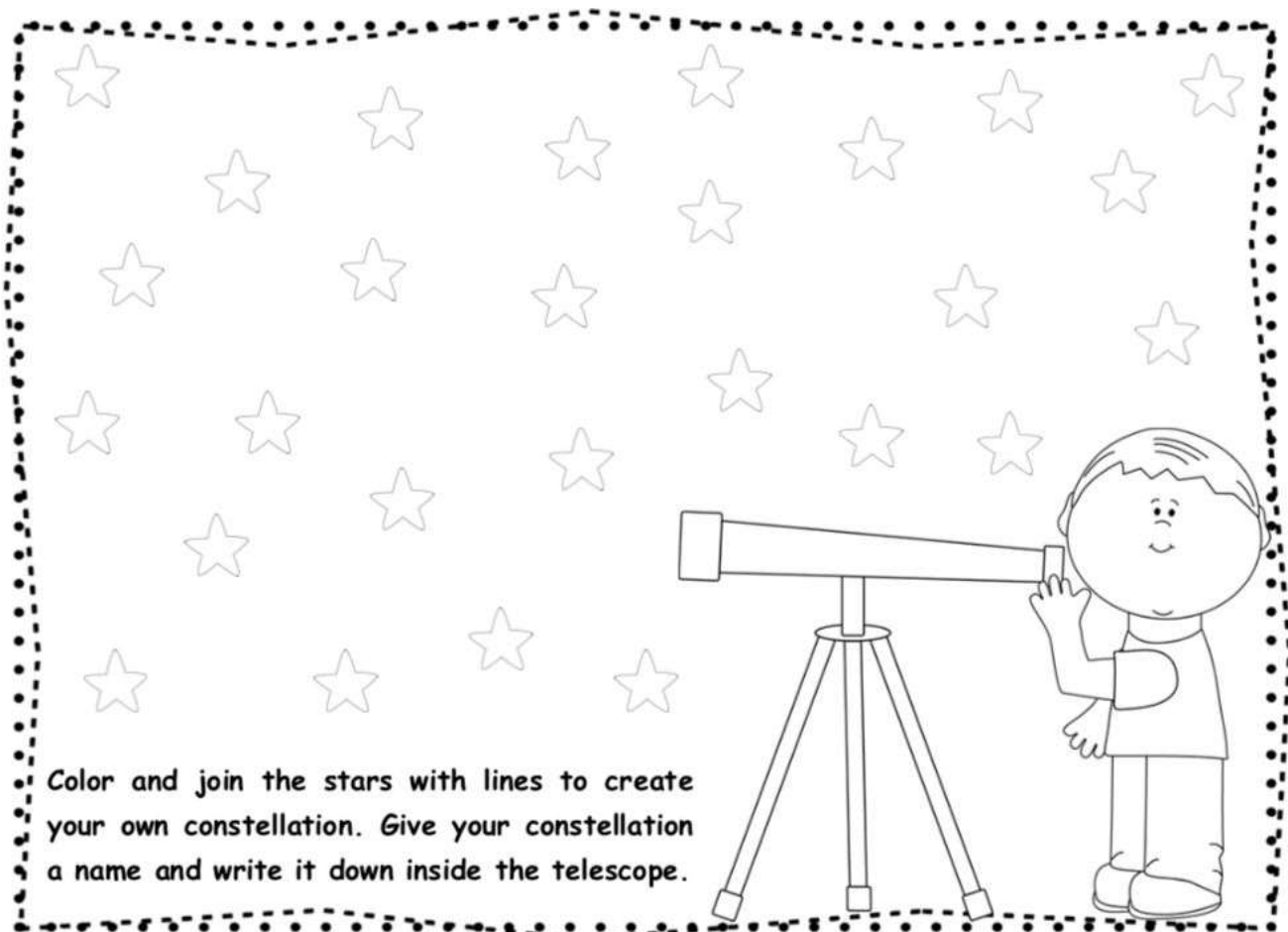
Connect the dots to make a constellation



Constellations

Every year the sun slowly passes through 12 constellations known as the Zodiac.

Some star patterns have their own names but are not whole constellations. The Big Dipper is made up of 7 stars in the Great Bear constellation.



Waxqabadka Barashada Daraasaadka Darasaadka Bulshada

Fasalka 1

Heerarka Aasaasiga ah ee Oregon waxay doonayaan ardayda fasalka koowaad inay awood u yeeshaan inay xakameeyaan khariidadaha (ay ku jiraan khariidadaha maanka), garaafyada, iyo waxyaabaha kale ee matalaya meelaha la yaqaan.

Week 1 Hawlaha

1. Map of Myhurdada:

Qalabka: Paper, qalin, qalmaanta midabyada leh / qalimo midabo kala

soo bax map a of qolkaaga aad seexato.

- Ku calaamadee oo midabee waxyaabaha aad ku haysatid qolkaaga sida sariirta, dariishadda, albaabka, armaajo, dharka labiska, iwm.
- Adeegso midab iyo faahfaahin!

2. Khariidada Guriga

Qalabka: Waraaq, qalin, midabyo / qalimaan midab leh

Samee khariidadda gurigaaga.

- Sawir oo calaamadi qolalka

3. Khariidadda Skuulka

Qalabka: Waraaq, qalin, midab / qalimaan midab leh

U samee oo sumadee khariidada dugsigaaga.

- Ku dar fasalkaaga, xafiiska, kafateeriyada, jimicsiga iyo maktabada.
- Ku dar midab.
- Tani waxay qaadan kartaa dhowr maalmood.

Waxay Qoysasku sameyn karaan

- Akhri, ka wada hadlaan uguna shaqeeyaan howlaha kor ku xusan adiga iyo ardaygaaga koowaad.
 - Maxay khariidaduhu muhiim u yihiin?
 - Maxaa dhici kara hadaadan khariidad lahayn?
- Eeg khariidadaha meelaha muhiimka u ah taariikhda qoyskaaga.
- Ka raadi garaafyada wargeysyada
- Nasasho!

Waxqabadka Barashada eeCaafimaadka

Heerka1

Heerarka caafimaadka Oregon waxay ardayda uga baahan yihiin inay fahmaan fikradaha la xiriira dhiirrigelinta caafimaadka iyo ka hortagga cudurka si kor loogu qaado caafimaadkooda. Hawlaha soo socdaa waxay ardaygaaga xusuusin doonaan jeermiga iyo sida aan uga hortegi karno fiditaanka iyo cudurka.

Waxqabadka usbuuca 1aad

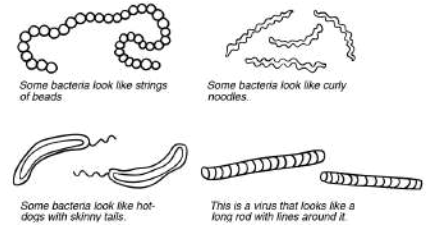
1.

Waxay u egyihiin Jeermigyadu

Qalabka:kasta **HAL** oo ka mid ah waxyaabaha ku qoran: dhoobada ciyaarta, baastada qalalan, kuul,, iyaguna u, digir qalalan ama warqad iyo qalin ku dhaansato.

Sharax: Waxa jira noocyo badan oo jeermis ah. Jeermisyada qaarkood waxaa loo yaqaan fayras. Fayrasyadu waa noocyada ugu yar ee jeermiga. Bakteeriyada waa nooc kale oo jeermis ah. Way caawin karaan, ama waxyeello ayey yeelan karaan. Bakteeriyada waxyeelada leh way naga qaadi kartaa bukaanka. Jeermisyada oo dhami way kala duwan yihiin, halkan waxaa ku yaal sawirka waxa jeermisku u eg yahay.

Samee jeermis adiga kuu gaar ah adigoo adeegsanaya agab kala duwan oo kor ku xusan ama ku soo jiid warqad.



2.

Heesta Gacmo-dhaqashada

Qalabka:saxanka, saabuun, shukumaan

Sharax: xoqeen oo ku rugto saabbuunta caawisaa jeermiska wiish off of our maqaarka si biyaha iska maydhaa iyaga karo. Waa inaan dhaqnay gacmaheena kahor cunista, ka dib markaan isticmaalno musqusha, ka dib marka aan ku ciyaarno bannaanka, ka dib marka aan ku ciyaarno xayawaan rabaayad ah, ama waqti kale oo gacmahayaga iyo ciddiyahaaga u muuqdaan inay wasakh yihiin.

Ku celceli gacmahaaga gacmaha inta aad heeso ABC ka. Hubso inaad ku maydho biyo diiran, saabuun oo aad gacmahaaga xoqtid dusha sare, inta u dhexeysa farahaaga iyo xitaa inaad gacanta ku qabato. Kadib biyo raaci oo qalaji!

3.

Qari oo Raadi Germs

Qalabka: midna ha ku

celcelinin ugaarsashada jeermiga adigoo ciyaaraya ciyaar. Hal qof oo qoyskaaga ka mid ah ayaa noqon doona "saabuun" halka dadka kale (ama hal qof oo keliya) ay noqon doonaan "jeermiga". Jeermiga wuxuu ku dhuumanayaa meel guriga ka mid ah saabuunahuna wuxuu ku safri doonaa guriga oo dhan ilaa ay ka helayaan jeermiga oo dhan! Nasasho!

4.

Tilmaamaha Caafimaadka leh

Qalabka: warqad, warqad qalin / midab leh

Abuur shax la mid ah kan hoose. Jaantuska ku dheji qaboojiyahaaga, albaabka qolka jiifkaaga, ama meel kale oo aad maalin walba ku arki doontid. Gali xiddig santuuqa maalin kasta oo aad sameyso wax aad ku caafimaad qabtid.

Dhaq gacmahaaga kahor cunnada	Dhaq gacmahaaga ka dib musqusha ka dib
Dabool qufacaagaaga iyo hindhisadaada	tirtir waxyaabaha aan taabanno (miisaska, garaacyada albaabbada)

Waxa Qoysasku Sameyn Kari karaan

- waxay maalin walba caado u tahay inaad gacmahaaga dhaqdo cuntada ka hor.
- Ku celceli inaad wajiigaaga taaban ama gacmahaaga iyo waxyaalahaaga afkaaga gelin.
- Ku dhiirrigeli ardaygaaga in uu gacan ka geysto tirtirka sagxadaha guriga ee badanaa la taabto.
- Ku dhiiri geli ardaygaaga inuu cuno cunnooyin caafimaad leh si kor loogu qaado nidaamkaaga difaaca ee ka caawiya la dagaallanka jeermiska.

Waxqabadka Barashada Farshaxanka

Fasalka 1

Habka aasaasiga ah ee aan u soo aragno adduunkeena oo aan u muujin karno nafteena waa farshaxanka, iyo barashada farshaxanka waxay horumarisaa xirfadaha iyo awoodaha lagama maarmaanka u ah muwaadiniinta guuleysta qarniga 21aad.

Toddobaadkan waxaan ku bixinaynaa waxqabadyo anshaxaka **qoob--ciyaarka**.

Waxqabadka usbuuca 1

1 dhaqdhaqaaqa ee muuqda

Qalabka: lammaane, meel bannaan inaad ku

dhaqaaqso Istaag wehelkaaga. Qiyaas inaad naftaada muraayad eegayso. Hal qof ayaa dooranaya dhaqdhaqaaqyada halka lammaanaha kale uu raacayo hogaankooda oo muraayad u sameynaya dhaqdhaqaaqyadaas. U wareeji adiga oo mas'uul ka ah dhaqdhaqaaqa.

Heerka Farshaxanka Caannimada ah: DA: Pr5.1.1.a Muuji noocyo dhaqdhaqaaqyo ballaaran oo dhaqdhaqaaqyo iyo dhaqdhaqaaq la'aan ah, qaab dhismeedka jirka, iyo jihada leh wacyigelinta meelaha.

2. Balance Activity

Qalabka: line A dabaqa ama dhulka, meel bannaan oo ay u guuraan

Raadi line a gurigaaga ama meel ka baxsan (tusaalooyin qaar ka mid ah ayaa laga yaabaa inuu ku laayeen ee ku dedday, line a duubay dabaqa, line a on sallaxa ah ama maraan , xariiq laga soo qaaday wasakhda). Ku celceli ku-socoshada sadkan adigoo midba midka kale hor taagan. Marka xigta, isku day inaad isku miisaamid hal lug kadib markaad 2 tilaabo qaaddo khadka. Ku celceli isku dheellitirka cag kasta. Loogu talo galay inaad isku daydid isku-dheellitirid kaladuwan sida, cag ilaa canqowga ama cagta ilaa jilibka. Eeg haddii aad ku taaban karto khadka labada lugood iyo hal gacan ama labada gacmood iyo hal lug.

Heerka Farshaxanka Lagu Daray: DA: Pr5.1.1.b Muuji isu-dheellitir inta aad taagan tahay iyo inaad si amaan ah u socoto, adigoo sii wadanaya boos shaqsiyeed.

3.ABC

QalabkaQalabka: meel bannaan oo la dhaqaaqo

Fiiri imisa xuruuf oo alifbeeteed ah oo jidhkaaga ku dhejin kara. Qof qoyska ka mid ah ha noqdo dhagaystayaasha oo ha qoro xarfaha aad sameyn karto adigoo jidhkaaga u adeegsanaya!

Heerka Farshaxanka Caannimada ah: DA: Pr6.1.1 Qoob-ka-ciyaar loogu talagalay dadka kale meel bannaan halkaas oo dhagaystayaasha iyo dadka wax soo bandhigayaa ay degaan meelo kala duwan.

Waxay Qoysasku Sameyn Kartaan

- Qoysasku waxay yeelan karaan xaflad qoob-ka-ciyaarin si ay reerka oo dhan u guuraan. Haddii aad ubaahantahay fikrado GoNoodle waa degel aad u wanaagsan oo xiriiriya qoob-ka-ciyaarka madadaalada! U noqo mid noqda jilaa iyo dhagaystayaasha jilitaanka qoob-ka-ciyaarka.
- U qaad waxqabadkaaga / dhaqdhaqaaqaaga bannaanka, ama jidka tareenka si aad u kordhiso dhibaataada.
- Noqo xubin dhagaystayaal wax soo saar leh: ka bixi jawaab-celinta dhaqdhaqaaqa

ardayda iyo / ama waxqabadka.

Waxqabadka Barashada Muusikada

Heerka 1

Heerarka Oregon waxay cadeeyaan **dhegeysiga iyo falanqaynta** sida xirfadda muusikada mudnaanta koowaad ee fasalka 1-aad. Hawlahani waxay ka caawin doonaan ardaygaagu inuu horumariyo xirfadahooda dhageysiga iyagoo tilmaamaya mid sare / mid hoose, xawli / gaabis ah, ama isku mid ah /kala duwan

Hawlaha Toddobaadka 1 ee

1. Aqoonso oo kala saar qaylada.

Qalabka: Qeyb warqad ah iyo qalin ama qalin

Baro inaad aqoonsato dhawaqa hareerahaaga ka jira iyo walxaha dhawaaqa.

Tan waxaad ku sameyn kartaa gudaha ama dibedda. Qaado qiyaastii 10 daqiiqo oo dhagayso dhammaan dhawaqa hareerahaaga ku yaal. Qor waxa aad u malaynayso in uu samaynayo dhawaaqa, ka dibna go'aansado haddii uu cod dheer yahay, hooseyo ama dhexdhexaad yahay. Miyay cod dheer tahay, jilicsan tahay ama dhexdhexaad tahay? Ma cod dheer mise mid gaaban? Miyuu leeyahay garaacid joogto ah mise maya?

Tusaalooyinka

1. shimbiraha - dhawaqa sare, codka dhexdhexaadka ah (codka sare) iyo mudada gaagaaban
2. Lawnmower - dhawaqa hoose, codka dheer, mudada dheer
3. Clock - codka dhexdhexaadka ah, mugga jilicsan, mudada gaagaaban

2. Ku hees heesta

Qalabka: Midkoodna looma baahna. Hawshan waxaa lagu dhammeyn karaa iyadoo la wada heesto, ama la dhageysto duubitaan.

Ku hees hees ka socota fasalka qof gurigaaga ah. Miyuu ahaa mid dhakhso ah ama gaabis ah? Miyuu u eg yahay mid faraxsan ama murugo leh?

La wadaag ardaygaaga hees aad ku baratay caruur ahaan.

Ka wada hadla waxa isku mid ahaa ama ku kala duwanaa.

Haddii aad dhegeysatid duubitaan, qalabkee ayaad maqasheen?

3. Noocyada gaarka ah ee Bingo!

Qalabka: Kaarka Bingo

Fiiri haddii aad ka heli karto Bingo adoo dhammaystiraya howlaha kaadhka Bingo ee hoosta ku yaal! Nasasho!

B	I	N	G	O
PE Wash your hands for at least 20 seconds before you eat	Music Keep a steady beat in as many ways as you can	Library/Lab Read a book with someone	PE Stretch with someone in your household	Music Create your own instrument
Library/Lab Spend some time practicing your typing	PE Do 20 jumping jacks	Music Dance to your favorite song!	Library/Lab Write your own story!	PE Create your own obstacle course
Music Perform a song for someone	Library/Lab Draw pictures to go with your favorite story	Free Space	Music Listen to music quietly	Library/Lab Play your favorite computer game Ask an adult!
PE Don't forget to drink water everyday	Music Write your own song!	Library/Lab Have someone else read to you	PE Jog in place for 20 seconds	Music Ask an adult to watch a music video online
Library/Lab Act out your favorite book	PE Practice Mindful breathing with someone	Music Use Body Percussion (clap, snap, pat, stomp) to create your own patterns	Library/Lab Have a spelling contest	PE Your choice of exercise

Waxa Qoysasku SameynYihiin

- Karanwaxay ardayda ka caawineysaa inay dhisaan isku kalsooni, sidoo kalena ay kobciyaan dhagahooda.

Waxqabadka Wax Barashada ee

Fasalka 1aad

Heerarka Waxbarashada Jirka ee Oregon waxay aqoonsan tahay muhiimadda shaqsiyaadka u adeegsanaayo aqoonta fikradaha, mabaadiida, xeeladaha, iyo xeeladaha la xiriira dhaqdhaqaaqa iyo waxqabadka.

Hawlaha Toddobaadka

1. Simon wuxuu yidhi, "Jimicsi"

Qalabka: ma jiro

waalid iyo arday u noqda inay noqdaan hogaamiyaha oo magacowda layliyo kala duwan midba midka kale inuu sameeyo haddii Simon weydiyo.

Tusaale: Simon wuxuu leeyahay; samee 5 jaakadaha boodboodka, Simon ayaa leh; ku bood hal lug 3 jeer. Dhowr jeer ayaa wareeji oo u oggolow qofka kale Simoon.

Haddii qalad la sameeyo qofka sameeyay qaladka waa inuu si toos ah u sameeyaa 5 boodbood boodboodka. Kadib markay sameeyaan 5-koodiyadood oo bood booda, waxaa laga yaabaa inay dib u galaan ciyaarta.

Sabab: Sidaa darteed ardaydu waxay ku shaqeyn karaan jimicsi wadnaha iyo istareexaan markay sameyaan.

2. "Waan Arkay"

Qalabka: Ma jiro wax ka

doorta hareeraha gurigaaga ama xaafadaada. Tusaale ahaan, dheh "Waxaan arkaa midabka RED", "Waxaan ku arkaa inaad sameyneyso 5 riixyo", "Waxaan ku arkaa adigoo ordaya oo aad u ordaya geedka." Xulo waxyaabo kala duwan ama dhaqdhaqaaqyo si aad u dhammaystirto. Adeegso mala-awaalkaaga! Isku day inaad ku lug yeelato dhaqdhaqaaq jir ahaaneed intii suurogal ah.

3. Tuuristals-U-Tababbarka

Qalabka: kubad ama shey jilicsan

Soo hel kubad ama shey jilicsan oo ku celceliya tuurista iyo qabashada (Sock isku duuban ayaa fiican!). Ku wareeji kor iyo hoos. Isku day inaad aragto inta jeer ee aad ruxin kartid kuna qaban kartid shayga oo isku xigta ka hor inta uusan dhulka ku dhicin. Sidee sare u tuuri kartaa?

4. Muusiga & Dhaqdhaqaaqa

Qalabka: Qalabka: muusikada

Xulo qof xakameeya muusikada. Markuu muusiggu ciyaarayo, dhaqaaq ama dhaanso. Markuu muusiggu istaago, qabooji!

Waxay Qoysasku sameyn karaan

- Wada hadal qoyska ah oo ku saabsan dhaqdhaqaaqa jirka. Ka hadal muhiimadda dhaqdhaqaaqa maalinlaha iyo jimicsiga. Su'aalaha qaar si loo hago wada hadalka: Maxaad jeceshahay inaad sameyso si aad u firfircoonaato? Dhaqdhaqaaq nooc ee ah ayaa fudud ama madadaalo? Dhaqdhaqaaq nooc ee ah ayaa caqabad ku ah?

Waxqabadka Barashada ee Hadalka iyo Dhageysiga

Fasalka 1 Heerka

Aasaasiga ah ee Oregon wuxuu u baahan yahay ardayda fasalka 1aad inay awood u yeeshaan inay ka qeybqaataan wada hadalka, raacaan qawaaniinta la isku raacay ee wada hadalka, lagu dhiso fikradaha kuwa kale, iyo weydiyaan su'aalo si ay u caddeeyaan jahwareerka (SL.1, SL .3). Intaa waxa u dheer, ardayda waxaa looga baahan yahay inay adeegsadaan tafaasiisha si ay u soo saaraan jumlado dhameystiran oo ay ku muujiyaan fikradaha iyo dareemada si cad (SL.6, SL.4).

Hawlaha Toddobaadka

1. IskuXisaabta

QalabkaXirka: Midna kama

fikir tiro inta u dhaxaysa 1-20. Markaad lambarka hesho, ardaygaaga ha weydiyo su'aalo si uu u helo nambarka qarsoodiga ah. Tusaalayaal: Tiro nooc ee ah ayaa ka horreysa tirada? Waa maxay nambarka soo socda lambarka? Lambarku ma ka weyn yahay ____? Lambarku wuu kayaryahay ____? Lambarku ma yahay ____?

Marka lambarka si sax ah loo qiyaaso, iskuday halqabso oo soo qaado lambar inta u dhaxaysa 1-120.

2. Iskuxirka Qoritaanka / Xulashada

QalabkaQalabka:Uma baahna

Ka fikir firfircoonaan, ciyaar, ama wax aad si fiican u taqaanid oo aad qof kale bari karto. Sharaxaad ka bixi sida ciyaarta loo ciyaaro ama loo dhammaystiro waxqabadka adoo adeegsanaya ereyo isku xigxiga (marka hore, ku xigta, ka dib, intaas ka dib, ugu dambeyn, ugu dambeyn) xubin qoyska ka mid ah. Fikradaha qaarkood waxay noqon karaan sida loo sameeyo rooti, sida loo xirto kabahaaga, sida loo sameeyo sariirtaada, ama sida loo ciyaaro kubada cagta.

3. Wax Akhrinta

Qalabka: IskuxirkaLoni Town Town oo ay qortay Ann Rossi (ee agabka akhrinta)

Ka dib markaad aqriso Loni Town, dib uugu celi sheekada xubin qoyska ka mid ah.

Marka hore, _____. Xiga, _____. Kadib, _____. Ugu Dambeyn, _____.

Kadib dib u eegista iyo ku celcelinta ereyada aragga inta aad akhrineyso. U oggolow carruurtaadu inay ereyo ahaan eray ahaan u isticmaalaan 5 ereyo aragga fasalka koowaad jumlad ahaan.

4. Hadalka Casho

Qalabka: Midna

Markaad ku fadhiisanayso miiska cashada, u jeedso inaad weydiiso oo aad ka jawaabto qaar ka mid ah su'aalahan doqonnimada ah:

Miyaad jeceshahay inaad kulushahay ama qabow? -Waxaan doorbidi lahaa kuleyl / qabow maxaa yeelay _____.

Waa maxay waxa ugu argagaxa badan ee aad weligaa aragtay? -Inta ugu layaabka badan ee aan waligey arkay waa _____.

Haddii aad beddeli lahayd magacaaga, maxay noqon lahayd? - Waxaan magacayga u beddelayaa _____, maxaa yeelay _____.

Waxay Qoysasku Sameyn Karaan

- Fadhi wadajir si ay u dhammaystiraan hawl kasta.
- Ku dhiirigali dhalaankaaga inuu isticmaalo jumlado dhameystiran goorta la weydiinayo ama

ka jawaabayo su'aalaha

- Ka wada hadla sababta ay muhiimka u tahay in la isticmaalo ereyada isku xigxiga oo aad u siiso cunuggaaga fursado uu ku maqlo isticmaalka ereyada isku xigxiga.

Waxqabadka Barashada Fayodhowrka & Is-hagaajinta

Fasalka 1

Fayo-dhowrka iyo nashaadaadka daryeelka is-daryeelku waa inay ahaadaan dariiqooyin looga caawiyo cunuggaaga inuu joogteeyo fayooabaanta jireed, maskaxeed iyo shucuur ahaan.

Hawlaha Toddobaadka

1. Qalabka Neefsashada ee

Qalabka: Midnaba

Toddobaadkan waxaad ku tababbareysaa adigoo isticmaalaya qalabka neefsashada Markaad xanaaq dareento, ka fikir inaad isticmaasho neef qoto dheer si aad u joojiso isla markaana naftaada u dejiso si aad xaaladda ugu soo dhowaato aragti cusub.

Sida loo isticmaalo aaladda: Qaado si tartiib ah, neef qoto dheer. Hal gacanta calooshaada ku jirta iyo gacanta kale qalbigaaga, si tartiib ah u neefso sankaa, oo xoogga saar hawada soo gala sanbabadaada. Markaad ku neefsato, si tartiib ah u tir tir 1 1 2 2 3 3 ... U fiirso sida calooshaadu u ballaadhiso sida buufin oo kale. Kadib neefta ku sii daa afkaaga, adoo tirinaya 1 ... 2 ... 3 ... Tan samee seddex jeer.

2. Mahadnaq

Qalabka: warqad iyo qalin (ikhtiyaari)

Qaado hal daqiiqo oo liis garee saddex waxyaabood oo aad ku mahadsan tahay. - Waad uga mahadcelin kartaa waxyaabaha waaweyn, sida inaad leedahay waalid kaalmeeya, ama waxyaabo yaryar, sida inaad awood ugu yeelatid inaad "hi" saaxiib ka dhigatid inta uusan fasalka bilaabin. Mahadcelintu waa kartida lagu garto loona aqoonsado waxyaabaha wanaagsan, dadka, iyo meelaha nolosheena ku jira.

3. H2O!

Qalabka: koob iyo biyo

Cab galaas weyn oo qabow oo biyo ah ka dib markii aad toostid. Waxay gubi doontaa dheef-shiid kiimikaadkaaga 24% sagaashan daqiiqo waxayna kordhineysaa waxqabadka maskaxda iyo jirka inta lagu jiro maalinta. Markaad fuuq baxdid, waxaad dareemi kartaa daal iyo harraad, waxaadna la kulmi kartaa madax xanuun iyo isbeddelo niyadda.

4. Dheh Cheese!

Qalabka: Muraayada iyo naftaada

dhoobo muraayadda 10 sekan. Qosolku wuxuu joojiyaa wadnaha waxna wuu qaboojiyaa jirka, waxayna sii deysaa endorphinsyada ka hortagaya isla markaana yareeya hoormoonka walaaca. Waxaa sidoo kale la muujiyey inay kordhineyso wax soo saarka halka qofku uu howl qabanayo.

5. Nasasho qaado!

Qalabka: Midnaba ha

qaadin nasasho dijital ah. Ka fikir inaad ka fogaato aaladahaaga dhijitaalka ah muddo gaaban oo maalintaada maanta ah. Waxay kuu ogolaaneysaa inaad dareentid diirad iyo xoojin markii aad gasho dib. Isku day inaad qaadato laba ama saddex fasax yar oo dhijitaal ah min 10 daqiiqo midkiiba. Ka bilow mid keliya haddii taasi tahay waxaas oo dhan oo aad dareento inaad ku qanacsan tahay sameynta.

Waxyaabaha Qoysasku Qaban Karaan

- Ilmahaaga. Waqtigaan waa mid dhammaanteen culeys badan kuhaya, helitaanka qof **dhageysan karana** waa caawin kartaa. Haddii aad weydiiso sida ay wax u socdaan oo ay kuu sheegaan inay "fiican yihiin", sii wad weydiinta (waqti kale). Ilmuhu markasta maheli karaan luqada saxda ah si ay ugu macneeyaan dareenka ay dareemayaan.
- Is deji. Joogto ah. Xusuusi iyaga inaan isla meel dhigno tan.
- Waa muhiim in kasta oo adiga iyo cunuggaagu aad ku sii wadataan kala tagga, qofna dareemayo in gebi ahaanba go'doon yahay. Qaado fursado aad kula xiriirto oo aad dadka kale la xiriirtid, xitaa haddii ay fogaan tahay (6 fiid u jirta), taleefanka, khadka internetka, ama boostada xayeysiiska!
- Is ogow naftaada! Markay dadka waaweyn is bartaan is-daryeelida waxay si ka fiican u daryeeli karaan kuwa kale.

Toddobaadk
a 2-aad

Waxqabadka Barashada ee Akhriska

Fasalka 1

Ardayda fasalka koowaad waxay u baahan yihiin inay **akhriyaan qoraalada macluumaad ee heerka fasalka iyagoo leh dhiirrigelin iyo taageero**. Waalidku waxay ku taageeri karaan heerarkan (ardayda wax u akhriyaya nafsadooda, qof kale, ama dhagaysanaysa wax akhrinta) 20 daqiiqo maalin kasta.

Waxqabadka Toddobaadka 2

1. **1-aad EE XANUUNKA XARUNTA** **QalabkaQalabka:** sanaaduuqyada salka hoose ee bogga, qalin ka xulo liiska 'SIGHT WORDS' liiska. Ku qor sanduuqyada sagxadda hoose ee bogga. Ku celcelin akhriska kuwan maalin kasta.
2. **CAAWIMO CAAWIMAAD** (qoraalka dhabarka ah)~Qoraal warbixineed **Qalab:** sheeko ku saabsan gadaasha nashaadaadka
Kahor akhriin sheekada, weydii cunugaaga waxa ay ka ogyihiin waxa ku saabsan duurka. Ka hadal. U akhri sheekada cunuggaaga ama ha kuu akhriyo adiga.
3. **CAAWIMO FARSAMADA** (qoraalka dhabarka ah)~Qoraal warbixineed **Qalab:** sheeko ku saabsan gadaasha nashaadaadyada, qalin u akhri sheekada "CAAWIMO KARO" mar labaad cunuggaaga. Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "FLUENCY", sida aan u hadalno. Kadib raadso oo goobaabin ereyada erayada ee aad u maleyneyso inay muhiim u yihiin qeexitaanka kaynta. Qor ama u sheeg ereyo kale oo aad ka fikiri karto taas oo ku sifeynaysa kaynta.
4. **CAAWIMO CAAWIMAAD** (qoraalka dhabarka ah)~Qoraal warbixineed **Qalabka:** sheekada dhabarka dambe ee nashaadaadka, qalin u akhri cunugga mar kale "Ka caawi Kaymaha". Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "sifiican", sida aan u hadlayno. U sheeg ama u qor 2 xaqiiqo oo aad ka baratay sheekada.
5. **Caawi duurka** (qoraalka dhabarka ah)~Qoraal warbixineed **Qalabka:** sheekada dhabarka dambe ee nashaadaadka, qalin u akhri cunugga mar kale "Ka caawi Kaymaha". Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "FLUENCY", sida aan u hadalno. U sheeg ama u qor fikradahaaga figradahan: *Maxaad ugu malaynaysaa inuu qoraagu wax uga qoray daryeelka kaymaha? Ka fikir siyaabaha aad u daryeeli karto kaynta.*

Waxay Qoysasku Sameyn Karaan

- Dib u aqrinta sheekooyinka waxay ka caawineysaa dhisida akhrinta iyo kalsoonida cunugaaga.
- Waqti sii cunugaaga, oo arag inta erey oo sax ah oo ay ku akhriyi karaan 1 daqiiqo. Dib u akhri si aad u kordhiso saxnaanta iyo waqtiga si fiicnaanta.
- Xusuuso oo ku celceli ereyada uu ilmahaagu ku dhibtoodo inuu akhriyo.

Halkan ku qor 10 erey oo aragga ah:

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Help the Forest

By Rita Crosby (modified by Earl Boyles Elementary)

The forest is a good place for animals and birds. They can find food and make homes here. The forest is a good place for trees. They get the water and the sun they need to grow here.



The forest is a good place for people to play. They sit around under the trees. They look at birds and animals. They paddle on the lake. Forest Rangers take care of huge forests. They put out fires. They cut down sick trees. Then new trees can be planted.



Animals will still have homes. They will still find food. People must take care of the forest. They must make it a good home for trees, birds, and animals. How can you help the forest?

Waxqabadka Barashada ee Darajada 1aad ee Akhrinta

Fasalka 1

Heerarka Oregon waxay cadeeyaan codadka iyo wacyigelinta codka sidii xirfada mudnaanta koowaad ee fasalka koowaad. Hawlahaani waxay ka caawin doonaan cunuggaaga inuu akhriyo ereyada.

Hawlaha usbuuca 2-aad

1. **Ku celceli xirfadda wacyigelinta astaamaha: isku-darka dhawaaqa** **Qalabka:** Tani waa waxqabad lagu hadlay oo lagu samayn karo ereyadaad doorato.

Waalidku waxay dhahaan shaqsiga codkiisa eray ahaan. Ilmuhu wuu dhageysanayaa ka dibna dhaarta erayga oo dhan.

Parent: /c/ /r/ /a/ /sh/ Child: crash
Parent: /d/ /r/ /l/ /l/ Child: drill
Parent: /s/ /l/ /ee/ /p/ Child: sleep
Parent: /t/ /r/ /u/ /ck/ Child: truck
Parent: /b/ /r/ /ai/ /n/ Child: brain

2. **Ku celceli ereyada dhawaaqa ka soo baxa qoraalka, “Ramp”.** **Qalabka:** Sheekadu waxay ku taal bogga xiga. Kuerayadan: steps, ramp, zip, must, sits

dhawaaqWaalidku waa inay tilmaamaan erayga, oo cunugga ha u sheego dhammaan dhawaaqyada erayga isaga oo aan joojin codadka dhexdooda. Tusaale:

Parent points to Ramp.
Child: /r-a-m-p/ Ramp

3. **Akhri sheekada.** **Qalabka:** Sheekadu waxay ku taal bogga xiga.

Ardaydu ha ku celceliyaan akhriska sheekada (marar badan).

4. **higgaadinta** **Qalabka:** Erayada ka socda sheekada “Ramp.”

U sheeg ereyga cunuggaaga. Cunugaaga ha ku celiyo erayga, oo ha ku dhawaaqo codadka erayga (kor u qabo farta cod kasta).

Waxay Qoysasku Sameyn Karaan

- Aqri qoraalka kasta oo guriga ku yaal ee ardaydu ku raaxeystaan.
- Ku celceli isku darka dhawaaqyada kalmadaha. Sii carruurta codadka ka kooban eray oo ha kuu sheegaan waxa eraygu yahay.
- U oggolow carruurta inay ku celceliyaan ereyada dhawaaqa leh ee laga helo guriga (buug, joornaal, internetka, sumadaha).
- Sii cunugaaga ereyo uu higgaadiyo. U oggolow inay dhawaaqaan dhawaaqyada ka dibna u oggolow inay qoraan erayga.

- Read/use the decodable text for activities: **A Ramp**

Steps.

Dad must sit.

A ramp.

Dad can zip up.

Viv sits on his lap.

Down.

Viv and Dad zip down.

It is fun to go down the ramp fast.

Waxqabadka Barashada ee Qorista

Fasalka 1

Heerarka udub-dhexaadka u ah qoraalka qoraalka koowaad wuxuu doonayaa in ardaydu qoraan qaybo ka mid ah fikradaha. Ardaydu waa inay soo bandhigaan mowduuca, sheegaan ra'yi, soo bandhigaan sabab fikirka, iyo inay bixiyaan waxoogaa dareen ah xiritaan.

U adeegso jumladaha jumladeedka soo socda si aad uga caawiso cunuggaaga in uu abaabulo qormadiisa / eeda. * Xulasho

Ma ogtahay _____? (soo bandhig mawduuca)

Fikradeyda _____ waa / waa _____. (aragtida gobolka)

Sababta koowaad waa _____. (Sababta 1)

Xiga xiga, _____ (Sababta 2)

Taasi waa sababta aan ugu maleynayo inay _____ tahay / waa _____ (Xiran)

Hawlaha usbuuca 2aad

1 Maxaad jeceshahay inaad waxbadan qabato?

Qalabka: warqad, qalin, midabbo

Ku cayaar legos ama midab?

Weydii cunuggaaga su'aasha: "Kee baad doorbidaysaa inaad la cayaarto: legos ama midabaynta?"

- Ardaydu waxay qori doonaan 5 jumlado waxayna ku sawirayaan sawir sumadaysan.

2 Maxaad jeceshahay inaad quraacda u cuntid? Muuska ama badarka?

Qalabka: warqad, qalin, midabbo

Weydii cunuggaaga su'aasha: "Yaad doorbideysaa inaad quraac ku cuno: mooska ama badarka?"

- Ardaydu waxay qori doonaan 5 jumlado waxayna ku sawirayaan sawir sumadaysan.

3 Maxaad jeceshahay inaad quraacda u cuntid? Ciyaar fiidiyow ah ama ciyaar gole?

Qalabka: warqad, qalin, midabbo

Weydii cunuggaaga su'aasha: "Kee baad doorbidaysaa inaad cayaarto: ciyaarta fiidiyowga ama ciyaarta guddiga?"

- Ardaydu waxay qori doonaan 5 jumlado waxayna ku sawirayaan sawir sumadaysan.

4 Macmacaan nooc ee ah? Jalaatada baradhada ama buskudka?

Qalabka: warqad, qalin, midabbo

Weydii cunuggaaga su'aasha: "Kee u doorbideysaa inaad u cuntid macmacaan: jalaato ama buskud?"

- Ardaydu waxay qori doonaan 5 jumlado waxayna ku sawirayaan sawir sumadaysan.

5 Keebaa jecleaan lahayd inaad gashato maalinta oo dhan? Dharka ama dharka gogosha?

Qalabka: warqad, qalin, midabbo

Weydii cunuggaaga su'aasha: "Kee baad doorbideysaa inaad xirato maalinta oo dhan: dharka ama dharka pajamas?"

- Ardaydu waxay qori doonaan 5 waxayna ku sawirayaan sawir sumadaysan.
-

Waxa Qoysasku Sameyn karaan

- Qoysasku waxay ka wada hadli karaan waxyaabaha ay doorbidayaan oo ay la wadaagi karaan

sababaha taageeraya aragtidooda.

- Ciyaarta suul suulkaaga / suulka suuliga waxyaabaha aad cuni karto ama howlaha aad jeceshahay. Kusoo wareeji hal qof inuu cuno qaado. Qoysku waxay ku jawaabaan fikradooda waxayna sheegaan sababta ama sababta.
Tusaale: "Ma jeceshahay qajaar?" (Ilmaha: Haa, sababta oo ah way jajaban yihiin AMA Maya, maxaa yeelay waa dhanaan.)

The Best Pet

Do you know about cats?

In my opinion cats are the best pets. The first reason is that they are very soft and furry. Next, they curl up on your lap so you can pet them. That is why I think cats are the best pets!



Hawlaha barashada ee xisaabta

Fasalka 1

koowaad Ardayda fasalkawaxaa laga filayaa inay fahmaan in labada lambar ee lambar laba-nambar ah ay ka dhigan yihiin tiro tobanaan iyo hal ah. Waa inay ogaadaan in "toban" ay ka kooban yihiin xirmo toban ah "kuwa". Tani waxay ka caawin doontaa iyaga inay tiriyaan oo ay u maareeyaan tirooyinka si hufan.

Hawlaha usbuuca 2-aad

- 1. Tirinta agabyada 10-aad iyo 1-aad**

Alaabada: yar-yar (Farxad, digir, qalin, qalin, legos), 10-qaybood, (Kheyraad usbuucyada 3 & 4) Ku soo iskugu xidh

qabso tiro sacab ah sheytobanaan iyo kuwa (kooxo 10s ah oo leh 1s ka hadhsan) iyagoo adeegsanaya 10 qaybood (ilaha toddobaadyada 3 & 4). Ka dib xisaabta ku xisaabi tobanaan iyo hal (Ex. 10, 20, 30 ... 31, 32, 33. Waxaa jira 33 khaarijin.) Ku samee tan dhowr jeer oo leh walxo kala duwan iyo / ama qaddar.
- 2. Samee Lambar adiga oo adeegsanaya 10 iyo 1 ee**

Qalabka: Qalabka: 10-qaybood (macluumaad usbuucyada 3 & 4), walxaha yaryar, qalin

qor Ku qor ama dhaha lambar inta u dhaxaysa 1-120 oo ardaygaagu ha ku dhiso lambarka 10-faylkiisa, adoo adeegsanaya walxaha yaryar. Ku celi dhowr jeer. U oggolow ardaydu inay tiriyaan lambar kasta oo ay dhisaan 10s iyo 1s.
- 3. Isugeyn Tirada ah**

Qalabka: laadhuujiye (warqad la siiyay), walxo yaryar, qalin, toban xabbadood

ururi oo laadhuu. Is dabajooga mid walboo dhiman - geli labada lambar ee aad iskugu ururisay si aad u dhisto nambar 2-nambar ah. Ku dhisi lambarka adoo isticmaalaya shey yaryar / toban xabbadood. U oggolow ardaydu inay tiriyaan lambar kasta oo ay dhisaan 10 iyo 1s.

Caqabada: Ardaydu ha ku xisaabaan lambarka ay dhisaan 1s, 5, iyo / ama 10s ilaa 120.
- 4. U sheeg 10's & 1's**

Qalabka: warqad, qalin, ulaha iyo dhibcaha tusaale sawir Sawir

lambar laba-nambar ah. Ardaydu ha yiraahdaan tirada oo caddeeyaan inta tobnaadka iyo inta ay ku jiraan tirada. Ardaygu ha ku sawiro lambarka salka-10 (ulaha 10 iyo dhibciyo 1 tusaale ah). Tan samee dhowr jeer oo kala duwan.

"Lambarku waa _____. Waxaa jira _____ tobnaad iyo ____ kuwa."
- 5. Isuufiyo, Qor, oo Sawir**

Qalabka: laadhuu, qalin, warqad

Is-daba-wareeji mid walboo dhiman - geli labada lambar ee aad iskugu soo ururisay si aad u dhisto lambar 2-nambar ah. U oggolow ardayga inuu qoro tirada oo sharrax **"nambarku waa _____. Waxaa jira ____ tobnaad iyo ____ kuwa."** Ardaygu ha ku sawiro lambarka salka-10 (ulaha 10s iyo dhibciyo 1s - Ka eeg tusaalaha kor ku xusan waxqabadka # 4.) Samee dhowr jeer.

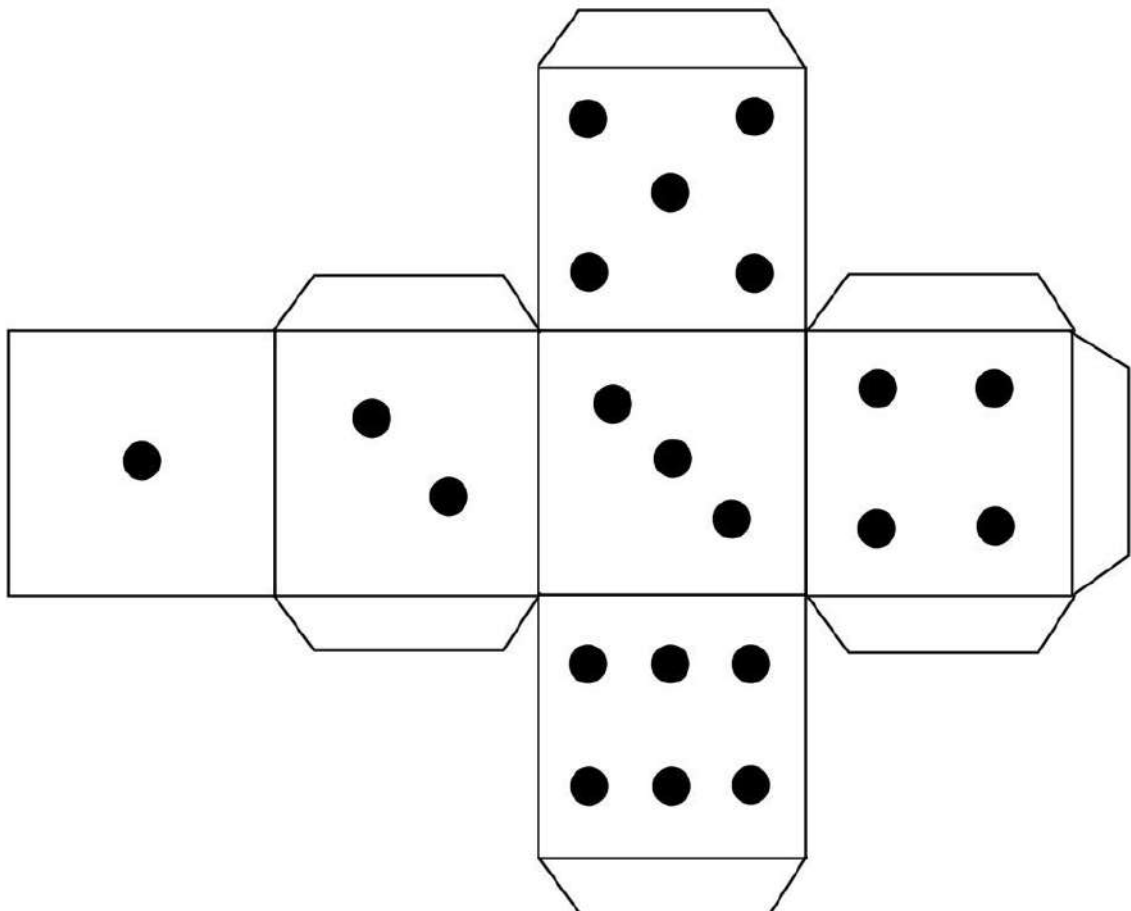
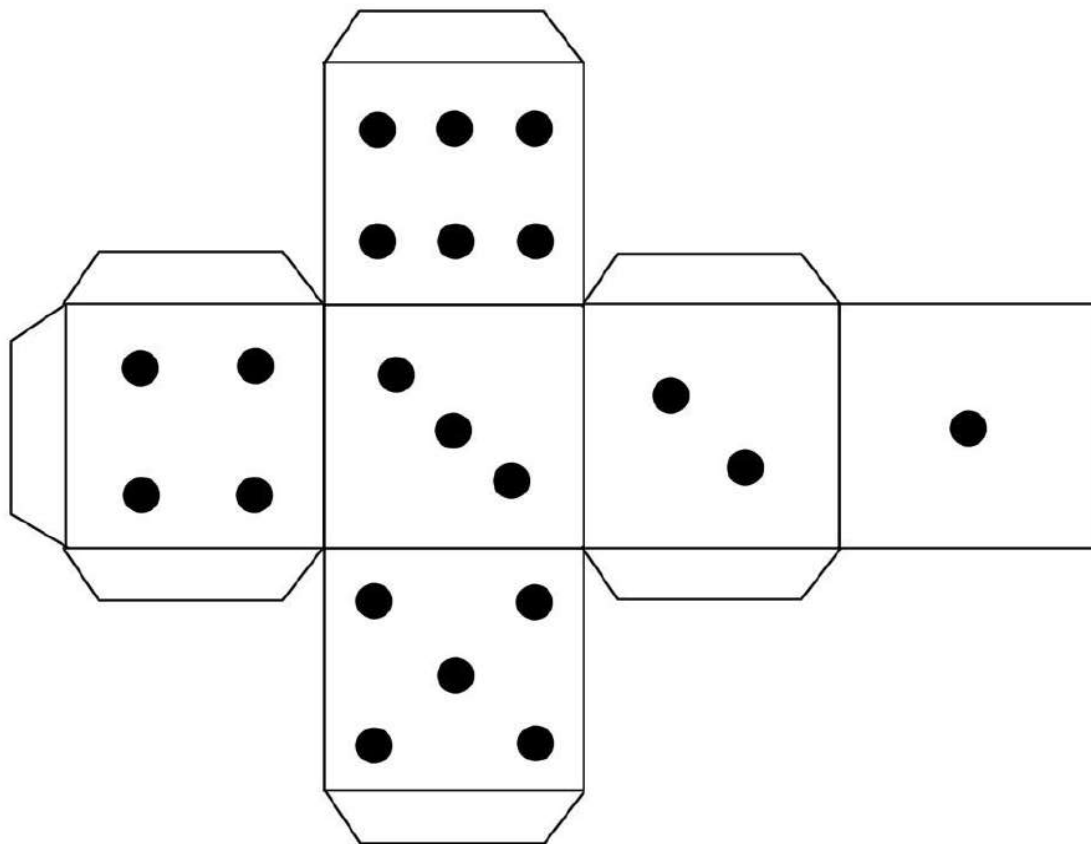
Caqabada: Ardaydu ha isbarbar dhigaan 2 lambar oo duub / sawiray oo aqoonsaday tirada weyn / yar.



Waxay Qoysasku Sameyn Kartaan

- Xisaabta: U xisaabi maalmaha bisha adiga oo isticmaalaya cadayga, xargaha, ama wax aad xirxiran karto. Waqti kasta oo aad gaartid 10 (10, 20, ama 30), xir xir dawooyinka cadayga si ay u muujiyaan inay matalaan 10. Wadajir, marka hore 10s, ka dibna ku dar kuwa. Tusaale: (fiiri sawirka) Tiri "10 ... 11, 12, 13, 14"
- Xaragada Sooca Scavenger: Dooro shay aad ka heli doonto bannaanka (caleemaha, pinecones, geed, iwm.) Soco oo soo ururso inta ugu badan waad awoodaa. Ka dib u kala qaybi kooxo 10s ah. Tiri 10-ka marka hore, ka dibna ku dar wixii haray. Tusaale: "10, 20, 30 ... 31, 32, 33. Waxaa jira 33 pineconine!"





Waxqabadka Barashada

Fasalka 1aad

Halbeegga Halbeega Sayniska wuxuu sheegayaa in ardayda fasalka koowaad ay awood u yeelan doonaan **inay indha indheeyaan waqtiyo kala duwan oo sanadka ah si ay ula xiriiraan xaddiga iftiinka maalinta iyo sanadka**. Hawlahaas waxay ka caawin doonaan cunuggaaga inuu garto oo isbarbar dhigo astaamaha afarta xilli.

Waxqabadka Toddobaadka 2aad

1. Xilliyada Hordhac

Qalabka: Ciyaartooy

U sharax xilli kasta xubin ka mid ah qoyska. Adeegso jumladaha xukunka: Xilliga deyrta cimiladu waa _____. Xilliga qaboobaha cimiladu waa _____. Guga cimilada waa _____. Xilliga xagaaga cimiladu waa _____.

2. Qoraalka Xilliga Xilliga

Qalabka: Waraaqo, Qalin, Dhaanis

Ku qor sheeko adoo adeegsanaya jumladahan: _____ Waan karaa _____ iyo _____. In _____ waan karaa _____ iyo _____. Tusaale: Xilliga **qaboobaha** waxaan ku **ciyaari karaa barafka oo** waxaan **cabi karaa kookaha kulul**.

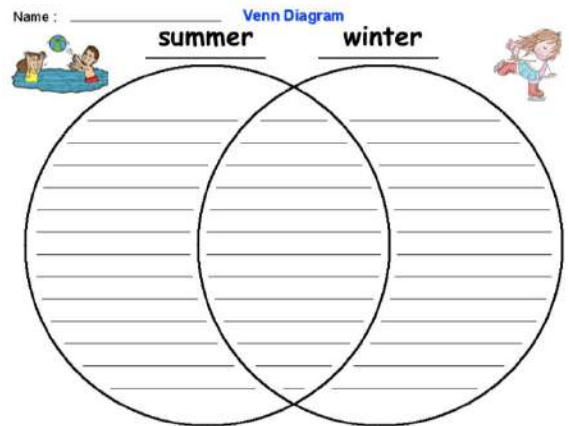
Markaad dhameeyso sheekadaada, ku dar sawirro iyo faahfaahin. Akhri sheekadaada xubin qoyska ka mid ah.

3. Isbarbar dhigida Xilliyada

Qalabka: Waraaqaha, Qalin, Dhallowristajaantus

Abuur Venn oo isbarbar dhig laba xilli. Ka dib marka aad qorto ugu yaraan 2 shay goob kasta, sawir laba sawir oo xilliyadii aad isbarbardhigay. Markaad dhammeysato, la wadaag xubin ka mid ah qoyska adigoo isticmaalaya jumlada ____ waa _____.

Tusaale: "Jiilaalku waa qabow. Xagaagii waa kulul yahay. "



4. Cimilada ee

Qalabka Aad Jeceshahay: Qalin, Waraaqo, Dhagax

Waa maxay cimilada aad jeceshahay? Sawir sawir nooca cimilada aad jeceshahay. Qor jumlad dhammaystiran oo sharxeysa sababta ay noocaani tahay cimilada aad ugu jeceshahay. Tusaale: Waan jeclahay _____ maxaa yeelay _____.

5. Cimilada

Qalabka Wax laguduubo: Qalin, Waraaqo, Qalalmo

Fiiri cimilada maalin kasta ee usbuuca. Calaamadee cimilada (roob, qorrax, qabow, daruuro leh, dabayl ah, iwm). Sawiro maalin kasta sawir si aad ula socoto qoraalkaaga.

Waxay Qoysasku Sameyn Karaan qoyskaaga

- Kala hadal waqtiyada iyo noocyada kala duwan ee cimilada.

Waxqabadka Barashada Daraasaadka Darasaadka Bulshada

Fasalka 1

Heerarka Aasaasiga ah ee Oregon waxay doonayaan ardayda fasalka koowaad inay awood u yeeshaan in ay dhisaan khariidado (ay ku jiraan khariidadaha maskaxda), garaafyada, iyo mataalada kale ee meelaha la yaqaan.

Hawlaha usbuuca 2-aad

1. Sii wad abuuritaanka khariiradda dugsigaaga.

Qalabka: Waraaq, qalin, qalfoof / qalimaan midab leh

- Ku dar oo calaamadee fasalkaaga, xafiiska, kafateeriyada, jimicsiga, iyo maktabada.
- Ku dar midab

2. DhismahaMagaalada

Qalabka: Sanduuqyada duugga ah, dheriyada & digsiyada, sanaadiiqda dalagyada, iwm.
(Isticmaal mala-awaalkaaga!)

- Ka hadal dhismayaasha kala duwan ee laga helo magaalo ama magaalo.
- Magaalo ka dhis sanduuqyada duugga ah ama dheryaha iyo digsiyada.
- Hubso inaad ku dartid guryaha, baarkinka iyo dhismayaasha kale.

3. Maqaarrada deriska ah

Qalabka: Waraaq, qalin, midab / qalimaan midab leh

Sawir oo calaamadee khariidada xaafadaada.

- Ku dar **furahakhariidada** astaamaha astaamaha - gurigaaga, dariiqa, iskuulka, baarkinka, iwm.
- Tani waxay qaadan kartaa wax kabadan hal fadhi.

Waxay Qoysasku sameyn karaan

- Akhri, ka wada hadlaan uguna shaqeeyaan howlaha kor ku xusan adiga iyo ardaygaaga koowaad.
 - Maxay khariidaduhu muhiim u yihiin?
 - Maxaa dhici kara hadaadan khariidad lahayn?
- Kala hadal ardaydaada sida aad u adeegsato khariidadaha noloshaada.
 - Ma u isticmaashaa khariidado taleefan gacan?
 - Khariidaduhu qayb ma ka yihiin shaqadaada?
 - Sideed u qorsheyneysaa safarro dhaadheer?

Waxqabadka Barashada Farshaxanka

Fasalka 1

Habka aasaasiga ah ee aan u soo aragno adduunkeena oo aan u muujin karno nafteena waa farshaxanka, iyo barashada farshaxanka waxay horumarisaa xirfadaha iyo awoodaha muhiimka u ah muwaadiniinta guuleysta qarniga 21aad.

Toddobaadkan waxaan ku bixinaynaa waxqabadyo anshaxaka **qoob--ciyaarka!**

Hawlaha usbuuca 2-aad

1. **Cinwaanka: cayaarista xayawaanka ee xayawaanka** **Qalabka:** goob lagu dhaqaaqo

U isticmaal xarfaha xarfaha alifbeetada si aad u doorato xayawaan aad ka heli laheyd xayawaankaaga. Tusaale ahaan: Alligator ee waraaqda A. Abuur dhaqdhaqaaq taxane ah oo matalaya xayawaankan. Marka loo fiiriyo caqabad dheeri ah, fiiri haddii lammaane uu qiyaasi karo xayawaan aad u adeegsato abuuritaanka isku xirnaantaada dhaqdhaqaaqa.

AMA DHAQANKA Farshaxanka Farshaxanka: DA.10.CO1.1 La wadaag khibrad shaqsiyadeed oo ku muuji dhaqdhaqaaqa qoob-ka-ciyaarka

2. **Cinwaanka: Qalabka loo yaqaan 'A-Dance'** **Qalabka':** meel bannaan oo lagu dhaqaaqo

Abuur qoob-ka-ciyaar si loogu dhagaysto dhagaystayaasha. Eeg haddii aad ku dari kartid 3-4 dhaqdhaqaaqyo qoob-ka-ciyaaris oo kaladuwan oo taxanahaaga ah. Dhaqdhaqaaqa qoob-ka-ciyaarkaaga waxaa ka mid noqon kara sacab, isbuuno, boodhadh, waxoogaa shaqooyin ah, qasabado ah ... hal abuur samee! Iskuday inaad naftaada siiso dhaansi, bilow, iyo dhamaad. Miyaad sawiri kartaa sawir dhaqdhaqaaq kasta oo taxanahaaga qoob-ka-ciyaarka ah? Ma u bari kartaa qoob ka ciyaarkaaga qof qoyskaaga ka mid ah?

AMA DHAQANKA Farshaxanka Farshaxanka: DA.2.CR2.1 Abuur dhaqdhaqaaq taxane ah oo leh bilow, dhexaad, iyo dhammaad. Sawir dhaqdhaqaaqa.

3. **Cinwaanka: Sheeg sheekada** **Qalabka:** meel aad ku dhaqaaqdo

Ka fikir sheeko run ah oo aad ku madadaasho qoob-ka-ciyaarka (tusaalooyin: xaflad dhalasho, maalinta ugu wanaagsan ama ugu xun, xaflad ciid ah, maalin madadaalo leh walaalo ama xayawaan rabaayad ah, safar qaas ah). Noqo mid ku abuur dhaqdhaqaaqaaga iskuna day inaad u sheegtid sheekadaada kaliya dhaqdhaqaaqaaga. Isku day inaad ku celceliso muraayadda hortiisa. Kadib qoob-ka-ciyaarka u samee qof qoyskaaga ka mid ah.

1. La wadaag khibrad shaqsiyadeed oo ku muuji dhaqdhaqaaqa qoob-ka-ciyaarka.

Waxay Qoysasku Sameyn Kartaan

- Muraayada Ardaydaada markay u ciyaarayaan qoobkaciyaar / dhaqdhaqaaq.
- Noqo xubin dhagaystayaal ixtiraam leh. Sii ra'yi-celin ku saabsan sida ay u dheereyn karaan ama ay u wanaajin lahaayeen taxanahooda qoob-ka-ciyaarka.

- Diiwaan-geliyeen qoob-ka-ciyaarkooda / taxanaha dhaqdhaqaaqa oo la wadaag macallinkooda!

Waxqabadka Barashada eeCaafimaadka

Heerka1

Heerarka caafimaadka Oregon waxay ardayda uga baahan yihiin inay fahmaan fikradaha la xiriiira gudbinta baahiyahooda, waxay doonayaan, iyo dareenkooda si kor loogu qaado caafimaadkooda. Hawlaha soo socdaa waxay ardaygaaga xasuusin doonaan sida loo garto sida ay dareemayaan iyo sababta, iyo sida loola tacaali karo dareemayaasha qaarkood qaabab caafimaad leh.

Waxqabadka Toddobaadka 2aad

1. Shaxda

QalabkaNaftayda: Xaashi warqad (warqad weyn ayaa tan ku fiicnaan lahayd tan, ama waxaad u adeegsan kartaa hore iyo gadaal warqad caadi ah), qalin, maacuunta midabaynta

Ardeydu ha sameeyaan "dareen Qariidada si aad u qorto una sawirto sawirada dareenka kala duwan ee ay qabaan. Waxaad ka eegi kartaa khadka tooska ah si aad fikrado uga hesho. Isku day inaad la timaado dareen badan intii aad karto. Ardaydu ha sawiraan sawir naftooda iyagoo dareensan dareen kasta oo shaxanka ku jira. Ka hadal dareen kasta iyo waxyaabaha sababi kara qofka inuu sidan u dareemo. U yeel inay ku daydaan shucuurtaas oo iska fiiriyaan muraayadda ka hor sawirada sawiradooda. Jaantuskan ugu dheji meel caan ah.

2. Hubinta Dareemaha

Qalabka: 4 xabbo yar oo warqad ah, 1 warqad warqad weyn ah, qalin ama calaamadeeyaha, maqasyada, shaxda dareenka nashaada 1

Samee kaararka wajiga: Sii ardayga (iinta) 4 xaraf oo warqad yar ah (gooyaa ama jeexjeexay) . Qayb kasta, ha u sawiro weji muujinaya shucuur kala duwan.

Samee hubinta shucuurta: Maalinta ku xigta ama usbuuca, ardaydu ha hayaan "kaararka wajiga" ee sida ugu fiican u qeexa niyaddooda. Weydii sababta ay u doorteen kaarkaas. Kala soco shucuurtooda dareenkooda jaantus. U oggolow iyaga inay isku daraan dareen kasta oo ay go'aansadaan dareenka ay ugu badnaayeen uguna yar.

Emotion	Happy	Sad	Mad	Afraid
Tally:				
Total	5+3=8	3	2	0

3. Waxaan ka garan karaaDareenka

Qalabka: Waraaqo yar oo warqad, qalin, ikhtiyaar ah: maqas, dareenka shaxanka 1 Ku

muuji shucuur (faraxsan, daal, waalan, cabsi, jahwaree, ama jahwareer) Ku hel hal abuur arrintan, ama tag dib ugu noqo shaxda shucuurtaada ama dhajinta si aad fikrado u hesho. Ardeydu ha qiimeeyaan waxa ay tahay shucuur ahaan. Ka hadal tilmaamaha aad siisay sida muuqaalka wajiga iyo luqadda jirka. Kadib, ku qoro shucuurta warqadaha waraaqaha oo ardaydana ha doorto warqad yar oo ay ku muujiyaan dareenka ku taxan. Weydii ardaygaaga (yaashaada) inay sheegaan waxa ku dhici kara qofka inuu dareemo dareenkan.

4. Muusig ayaa I dareensiinaya...

Qalabka: muusikada (ka bilaabma youtube, iwm.), Warqad, qalin, ikhtiyaari: qalabka midabaynta, shaxda dareenka ee nashaada 1

Doorro noocyo muusik noocyo kala duwan ah oo dhagayso (muusikada carruurta, opera , music classical, music pop...) Markaad ciyaareyso heeso kala duwan, weydii ardayda inay sheegaan sida gabal kastaa u dareensiinayo dareenkooda. Kala hadal sababta heesta iyaga u dareensiisay hab gaar ah. Kadib, ha doorto heesta ay jecelyihiin oo sawiro sawirka dareenka ay qabaan markii ay dhageysanayeen.

5. QaadoFudud

Qalabka: Meel aamin ah oo lagu ordo, sida jardiinada dambe (haddii boosku xadidan yahay, waxay sidoo kale "jog" ku jiraan meesha) saacad-saac ama saacad taleefanka gacantu

Taabo istiraatiijiyad: Marka dadku aad u careysan yihiin, garaaca wadnahooda waxay la mid tahay heerka garaaca wadnaha ka dib jimicsiga. Ardayda (ha) ha dhigtee ama ha ordayaan meesha 5 daqiiqo iyagoo leh saacad saacad joogsi, ardeyda ha ku tiriyo garaacistooda illaa 15 sekan qoorta, gacanta, ama macbudka. Barashada sida loo gaabiyo jirka waa hab waxtar u leh xasilinta xanaaqa. Hal jid waa inaad si raaxo leh u fadhiisato oo aad qaadatid 10 tartiib tartiib ah, oo qoto dheer oo neefsasho ah. Ka fikir wax aamusnaan ah oo ay ku raaxeystaan samaynta (akhriska buug, midabayn, u heesid, ama dhisme ka samaysan dabaqyo). Sharax in dadka waaweyni ay waxyaalahan oo kale isku qabtaan si ay "u fududaato," ama u dejiso ..

Hadda, ardaydu ha ku tiriyo garaacistooda illaa 15 sekan. Maxay arkeen? Ma awoodi jireen inay yareeyaan jirkooda? Ardayda ayaa laga yaabaa inay jeclaan karaan inay iskudayaan howlahan isku mid ah markay xanaaqsan yihiin, xanaaqsan yihiin, ama u baahan yihiin inay ka takhalusaan walbahaarka badan.

Waxay Qoysasku sameyn karaan Jeegaan

- maalinle ah. Inta lagu jiro quraacda ama bilowga maalinta, weydii ardayda dareenkooda iyo sababta. Tani waxay noqon kartaa mid caawimaad leh habeenka ka hor sariirta, sidoo kalena ardayda waxay ka wada hadli karaan sida ay dareemayeen maalinta.
- Ku dheji hawl maalmeedkaaga, in kasta oo ay ka duwan tahay tii aan horay u baran jirnay .. Tani waxay gacan ka geysaneysaa joogteynta dareenka caadiga ah. Tusaale ahaan, iskuday inaad sii wadatid wakhtiyada hurdada, waqtiyada barashada, waqtiga jiifka waqti isku mid ah maalin kasta.
- Inta aad ardayda wax la akhrinaysid, joogso oo milicsato sida jilayaashu dareemayaan iyo sababta. Waa kuwee ereyada, dhacdooyinka sheekada, ama astaamaha wejiga dabeecadda tilmaamaya sida astaantu u dareemayso?
- Markaad xanaaqsan tahay ama xanaaqsan tahay, wada jir u wada qor liisaska waxyaabaha aad ka gudubto (adoo isticmaalaya qalabkooda neefsashada, kahadalida, nasashada) Tani waxay u noqon kartaa waqtiga ugu fiican ee ay dib ugu eegaan aaladda sanduuqa aaladda ay ku barten fasalka.

Waxqabadka Barashada Muusikada

Heerka 1

Heerarka Oregon waxay cadeeyaan **ka jawaabida muusikada** inay tahay xirfadda mudnaanta koowaad ee fasalka 1aad. Hawlaha hoosta ku jira waxay u oggolaanayaan cunuggaaga inuu sahaminta waxyaabaha muusikada. Ka hadlida xulashooyinka muusikada waxay ardayda ka caawiyaan inay horumariyaan hal-abuurnimadooda iyo xirfadaha fikirka adag.

Hawlaha usbuuca 2-aad

1. Soo hel garaac isdaba joog ah.

Qalabka: duubista muusikada aad adigu marin u leedahay. Waxay noqon kartaa faylasha CD-yada ama MP3-ka, ama raadso muusik YouTube ah (iyadoo waalidiintaadu fasax iyo caawimaad)

Helitaanka iyo ku haynta garaacid joogta ah waa qeyb muhiim ah oo ka mid ah fulinta muusikada.

Dhageyso qaar ka mid ah muusikada aad ku haysato guriga. Dhageyso garaaca joogtada ah, 'garaaca' ama 'garaaca wadnaha' ee muusikada. Raadi hab aad ku muujiso ama aad ugu dhaqaaqdid garaacista joogtada ah. Waad ku duuban kartaa dhabtaada, sacab, socod, iwm.

Kala hadal waxa aad ka jeceshahay heesta.

2. Ciyaaraha

Laxiriira: Midnaba

Ha ku celcelin ku ciyaarista heesaha iyadoo la adeegsanayo garaaca jirka sida laabashada, xoqitaanka, sacabinta, dheellitirka

Rhythm Tusaalooyinka:

- **Laxanka** - "ti-ti, ta, ta, ta"
- **Qaangaar** - "pat pat, snap, sacab, snap"
- **Ilmo** - koobiyada qaabka dadka waaweyn
ama
- **Laxanka** - "ti-ti, ta, ti-ti, ta"
- **Ilmaha** - "snap snap, sacab, pat pat, stomp"
- **Adult** - copy Qaabka ilmaha looqaab

abuuro 4-garaac ah oo ardaygaagana ha ka dajiso xusuusta. Tartiib tartiib usamee.

Qaado qof hogaamiya oo arag cidda soo xusuusan karta qaabka ugu dheer, ama ka dhigaya kulan qiyaasaya.

3. Qiimee yaa?

"Mashiinka, nambarka Sagaalka
hoose ee qadka Chicago
Eegi dhalaalaya, ha arkeen
matoorkalftiin, nambarka nambarka
9aad"

Qalabka: Ciyaartan waa in lagu ciyaaro seddex qof ama kabadan. Haddii ay jiraan kaliya labo ciyaartoy, waxaad sameyn kartaa liistada jilayaasha si aad ficil u sameyso. **Tusaale:** codka awoowe, codka, macalinka codka ilmaha, codka nacasnimada

Tilmaamaha: Hal qof ayaa xidhma indhahooda. Qof kale ayaa ku hadlaya laxanka sidaa darteed qofka ugu horeeya ayaa qiyaasi kara cidda ay tahay.

Waxay Qoysasku Ma

- Yaqiin Weydiinta ardaygaaga inuu kuu macneeyo ereyada ka hor intaadan muujin waa hab fiican oo lagu xoojiyo waxbarashadooda.
- Waxaad ku tababaran kartaa helitaanka garaacis joogto ah markasta oo aad dhageysato muusikada! Yeelo inaad ahaatid drummer, ama aad la cayaartid qof gurigaaga ka mid ah!

Hawlaha barashada ee loogu talagalay PE

Fasalka 1

Heerarka gobolka Oregon ee loogu talagalay waxbarashada jimicsiga waxaa ka mid ah muujinta mas'uuliyad shaqsiyadeed iyo dhaqan bulsheed markii lala shaqeeynayo kuwa kale iyo muujinta karti xirfado kala duwan oo dhaqdhaqaaq iyo dhaqdhaqaaq.

Waxqabadka usbuuca 2-aad

1. Dhagax - Waraaq - MaqaarugisTug-O-War

Qalabka: Midkoodna

istaag cag lugahaaga lammaanahaaga. Samee bartaan dhamaadka loogu talagalay oo dhowr cago gadaasha ah ah si aad u ogaatid goorta la joojinayo.

Bilow inaad ku dhejiso dhagaxa - warqad - maqas. Ku guuleystaha marwalba wuxuu qaadanayaa hal talaabo gadaal qofka aan ku guuleysan waa inuu hal talaabo horey uqaadaa. Ujeeddadu waa in mid ka mid ah ka qaybgalayaasha uu dib ugu soo celiyo meeshii ugu dambeysay.

Sababta: Ardaydu ugu raaxaysan karaan nashaadaadyada jir ahaanta ee gudaha ah inta ay ku celcelinayaan xirfadaha dhagaysiga iyo hagaajinta caafimaadka wadnaha iyo maskaxda.

2. Biibiida

Qalabka:buufin

Hayso buufin sabbaynaya adigoo isticmaalaya aad gacmaha, lugaha, jilbaha, suxullada, fooddiisa. Tiri tirada hits ee aad sameyn karto ka hor inta buufinku uusan taaban dhulka! Isku day lammaane ama waalid!

Hawshani waxay gacan ka geysaneysaa horumarinta isku-duwidda gacanta / indhaha waana wax lagu farxo.

3. WehelisoKu Tababbarka

QalabkaQalabka: kubad ama wax jilicsan

Raadi lammaane iyo shay ku tuura Ku celceli tuugida iyo la qabsashada lammaanaha. Hubso inaad hore ugu dhaqaaqdid lugta ka soo horjeedda markaad riixdo. Immisa jeer ayaad tuurin kartaa isku xigxiga?

4. Caadiga

Qalabka:Stretch:ma jiro

kala dhista dabacsanaan muruqyada. Isku day inaad ku qabato fiditaanadan 10-30 sekan midkiiba:

- Xargaha lugaha toosan, isku day inaad taabato faraha gacmahaaga. Waxa la samayn karaa adigoo fadhiya ama taagan.
- Kala-bixin - Fadhiiso iyadoo cagaha fidsan. Gaarista inta u dhexeysa cagahaaga illaa aad dareento fiditaan.
- Jaantus Afaraad- Fadhiiso iyadoo hal lug ay banaaneyso bidixda kalena laaban tahay. Ku gaadho cagahaaga. U rog dhinacyada.
- Labajibbaar- Fadhiiso lugaha oo wada dhig jilbahaaga sida baalasheeda balanbaalis. Isku day inaad sankaa taabatid faraha farahaaga.
- Deltoid- Gacantaada kor u qaad jidhkaaga oo dhan si aad u kala bixisid muruqyada garbahaaga. U rog dhinacyada.
- Quadricep- Hal lug ku istaag, oo ku hay lug kale oo gacantaada ah. Si tartiib ah gadaal ugu riix. U rog dhinacyada.

Maxay Qoysasku Wada Ciyaari Karaan

- ! Carruurtu waxbadan bay ku bartaan ciyaarta. Ku soo biir ardaygaaga oo ku ciyaaraya waxyaabaha caruurtu ku ciyaaraan ama raac fikradooda ciyaar "rumee".

Waxqabadka Barashada ee Hadalka iyo Dhageysiga

Fasalka 1 Heerka

Aasaasiga ah ee Oregon wuxuu u baahan yahay ardayda fasalka 1aad inay awood u yeeshaan inay ka qeybqaataan wada hadalka, raacaan qawaaniinta la isku raacay ee wada hadalka, lagu dhiso fikradaha kuwa kale, iyo weydiyaan su'aalo si loo caddeeyo jahwareerka (SL.1, SL.3). Intaa waxa u dheer, ardayda waxaa looga baahan yahay inay adeegsadaan tafaasiisha si ay u soo saaraan jumlado dhameystiran oo ay ku muujiyaan fikradaha iyo dareemada si cad (SL.6, SL.4).

Waxqabadka Toddobaadka 2

1. IskuXisaabta

QalabkaXirka: Ma jiro

Tababbarka tirinta laga bilaabo 1 illaa 120 illaa 1's. Kadib ku celceli tirinta 5 iyo 10's. Dooro lambar oo cunugaada ha sharxo inta kun iyo toban tirada ay leeyihiin. Tusaale ahaan, "Waxaan soo qaatay lambarka 72. Nambarkaygu wuxuu leeyahay todoba tobnaad iyo labo." Adeegso jumladaha soo socda: Ma ii sheegi kartaa lambarkaaga? Waxaan qaatay lambarka _____. Nambarkaygu wuxuu leeyahay _____ tobnaad iyo _____ kuwa.

2. Iskuxirka Qoritaanka / Xulashada

Qalabka: Waraaq, qalin, aalado midab leh (midabbo, qalin midab leh, calaamadeeyaal)

Ilmahaaga ha wareysto xubin qoyska ka tirsan oo ku saabsan aragtidooda ku saabsan cuntada ay jecel yihiin, xayawaanka, isboortiga, ama buugga. Kadib markay wareystaan qofkaas, u oggolow inay wadaagaan waxay ku barten weedho dhammaystiran. Waxay sawiri karaan oo qori karaan sheeko ku saabsan wareysigan iyagoo adeegsanaya 5 jumlado iyo ereyo isku xigxiga (marka hore, xigta, ka dib, intaas kadib, ugu dambeyn, ugu dambeyn).

3. Akhriska

Qalabka Iskuxirka: Ka caawi Kaymaha by Rita Crosby (agab akhriska)

Kadib markaad wax akhriso Ka caawi kaynta, weydii carruurtaada inay ka jawaabaan qaar ka mid ah su'aalaha gaarka ah. Hoos waxaa ku yaal su'aalaha iyo bilowga weedha.

-Sideed u caawin kartaa duurka? Waxaan caawin karaa kaynta ugu dambayn _____ iyo _____.

-Maxay yihiin waxqabadyada qaar dadku jecel yihiin inay ka sameeyaan duurka? Dadku waa karaa _____ iyo _____ duurka dhexdiisa.

-Maxay xayawaanku u isticmaalaan keynta? Xayawaanku waxay u isticmaalaan duurka illaa _____ iyo _____.

-Neex dhammaan xayawaanka ku nool kaynta. _____, _____, _____, _____, dhammaantood waxay ku nool yihiin kaynta.

4. Hadalka Casho

Qalabka: Midna

Markaad ku fadhiisanayso miiska cashada, u weecdo weydiimaha iyo jawaabaha qaar ka mid ah su'aalahan nacasnimada ah:

Waa maxay waxa ugu yaabka badan ee aad waligaa soo heshay? Waxa iigu yaabka badnaa waxay ahayd _____, maxaa yeelay _____.

Haddii aad qof la kulmi karto, yaa noqon lahaa? Waxaan jeclaan lahaa inaan la kulmo _____, maxaa yeelay _____.

Haddii aad cuni lahayd hal cunto oo keliya weligeed, maxay noqon lahayd? Waxaan cuni lahaa _____ ama _____.

- Fadhi wadajir si ay u dhammaystiraan hawl kasta.
- Ku dhiirigali dhalaankaaga inuu isticmaalo jumlado dhameystiran goorta la weydiinayo ama ka jawaabayo su'aalaha.
- Kaqeyb gal wareysiga qoyska adoo u ogolaanaya cunugaada inuu su'aalo ku weeydiiyo. Waxaa laga yaabaa inaad u baahatid inaad ka caawiso canuggaaga inuu fahmo su'aalaha kala duwan marka hore.

Waxqabadka Barashada Fayodhowrka & Is-hagaajinta

Fasalka 1

Fayo-dhowrka iyo nashaadaadka daryeelka is-daryeelku waa inay ahaadaan dariiqooyin looga caawiyo cunuggaaga inuu joogteeyo fayooabaanta jireed, maskaxeed iyo shucuur ahaan.

Waxqabadka Toddobaadka 2

1. Qalabka Qalabka Nabadda / Xasiloona

Qalabka: Midna

Marka noloshu kacdo, midkeen kasta wuxuu u baahan yahay meel uu ku dareemo amaan - meel ay ku yaalliin meel u dhexeysa annaga iyo waxa nagu dhacaya. Qalabkani wuxuu noqon karaa goob dhab ah ama meel khayaal ah.

Qalabka 'Quiet / Aaladda Nabdoon' wuxuu ku saabsan yahay barashada barashada diirada saarista meelahayaga nabdoon, kaasoo kiciya jidhkeenna inuu is dejiyo. Waxaan ka codsaneynaa ardaydeena inay helaan labadaba meesha dhabta ah ee u roon inay iyaga u wanaagsan, iyo inay ka abuuraan mid ka mid ah male-awaalkooda dib loo soo booqan karo mar labaad. Waxaan barnaa sida ay "ugu tagi lahaayeen" Degganaan / Goobtooda Nabdoon ee maankooda markasta oo ay dareemaan baahida loo qabo raaxo ama yareynta walbahaarka.

U sharax Meeshaada deggan / amaan ah qof jooga gurigaaga ka dibna weydii in ay iyagu kula wadaagaan.

2. Ha! Ha! Ha!

Qalabka: Midnaba

Ha qaadan Qosal Qosol. Adigoo qaata nasasho qosol inta lagu gudajiro maalintaada, waxaad naftaada siisaa baxsasho maskaxeed oo kuu geyn doonta meel sare oo aad ku raaxeysan karto maalintaada oo aad ka heli karto jawi deggan, aragti fiican, iyo farxad.

3. La! La! La!

Qalabka: muusikada, taleefanka, raadiyaha,

Qaado Muusikada Fasaxista

- Dhageysiga muusiggu waa caado maskaxeed oo awood leh oo yareyn karta walaaca, kor u qaadi karta niyaddaada, kor u qaadi doonta IQ-gaaga, oo bixin kara faa'iidooyin kale oo caafimaad oo xagga maskaxda iyo jirka ah. Nasashada oo aad si firfircoon u dhagaysato muusikada daqiiqado yar gudahood inta lagu jiro maalintaadu waxay kaa caawin kartaa inaad ku laabato shaqadaada qaab wanaagsan, nabad, iyo maskax wax soo saar leh. Xaqiiqdii, dhageysiga muusikada - gaar ahaan muusikada qadiimiga ah - waxay maskaxdaada u bedeli kartaa qaabab kor loogu qaado xusuusta iyo barashada.

4. MuujiMahadnaq

Qalabka: Midnaba

ha ku luminin inaad qof ku muujiso qadarin. Dareenka shucuur ahaanta ayaa had iyo jeer ahaa mid ka mid ah dhiirrigelinta farxadda ugu xoogga badan ee lagu yaqaanay suugaanta sayniska.

Waxyaabaha Qoysasku Qaban Karaan

- Ilmahaaga. Waqtigaan waa mid dhammaanteen culeys badan kuhaya, helitaanka qof **dhageysan** **karana** waa caawin kartaa. Haddii aad weydiiso sida ay wax u socdaan oo ay kuu sheegaan inay "fiican yihiin", sii wad weydiinta (waqti kale). Ilmuhu markasta maheli karaan luqada saxda ah si ay ugu macneeyaan dareenka ay dareemayaan.
- Is deji. Joogto ah. Xusuusi iyaga inaan isla meel dhigno tan.

- Waa muhiim in kasta oo adiga iyo cunuggaagu aad ku sii wadataan kala tagga, qofna uusan dareemin go'doon gabi ahaanba. Qaado fursado aad kula xiriirto oo aad dadka kale la xiriirtid, xitaa haddii ay fogaan tahay (6 fiid u jirta), taleefanka, khadka internetka, ama boostada xayeysiiska!
- Is ogow naftaada! Markay dadka waaweyni is bartaan is-daryeelida waxay si ka fiican u daryeeli karaan kuwa kale.

Toddobaadk
a 3-aad

Waxqabadka barashada Akhriska

Fasalka 1

Ardayda fasalka koowaad waxay u baahan yihiin inay **akhriyaan qoraallada heerka fasalka iyagoo leh dhiirrigelin iyo taageero**. Waalidku waxay ku taageeri karaan heerarkan (ardayda wax u akhriyaya nafsadooda, qof kale, ama dhagaysanaysa wax akhrinta) 20 daqiiqo maalin kasta.

Waxqabadka Toddobaadka 3-aad

1. **1-aad EE XANUUNADA**

QalabkaQalabka: santuuqyada ku yaal xagga hoose ee bogga, qallinka

Xulo 10 erey oo cusub liiska “erayga aragtida”. Ku qor sanduuqyada sagxadda hoose ee bogga. Ku celcelin akhriska kuwan maalin kasta.

2. **DINOSAUR CHASE (qoraalka dhabarka ku yaal) ~khayaaliga**

Qalabka: sheekada ku saabsan gadaasha nashaadaadka qalin, qalin u

akhri"**cunuggaagaDINOSAUR CHASE**". Iyagu iskood ayey wax u aqrin karaan. Akhrinta ka dib, hel oo goobaabin 10 ama in ka badan ereyada aragtida ee aad ku akhriso sheekada (eeg liiska ku lifaaqan fasalka 1aad “erayga indhaha”).

3. **xayawaan qiroweyn Chase (text on dib) ~sheekooyin:**

Alaabtasheeko on dambe ee hawlaha

akhriyo sheekada ee"**Chasexayawaan**qiroweyn"ilmahaaga. Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo “sifiican”, sida aan u hadlayno. Kadib, cunugaada ha sheego waxa ku saabsan jilayaasha (**yaa**) oo adeegsada qeexitaanka ereyada sida, caqli badan, dheer, dhakhso leh.

4. **DINOSAUR CHASE (qoraalka dhabarka ku yaal) ~khayaaliga**

Qalabka: sheekada ku saabsan gadaasha nashaadaadka, warqad, qalin

Dib ugu akhri sheekada "**DINOSAUR CHASE**" cunuggaaga. Iyagu iskood ayey wax u aqrin karaan. Ku dhiiri geli cunugaada inuu wax ku akhriyo “FLUENCY”, sida aan u hadalno. Kadib, cunugaada ha sharxo goobta sheekada (**meesha iyo goorta**). Qeex qaababka meelayntu isu beddeshay waqti ka dib. Sawiro waxaad u maleyneyso in ka badan ama ka badan goobaha ay u egtahay in sheekada.

5. **xayawaan qiroweyn Chase (text on dib) ~sheekooyin:**

Alaabtasheeko on dambe ee hawlaha

Ilmaha mar kale akhri sheekada naftiisa ama caawimaad yar. Kadib, cunugaaga RETELL ha qoro ama ha qoro RETELL dhacdooyinka sheekada oo sharxaya bilowga, dhexe, iyo dhamaadka. Kajawaab su'aalahan: *Sidee buu ku dhamaaday yaab? Maxaa dhici lahaa haddaanu riyo ahayn?*

Waxay Qoysasku sameyn karaan

- Dib-u-Akhrin, ama markale aqriyaan, sheekooyinka waxay ka caawinayaan dhisida akhrinta iyo kalsoonida cunugaaga.
- Waqti sii cunugaaga, oo arag inta erey oo sax ah oo ay ku akhriyi karaan 1 daqiiqo. Dib u akhri si aad u kordhiso saxnaanta iyo waqtiga si fiicnaanta.
- Markii aad aqrinaysid sheekada, isbadal ku aqri qeybaha astaamaha kala duwan xubnaha qoyska. Xusuusnow inaad wax ku aqriso weedh si aad u muujiso sida dabeecaddaas u dareemayo
- Xusuuso oo ku celceli ereyada uu ilmahaagu ku dhibtoodo inuu akhriyo.

Halkaan ku qor 10 WALI XAALADA:

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Dinosaur Chase

By F. R .Storey

Illustrated by Tuko Fujisaki

Matt and Sarah were at the fair. "Let's go on this ride," Sarah said. It was the Dinosaur Chase. "Let's not," Matt said. "Someday I'll go. But I don't want to go today." "Come on," Sarah said. "It will be fun." The car went into a giant tunnel. It started to shake. It started to rattle. It started to hop around. Then the car stopped. "Matt, look!" Sarah said. Matt looked all around. He was amazed. He saw tall trees and grass. "These are dinosaur tracks," Sarah said. "Where are we?" Matt said. "Let's follow the dinosaur," Sarah said. "Let's not," Matt said. Matt looked at the trees. Sarah looked at the trees. "Look! Duckbills!" Sarah said. "They will eat us," Matt said. "They only eat plants," Sarah said. Then the ground began to shake. THUMP, THUMP, THUMP. "Let's go," Matt said. The duckbills ran away. Then they saw a giant head. "A tyrannosaurus rex," Sarah said. "They eat meat," Matt said. It looked around. "It is probably just following the duckbills," Sarah said. The tyrannosaurus followed the duckbills. Matt ran to the red car. "Let's go before he comes back," Matt said. "I love dinosaurs," Sarah said. "I like them too," said Matt. "But only in books!" The car went into the giant tunnel. It started to shake. "Matt, let's go to Jupiter," Sarah said. "Let's sit in front again." Matt looked at Sarah. "Hmmm... let's not!" he said, "Let's not! Let's not!" And then Matt woke up. "Maybe it is a good day to stay in bed!" he said to his cat.

Waxqabadka Barashada ee Darajada 1aad ee Akhrinta

Fasalka 1

Heerarka Oregon waxay cadeeyaan codadka iyo wacyigelinta codka sidii xirfada mudnaanta koowaad ee fasalka koowaad. Hawlahaani waxay ka caawin doonaan cunuggaaga inuu akhriyo ereyada.

Dhaqdhaqaaqa usbuuca 3-aad

1. **Ku celceli xirfadda wacyigelinta taleefanka: Tirtirka dhawaaqyada.** **Qalabka:** Tani waa hawlo hadal ah oo lagu qaban karo ereyadaad doorato. Tusaalooyin qaar ka mid ah:

Waalidku wuxuu leeyahay ereyga. Ilmuhu wuu ku celceliyaa ereyga. Waalidku wuxuu yidhaa dhawaq la'aan (maran), maxaa hadhay?

Parent: much	Parent: without /m/, what's left? Child: uch
Parent: sock	Parent: without /s/, what's left? Child: ock
Parent: rock	Parent: without /r/, what's left? Child: ock
Parent: sad	Parent: without /s/, what's left? Child: ad
Parent: mesh	Parent: without /m/, what's left? Child: esh

2. **Ku celceli ereyada dhawaaqa ka soo baxa qoraalka, "Quilt".** **Qalabka:** Sheekadu waxay ku taal bogga xiga. Kuerayadan:

Bats, gramps, quilt, snug, Kip

Example:

Parents: "bats"

Child: /b-a-t-s/ bats

dhawaaqWaalidku waa inay tilmaamaan erayga, oo cunugga ha u sheego dhammaan dhawaaqyada erayga isaga oo aan joojin codadka dhexdooda.

3. **Akhri sheekada.** **Qalabka:** Sheekadu waxay ku taal bogga xiga.

Ardaydu ha ku celceliyaan akhriska sheekada (marar badan).

4. **higgaadinta** **Qalabka:** Erayada ka socda sheekada "Quilt."

U sheeg ereyga cunuggaaga. Cunugaaga ha ku celiyo erayga, oo ha ku dhawaaqo codadka erayga (kor u qabo farta cod kasta).

Waxay Qoysasku Sameyn Karaan

- Aqri qoraalka kasta oo guriga ku yaal ee ardaydu ku raaxeystaan.
- Ku celceli tirinta codadka ugu horreeya ee eray ahaan. Sii carruurta eray oo weydii in ay dhahaan waxa haray haddii ay kaxaystaan dhawaaqa koowaad.
- U oggolow carruurta inay ku celceliyaan ereyada dhawaaqa leh ee laga helo guriga (buug, joornaal, internetka, sumadaha).
- Sii cunugaaga ereyo uu higgaadiyo. U oggolow inay dhawaaqaan dhawaaqyada ka dibna

u oggolow inay qoraan erayga.

- Read/use the decodable text for activities: **The Quilt**
Gramps.
Gramps has a quilt.
It has tan bats.
It has red caps.
Gramps is snug.
Kip is just as snug.
The quilt has tan bats
and red caps on it.

Waxqabadka Barashada ee Qorista

Fasalka 1

Heerarka udub-dhexaadka guud ee fasalka koowaad ardaydu waxay qoraan sheeko run ah oo ku saabsan naftooda taasoo ay ugu sheegaan laba ama in ka badan dhacdooyin oo isku xiga oo tafaasiisha leh. Qoritaanku waa inuu adeegsadaa ereyada kala guurka (Marka hore, ka dib, ku xigta, intaas ka dib, ugu dambeyn) waana inuu noqdaa ugu yaraan 5 jumlado.

Hawlaha usbuuca 3-aad

1. Sideed jimicsi uheshay adigoo guriga jooga?

Qalabka: warqad, qalin, qalfoofyo

Ardaydu waxay wax ka qori doonaan mowduuca (jimicsi hel - 2 tus oo sharrax) oo sawir ka bixi sawir

2. Qor wax ku saabsan fasaxaagii aad ugu jeceshahay hore ee.

Qalabka: warqad, qalin, qalfoofyo

Ardayda waxay wax ka qori doonaan mowduuca (fasaxa ay jecel yihiin - waxay bixiyaan 2 dhacdo oo ay ku sharraxaan sababaha) oo ay muujiyaan masawir u dhigma.

3. Qor wax ku saabsan qaybta ugubadan dhibka ee guriga.

Qalabka: warqad, qalin, qalfoofyo

Ardaydu waxay wax ka qori doonaan mowduuca (guriga joog - sii 2 munaasabad oo sharax sababaha) oo sawira sawirka u dhigma.

4. Maxay yihiin waxyaabaha aad ugu raaxeysatid guriga dhexdiisa marka lagu daro daawashada telefishanka ama ciyaaro ciyaaraha fiidiyowga?

Qalabka: warqad, qalin, qalfoofka

Ardayda ayaa wax ka qori doona mowduuca (ku raaxayso guriga - sii labo tusaale oo sharrax) oo sawir ka bixi sawirka.

5. Waxaad qortaa waxa ugu khafiifka badan ee aad abid taabato.

Qalabka: warqad, qalin, qalfoofyo

Ardayda waxay wax ka qori doonaan mowduuca (waxyaabo jilicsan) oo sawiri doona sawir u dhigma.

Waxa Qoysasku Sameyn Karaan

- Qoysasku waxay ka hadli karaan nolol maalmeedka iyo ku celceliyaan iyagoo adeegsanaya ereyo isku xigxiga (Marka hore, labaad, ka dib, ku xig, ka dib, intaas kadib, ugu dambeyn).
- Ku shaqee adeegsiga ereyada sharaxaadda si jumladaha u xiiso badan u
- Isticmaal iskumid erayo loogu talagalay ereyada aasaasiga ah si aad u soo bandhigto ereyo aad u adag.

Madadaalo = xiiso leh, argagax leh, iwm

Cool = heer sare ah, quruxsan, xiiso leh

Hawlaha Learning Xisaabta

Fasalka 1

fasalkaFirst ayaa la filayaa in **la fahmo oo ku muujin xeeladaha iskugeynta iyo kalagoynta badan illaa 20** iyo sidoo kale muujiyaan isugaynta iyo kala-goynta lagu daro gudahood 10.

Week 3 Hawlaha

1. Ku darista fiican isugu 10gudahood, Qalabkaqalinka, qalin, warqad

Xalliyaan ka dib markii sii dheer dhibaatooyinkala ardayda aad. Ardeydu waa inay awood u yeeshaan inay kaga jawaabaan xusuustaan. Haddaysan ahayn, u isticmaal wax kasta oo yar yar xisaabinta ama istiraatiijiyad kale oo aad ku darto.

$$\begin{array}{l} 2 + 1 = \underline{\quad} \quad 5 + 3 = \underline{\quad} \quad 7 + 3 = \underline{\quad} \quad 2 + 8 = \underline{\quad} \\ 2 + 3 = \underline{\quad} \quad 5 + 5 = \underline{\quad} \quad 1 + 7 = \underline{\quad} \quad 9 + 0 = \underline{\quad} \\ 4 + 2 = \underline{\quad} \quad 6 + 2 = \underline{\quad} \quad 8 + 1 = \underline{\quad} \quad 1 + 9 = \underline{\quad} \end{array}$$

2. Kalagoynta kala goynta 10 Qalabka: qalin, qalin, warqad

Xalli masalooyinka soosocda ee soo socota. Ardeydu waa inay awood u yeeshaan inay kaga jawaabaan xusuustaan. Haddaysan ahayn, u isticmaal wax kasta oo yar yar xisaabinta ama istiraatiijiyad kale si aad u kala goyso.

$$\begin{array}{l} 10-8 = \underline{\quad} \quad 9-7 = \underline{\quad} \quad 6-2 = \underline{\quad} \quad 7-6 = \underline{\quad} \\ 8-5 = \underline{\quad} \quad 10-4 = \underline{\quad} \quad 7-7 = \underline{\quad} \quad 5-3 = \underline{\quad} \\ 10-5 = \underline{\quad} \quad 8-6 = \underline{\quad} \quad 9-4 = \underline{\quad} \quad 7-5 = \underline{\quad} \end{array}$$

3. Ku darista / Kala-goynta IsticmaalkaNumberka Qalabka: 0-20 lambar xariiqda, qalin, qalin <-----> Xalliso

masalooyinka xisaabta soo socda. Cunugaaga ha ku tuso sida loo isticmaalo xariiqda tirada la siiyay si loo xalliyo isla'eg kasta.

$$\begin{array}{l} 12 + 3 = \underline{\quad} \quad 16 + 4 = \underline{\quad} \quad 8 + 7 = \underline{\quad} \quad 5 + 9 = \underline{\quad} \\ 13-5 = \underline{\quad} \quad 11-6 = \underline{\quad} \quad 18-9 = \underline{\quad} \quad 12-7 = \underline{\quad} \end{array}$$

4. Isugeynta / kala-goynta IsticmaalkaSawirada Qalabka: qalin , qalin, warqad

Xalli dhibaatooyinka xisaabta soo socda. Ardaydu ha ha sawiro sawiro si ay u xalliyaan dhibaatooyinka (sida: 5 ubax + 3 ubax = 8 ubax; 5 ubax - 3 ubax (ka gudub 3) = 2 ubax).

$$\begin{array}{l} 10 + 3 = \underline{\quad} \quad 9 + 8 = \underline{\quad} \quad 5 + 11 = \underline{\quad} \quad 7 + 13 = \underline{\quad} \\ 14-5 = \underline{\quad} \quad 18-7 = \underline{\quad} \quad 10-9 = \underline{\quad} \quad 16-6 = \underline{\quad} \end{array}$$

5. Isku geynta / goynta Isticmaalka kala duwan Xeeladaha Qalabka:qalin, qalin, warqad, sadarka tirada, qayb-qayb dhan, 10 xaraf

Xallili dhibaatooyinka xisaabta soo socda. Ardaydu ha u isticmaalaan istiraatiijiyoyin kala duwan sidii ay u xalliyaan isleegyada (xariiqda tirada, sawirro, qeyb-dhan, toban xirmooyin, iwm.). Xirfadahaani waa dib u eegis casharradii hore.

Caqabada: Ardaydaadu ha xalliyaan isleeg kasta iyagoo isticmaalaya 2-3 tabaha.

$$\begin{array}{l} 5 + 3 = \underline{\quad} \quad 10 + 10 = \underline{\quad} \quad 14-7 = \underline{\quad} \quad 16 + 4 = \underline{\quad} \quad 3 + 6 = \underline{\quad} \quad 8-4 = \underline{\quad} \quad 15-3 = \underline{\quad} \quad 10 + 7 = \underline{\quad} \quad 1 + 6 = \underline{\quad} \\ 6 + 7 = \underline{\quad} \quad 12-3 = \underline{\quad} \quad 10-6 = \underline{\quad} \quad 5 + 9 = \underline{\quad} \quad 7 + 4 = \underline{\quad} \quad 15-10 = \underline{\quad} \quad 4 + 5 = \underline{\quad} \quad 4 + 15 = \underline{\quad} \quad 12-5 = \underline{\quad} \end{array}$$

Waxa Qoysasku Sameyn Karaan

- Isboortiyo** (isticmaal laadhuu ama jaangooyooyinka kaararka): Ardayga iyo waalidka labadaba waxay rogaan laba laadhuu (ama laba kaadhadh ah) Adeegso istiraatiijiyado kala duwan si aad iskugu dartid tirooyinka, sida tirinta, adeegsiga xariiqda tiro, tirinta qarka 120, iwm. Qof kasta oo leh tirada ugu badan

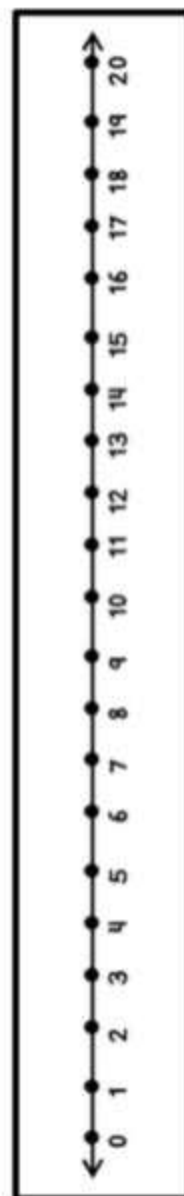
guuleysta wareegaas. Ku celi. Haddii aad isticmaaleyso kaararka, waxaad u ciyaari kartaa sida ciyaarta "Dagaal". Cidii ku guuleysata haysa kaararka.

- **Xisaabta Maalin kasta:** Adkee sida iskudhafan iyo kala goynta xaqiiqada inta lagu jiro howlaha maalinlaha ah. Tusaale ahaan, markaad miiska dhigayso, dheh "Waxaan haysannaa 3 taargo oo 5 qof ah. Immisa kale ayaan u baahanahay? Haa! 3 lagu daray 2 waa 5 iyo 5 - 3 waa 2. "

10 Fure:

Whole	
Part	Part

Tirada:



tusaalaha tusaalahakamida qayb dhan: $7 + 5 = ?$ & $5 + ? = 12$ ama $12 - 5 = ?$

WHOLE ?	
PART 7	PART 5

WHOLE 12	
PART ?	PART 5

Waxqabadka Barashada

Fasalka 1aad

Halbeegga Halbeega Sayniska wuxuu sheegayaa in ardayda fasalka koowaad ay awood u yeelan doonaan inay indha indheeyaan waqtiyo kala duwan oo sanadka ah si ay ula xiriiraan xaddiga iftiinka maalinta iyo sanadka. Hawlahani waxay ka caawin doonaan cunuggaaga inuu sharraxo sida ay hadhku isu beddelaan markay qorraxdu u soo baxdo samada oo ay aqoonsato qaababka.

Waxqabadka usbuuca 3-aad

1. Meeday hoosku?

QalabkaAlaabta:lugta lagu gooyo ama shay la dhigo oo la calaamadeeyo xudduudka hooska, dariiqa ama dariiqyada iyo qoraxdu

Dooro hooska shay sida darbi, geed ama dhinaca dhisme oo ka samaynaya xariiq toosan calaamadna u ah. Qiyaas halka aad u maleynaysid in hoosku uu ku jiri doono shan iyo toban daqiiqo oo calaamadee. Fiiri shan iyo toban daqiiqo si aad u aragto sida ugu dhow qiyaastaadu u dhowdahay halka hoosku run ahaantii yahay.

Kordhinta: Halkee ayuu hadhku socon doonaa saacad? Laba saacadood? Sidee iyo / ama maxay hadhku u dhaqaaqaa?

2. Shaashadda

AgabyadaQalabka: Naftaada, lammaane, iyo qorrax ka soo

bix Bannaanka maalin qorax leh, ka wada shaqeynta jawaabaha su'aalahan. Ma taaban kartaa hadhka lamaanahaaga adiga oo aan taaban lamaanahaaga? Miyaad sameyn kartaa hooskaaga taabasho ama ma ka gudbi kartaa hooska lamaanahaaga? Adiga iyo lamaanahaada ma sameyn kartaan hadh u eg qof afarta gacmood leh? Waa maxay hadhka kale ee nacasnimada ah ee adiga iyo lamaanahaagu wada sameyn kartaan ama si gooni ah u sameyn kartaan?

3. Huntada Shadow

Qalabka: Meel bannaanka ah iyo qaab-dhismeedyo, shey, ama dabiici maalinta qorraxdu

Soco ama banaanka u bax raadinta hooska. Hadhka hoos aad aragto ma u eg yihiin waxyaalaha tuuraya? Waa maxay hadhka ugu xiisaha badan ee aad ka heli karto?

Kordhinta: Isku day inaad sameyso hooskaaga xiisaha leh. Adeegso iskudhafka walxaha guntin ama meel u dhow midba midka kale u wada dhigo hadhka. Muxuu u eg yahay?

4. Muuqaalka tiirarka miyuu dhaqaaqi karaa?

Qalabka: shey aan dhaqaaqaynin sida shay ficiil ah, aalad boombolo toysaur, ama shey yar oo iskiis u istaagi kara inuu u isticmaalo sidii taallo, warqad, qalin ama

dhagax weyn Istaag sheyga / taallada geeska geeska warqad warqad dulsaaran oo dusha sare ah sida dariiqyada ama daaqad ballaaran si hooskeeda hoos loogu dhigo warqadda. Raadi hooska aroortii, duhurkii iyo galabtii. Kala hadal xubin reerka ah sida hoosku u dhaqaaqay.

Kordhinta: Ku celi nashaaddan gudaha adoo isticmaalaya shay la mid ah iyo isha nal sida toosh ama laambad si fudud loo dhaqaajin karo. Sideed ugu dhaqaajin kartaa isha iftiinka si aad ugu beddesho booska darfka hooska ah darbiga ama sagxadda? Miyaad hadhka sii dheerayn kartaa ama ka gaabin kartaa? Ka weyn ama ka yar? Muxuu isu beddelayaa iyadoo ku xidhan meelaynta ilayska iftiinka? Sidee u dhaqaaqida isha iftiinka u egtahay / ula xiriirtaa sida qorraxda u dhaqaaqdo maalintii oo dhan?

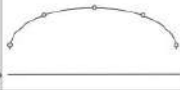
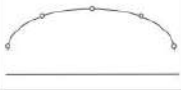
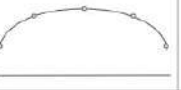
5.

Lasoco dhaqdhaqaaqa qorraxda ee cirka

Qalabka: Waraaq, qalin, meel bannaanka ah si aad u daawato qorraxda

warqad yar, xariiq u yeer cirifka iyo qaanso-goobeed (badhka-badhkeed) korkeeda dariiqa qorraxdu markay socotaa maalintii. Dibedda u bax si aad u aragto halka qorraxdu ku jirto cirka dhowr jeer maalintii, iska jir inaadan toos u eegin qorraxda. (Waqtiyada suurtagalka ah ee la hubinayo waa 8:00 aroornimo, 10:00 aroornimo, 12:00 duhurnimo, 2:00 pm, 4:00 pm, iyo 6:00 pm) Waqti kasta oo aad fiiriso, ku qor meelaynta qorraxda qorrax-qabteedka adigoo sawiraya goobaabin oo wakhtiga ku qor goobaabta wareega. Kala hadal xubin reerka ah sida qorraxdu u dhaqaaqday? Qaab ma tahay?

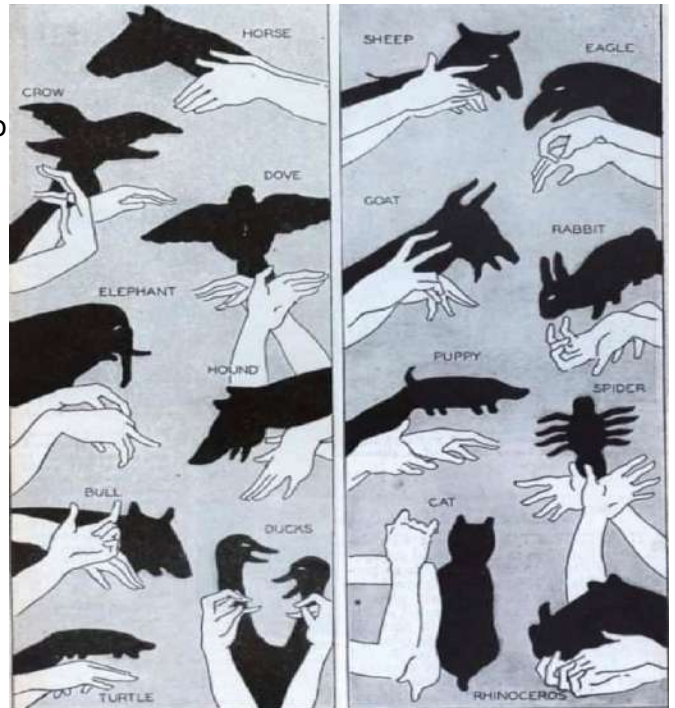
Where do you see the sun throughout the day?

Date	Morning	Noon	Afternoon	Evening
				

Kordhinta: Samee isla nashaadaad kale maalin kale oo isbarbar dhig labada xaashiis ee rikoorka ah. Sidee ayay u eg yihiin? Kala duwan?

Waxay Qoysasku Sameyn Kartaan

- Ka wada hadal waqtiga ay qorraxdu soo baxdo maalin walbana ay soo baxdo.
- Shax ku qor waqtiga qorraxdu soo baxeysa oo degeysa oo ka wada hadal isbeddelada. Maalmuhu ma sii dheeraanayaan ama ka gaabaan?
- Hal fiid ah, oo aad wada qaadataan adiga oo reerka aad derbiga ugu sameysa eeyo yar yar oo hadh iyo madadaalo ah. Ka wada hadla sida iftiinka uusan ugu sii gudbi karin wax adag, sidaasna sameysasho hooska.



Waxqabadka Barashada Daraasaadka Bulshada

Darajada 1

Heerarka barashada bulshada Oregon waxay weydiisaneysaa ardayda darajooyinka koowaad inay adeegsadaan wanaagga bulshada sida xorriyadda, cadaaladda, iyo garsoorka. Hawlahaas waxay ka caawin doonaan cunuggaaga inuu fahmo sida loo noqdo muwaadin wanaagsan.

Hawlaha usbuuca 3-aad

1. Ka fikir

Qalabka: Waraaq, qalin, dhajisyo

Ka fikir seddex sharci oo aad u baahan tahay inaad raacdid, sawir sameysid, oo aad qorto jumlad.

2. Ka wada hadal

Qalabka: Midna looma baahna.

Ka fikir sida aad u noqon karto muwaadin wanaagsan oo kala hadal fikradahaaga waalidka.

- Sideed u caawin kartaa dadka guriga jooga?
- Maxaad sameyn kartaa si aad ugu noqotid iskuulka?
- Sideed u muujin kartaa ixtiraam dadka ka tirsan bulshada?

3.

Boostada

Qalabka: Waraaq (cabir kasta waa fiican yahay), Qalin, Qalin

Samee sawir dhejis ah ama ku sawir sawir muujinaya qaabab aad ku noqon karto muwaadin wanaagsan guriga, iskuulka ama bulshada. Jumlad u qor si aad ula socoto sawirkaaga.

Waxay Qoysasku Doodi Karaan

- Kala Ardaygaaga:
 - Maxey Xoriyadu adiga kuu tahay
 - Cadaaladdu maxay adiga kuu tahay?
 - Sidee dadku deris fiican ugu yihiin midba midka kale?
 - Xeerar noocee ah ayaa nolosha looga baahan yahay?
 - Muxuu ixtiraamku inaga inaga qabaa?

Hawlaha barashada eeCaafimaadka

Fasalka1

Badbaadada Shaqsiyadeed

Ardaydawayay muujin doonaan awooda ay u leeyihiin helitaanka macluumaad sax ah, alaabada iyo adeegyada si kor loogu qaado caafimaadka. Waxay lahaan doonaan qalab ay ku dareemaan amaankooda gudaha iyo banaanka guryahooda.

Hawlaha Toddobaadka

1. Lambarka taleefanka

Qalabka: Calaamadaha, waraaqaha, xaashiyaha, qalin-

sharax u sharax cunuggaaga inay muhiim tahay in la ogaado nambarkooda taleefanka haddii ay jirto xaalad degdeg ah. Qor nambarka taleefankaaga oo weydii cunugaada in uu koobi ka qoro warqad adiga oo odhanaya lambar kasta oo kor u kaca. Cunugaada ha ku qoro hal lambar oo lambarka ah mar warqad warqad ah oo ay la socoto calaamadeeyaha ilaa nambarada oo dhan lagu dhejiyo waraaqaha shaqsiyadeed. Ku dheji warqad kasta sagxadda qaabka hopscotch ama habka saxda ah ku dheji waraaqaha si aysan u dhaqaaqin. Cunugaada ha sheego lambarrada iyo tillaabada warqadda saxda ah oo u oggoolow inuu jimicsiga dhammeysto isagoo oranaya nambarka illaa inta la dhammaystirayo. Isagoo ku celcelinaya layliga, cunugaada wuu xifdi doonaa lambarka taleefanka.

2. Guryaha Cinwaanka Guriga

Qalabka: Kaararkaama warqad, qalin ku

macluumaadkaqor cinwaankaaga warqad. Sharax waxa lambar kasta ama erey u taagan yahay. Weydii cunugaaga in uu ku qoro lambarka guriga / aqal-qolka, magaca waddada, magaalada, gobolka iyo nambar nambar nambar. Waad lambarayn kartaa kaararka si cunugaada u ogaado amarka. Cinwaanka u hees heesta Frere Jacques ama hees kasta oo aad jeceshahay.

3. BadbaadadaGuriga

Alaabada: Waraaq iyo qalin

wada hadal cunuggaaga oo ku saabsan xeerarka iyo waxyaabaha laga filayo reerkaaga sida, furida albaabka dadka aan la aqoon, taabashada dawooyinka ama waxyaabaha nadiifinta iyo wixii la sameeyo haddii dab kaco . Ku celceli cunuggaaga Jidadka, Jurida iyo Wareejinta iyo dariiqyada daadgureynta. Fadlan u oggoolow cunugaaga inuu ka qeyb qaato wada hadalka ka dib, cunugaada ha sameeyo liis ku qoran waxa ka baxsan xadadka iyo waxa ay sameyn karaan.

4. Laydhka ah ee Deriska ah

Qalabka: Waxba

ha ku qaadin nabadgelyada ilamahaaga agagaarkiisa. Kala hadal cunugaaga sharciyada amniga qoyska ee xaafadaada. Halkee ayuu ilmahaagu ku ciyaari karaa? Deriskeey ayaa hagaagsan inay la hadlaan ama booqdaan? Maxey yihiin xeerarka ku saabsan shisheeyaha? Maxuu sameeyaa ilmahaagu haddii isagu ama iyadu ay ka baqayaan shay ama qof ka socda agagaarka? Socodkaaga ka dib, weydii cunugaada inuu ku celiyo qawaaniinta deriska.

Maxaa Qoysaska Makaraa,

- ha ilmahaaga dhaqanka garaacaya lambarka telefoonka aad onphone dhabta ah
- Placetirada on post a qori halkaas oo ay noqon kartaamuuqda

- Sameemap ka mid ah xaafadda aad
- ha ilmahaaga ogaada kuwaas oo si xiriir

Waxqabadka Barashada Farshaxanka

Fasalka 1

Habka aasaasiga ah ee aan u soo aragno adduunkeena oo aan u muujin karno nafteena waa farshaxanka, iyo barashada farshaxanka waxay horumarisaa xirfadaha iyo awoodaha muhiimka u ah muwaadiniinta guuleysta qarniga 21aad.

Toddobaadkan waxaan ku bixinaynaa howlo anshaxa **Masraxa**.

Hawlaha Toddobaadka

1. Naqshadaynta

QalabkaDharkaQalabka:laga helay agagaarka guriga Ka soo

uruuri alaabada gurigaaga sida: go'yaal, tinfoil, suumanka, dharka, dharka dadka waaweyn, aaladda beerta, maacuunta jikada iyo qalabka isboortiga si ay u sameeyaan dharka ficil sheeko caan ah ama mid ka mid ah naqshad kuu gaar ah.

AMA DHAQANKA DHAQANKA Farshaxanka: TH.1.CR1.1 La shaqee asxaabta si ay u fahmaan dharka iyo u soo bandhigaan khibrad riwaayadeed (tusaale ahaan, riwaayadaha socodka, riwaayadaha sheeko, riwaayadaha hal abuurka).

2. QiimeeCiyaarta

Qalabkashucuurta: meel banaan oo la dhaqaajiyo, muraayaddamuraayadda

Istaaghortiisa. Ku celceli samaynta wejiyo kala duwan si aad u muujiso shucuuuro badan. Ma ka fikiri kartaa waqti aad dareentay shucuur weyn? Muxuu qof waalan, yaab, faraxsan, kelinimo, nacayb, hunguri, shucuur faraxsan ... u ekaan doonaa? Waa maxay shucuurta kale ee aad ku muujin kartaan adoo isticmaalaya kaliya luqadda jirkaaga? Ka dib markaad ku celceliso muraayadda hortiisa, la cayaaro 'Qiyaas Dareenka' ciyaarta xubin qoyska ka mid ah. Immisa dareenkaaga ah ayay u malaynayaan inay sax yihiin? U leexo noqosho sameeyaha.

AMA Farshaxanka Farshaxanka ee lagu daray: TH.10.CO1.1 Soosaar dareenka dabeecada ee khibrada riwaayadaha la hago (tus., Riwaayadaha habka loo isticmaalo, riwaayadaha sheeko, riwaayadaha hal abuurka) iyo la xiriir khibrada shaqsiyeed.

3.

puppet Show

Qalabka:waxyaabaha ka soo agagaarka guriga, xayawaanka cufan ama alaabta lagu ciyaaro, bacaha warqad ama ulo popsicle (optional).

Ka fikir qaar ka mid ah alaabta caruurtu ku ciyaarto ama xayawaanka cufan ee aad ku haysatid guriga si aad ugu adeegsatid jilayaasha caruusadda caruusadda. Waxaad sidoo kale abuuri kartaa jawaanno ka sameysan baco warqad ah, ulo ku dheji, iwm. Samee sheeko gaaban oo leh bilow, dhexaad iyo dhammaad ay ku jiraan jilayaashaada. U isticmaal alaabada guriga ka soo socota si aad u samaysatid (waxaad ku dabooli kartaa miis buste ama waxaad adeegsan kartaa khaanad cartoon). Markaa adoo adeegsanaya xayawaankaaga cufan, alaabta caruurtu ku ciyaarto ama caruusadaha guryaha lagu sameeyo, ku dheji caruusadda yar yar ee caruusadda ah xubin ka mid ah qoyskaaga. Tani waxay sidoo kale noqon kartaa nashaadaad xiiso leh oo lagu abuurayo xubin qoyska ka mid ah ama walaal.

AMA Heerka Farshaxanka Farshaxanka TH.2.CR2.1. Ku tabaruca horumarinta qisada isku xigxiga ee khibrada riwaayadaha la hago (tus., Riwaayadda habka, riwaayadda sheeko, riwaayadaha hal abuurka).

Waxay Qoysasku Sameyn Karaan

- Ka caawi cunuggaaga inuu ka soo qaado agabyada guriga agtooda si ay u abuuraan dhar iyo / ama noocyo fudud.
- Kala qaybgal cunuggaaga ama walaalahaaga si aad u abuurtid khibrado riwaayado ciyaarta kor ku xusan.
- Noqo dhagaystayaal jilitaanka ilmaha ee waxqabadka.

Waxqabadka Barashada Muusikada

Heerka 1

Heerarka Oregon waxay cadeeyaan **horumarintooda iyo abuurida** xirfad muusig muusig oo mudnaanta koowaad ah. Hawlahani waxay u ogolaan doonaan ardaygaagu inuu sameeyo xulasho muusig oo uu ku xoojiyo fikradaha sida garaacista joogtada ah iyo farsamada waxqabadka haboon.

Waxqabadka usbuuca 3-aad

1.

K

u

celceli laxanka saaxiib.

Ha iloobin garaacista joogtada ah!

Qalabka: Wehelka - walaal, walaashaa, waalidkaa ama xubin kale oo reerkaaga ka mid ah. Imaatinka.

Tusaalooyinka

1. Watermelon Ice cream (ti fi ti fi ti ti)
2. Kubadda Kolayga Kubadda Kubadda loo yaqaan (Ball Ball Basket Basket (ta ta ti ti))
3. Hoos usocodka hoolka (nasasho) (ti ti ti ta, ta)

Isbadal ku samee adiga oo abuuraya qaabab kala duwan oo midba midka kale ufiican. Xusuusnow inaad ka dhigto mid gaaban oo aan aad u adag. Waxaad ku dari kartaa ereyo si aad uga dhigto laxanka si fudud loogu celiyo.

2.

W

a

x

qabad!

Qalabka: malqacad alwaax, dheriga jikada / maacuunta, maacuunta kale

Haddii qalabkan aan la heli karin, waxaad u isticmaali kartaa jirkaaga adigoo sacab, jiidid, xajinaya, iwm

Isticmaal jikada jikadaada si aad u cayaarto heeso kala duwan. Alaab walba u qaybi laxanka. Qaado jaangooyo wada ciyaar iyo gooni gooni ah. Ayaa u ciyaari doona cod dheer ama deggan? Miyaad u dheereysaa si dhakhso leh ama gaabis ah?

Laxanka Tusaalooyinka:

Riwaayadaha waaweyn "Ta Ta Ta Ta"

Qaadooyinka waxay ciyaaraan "Ta Ta Ti-ti Ta"

Maraqyada maraq waxay ciyaaraan "Ti-ti Ti-ti Ta Ta"

3.

Noqo Drummer!

Qalabka: baaldi ama miis loogu talagalay durbaanada; qalin ama jaranjarada sida durbaanooyinka.

Samee laxankaaga gaarka ah si aad ugu ciyaarto ama u isticmaasho shaxanka hoose.

Waxay Qoysasku Sameyn Kartaan

- Sameynta muusikada waxay noqon kartaa wadada ugu wanaagsan ee lagula xiriiro dadka gurigaaga ku nool. Qaado isweydaarsiga wadaagida heesta aad jeceshahay midba midka kale.
- Weydii ardaygaaga inuu kuu sameeyo qaar ka mid ah heesaha adigoo ku hadlaya ama sacabinaya.

DAVID DOUGLAS RHYTHM CHART

$\frac{4}{4}$ ♩ ♩ ♩ | ♩ ♩ ♩ | ♩ ♩ ♩ | ♩ ♩ ♩ ♩ || 1

$\frac{4}{4}$ ♩ ♩ ♩ | ♩ ♩ ♩ ♩ | ♩ ♩ ♩ ♩ | ♩ ♩ ♩ ♩ || 2

$\frac{4}{4}$ ♩ ♩ ♩ | ♩ ♩ ♩ | ♩ ♩ ♩ | ♩ ♩ ♩ || 3

Hawlaha barashada ee loogu talagalay PE

Fasalka 1

Heerarka gobolka Oregon ee loogu talagalay waxbarashada jimicsiga waxaa ka mid ah ku celcelinta xirfadaha dhaqdhaqaaqa jirka iyo qaababka dhaqdhaqaaqa iyo u adeegsiga xirfadahan iyo aqoontaan si loo joogteeyo qaab nololeed firfircoon oo ka baxsan fasalka waxbarashada jir-dhiska.

Week 3 Hawlaha

1. Xisbiga Dance

Qalabka: TV, Radio, Phone ama Computer

noqdaon music aad jeceshahay oo la dheesho ilaa aad aan mar dambe la dheesho kartaa! Waxqabadkaani wuxuu noqon karaa wax badan oo madadaalo ah marka dadka waaweyn iyo ardayda ay doortaan muusikada ay jecel yihiin. Sidoo kale waxay noqon kartaa wax xiiso leh in qoob-ka-ciyaarka looga dhigo muusikada aad jeceshahay ka dibna baro ama tuso qoyskaaga. Qoob-ka-ciyaarku waxay kor u qaadi kartaa qalbigaaga sida ciyaarta isboortiga oo kale!

2. Kaararka Jimicsiga

Qalabka: Ciyaarta kaararka ama laadhuu

Dooro kaar, rog rog ka dibna samee jimicsi ama dhaqdhaqaaq dhowr jeer. Tusaalooyin: Hadaad doorato 5 - samee 5 bood bood booda. Hadaad doorato 10 - fadhi 10 fadhi ah. Ciyaarta la ciyaar waalidka ama wehelkaaga. Dhaqdhaqaaqyada waxaa ka mid noqon kara kor u qaadis, fiditaan, ku boodboodka hal lug, xarig boodboodka!

3. Adice Xayawaanka

Qalabka Qalabka: maqas, koollo ama cajalad

Jarjar labada ilkood ee hoosta ku yaal. Isku laab xariiqyada, oo qaab gal kubadaha. Dhinacyada ugu xir guluubyada adoo isticmaalaya koollo ama koollo. Mar alla markii ay laadhuhu diyaariyaan, ku ciyaar adiga oo duudduubay labada ilkood. U dhaqaaq sidii xayawaankii loogu tala galay waqtiga la duudduubay. Sii wad rogida iyo ciyaarista, adiga oo wareegaya u rogaya cirkadda wareeg kasta.

4. Koorsada

QalabkaCarqaladda: Alaabada guryaha (barkimooyinka, kuraasta, baakadaha, iwm.)

Kala shaqee lamaanaha sidii aad u abuuri lahayd koorso carqalad ah adoo adeegsanaya wax kasta oo aad ka heli karto gurigaaga. Ku dar caqabadaha ay tahay inaad ku dhaqaaqdid, hareer marta, iyo ka hooseeysoba inaad ku celceliso inaad u dhaqaaqdo siyaalo kaladuwan. Eeg sida ugu dhakhsaha badan ee aad uga gudbi karto koorsada carqaladda!

Waxay Qoysasku Sameyn Kartaan

- Waqti Qaadis ah oo qoys dibada ah.
- Soco socodka oo isku day qaabab kala duwan oo aag lugo ah. Isku dhex dar adiga oo isku shareeraya, boodboodaya, boodboodaya, ama hoos u riixaya dariiqyada kala duwan.
- Fiiro u yeelo sida garaaca wadnahaaga iyo neefsashadu isu baddelayaan dhaqdhaqaaqyo kala duwan. Ka hadal sababta ay tani u dhacdo.



GALLOP



CRAWL



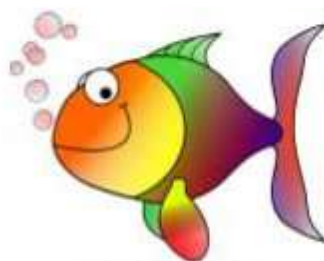
JUMP



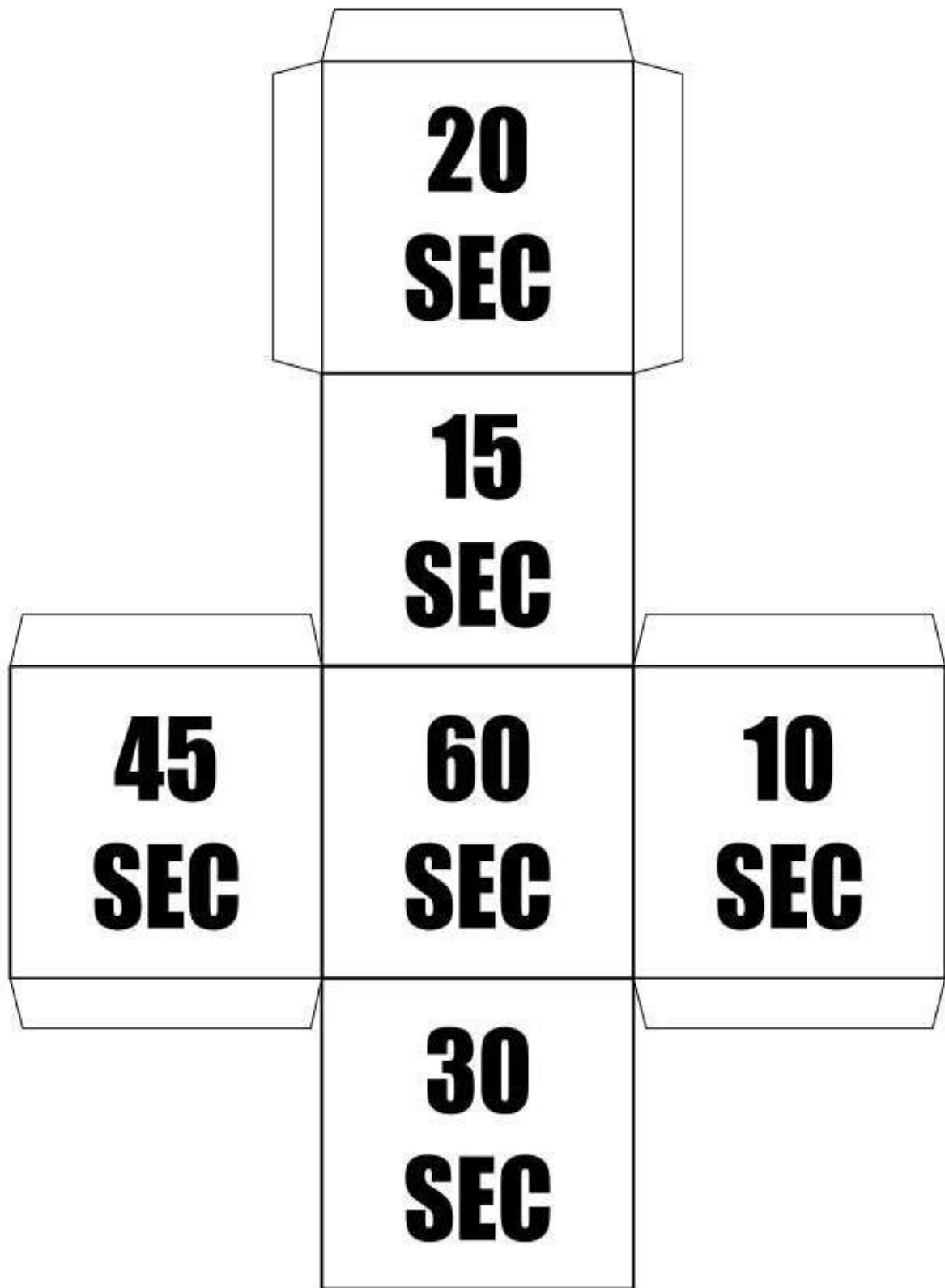
FLY



RUN



SWIM



Waxqabadka Barashada ee Hadalka iyo Dhageysiga

Fasalka 1 Heerka

Aasaasiga ah ee Oregon wuxuu u baahan yahay ardayda fasalka 1aad inay awood u yeeshaan inay ka qeybqaataan wada hadalka, raacaan qawaaniinta la isku raacay ee wada hadalka, lagu dhiso fikradaha kuwa kale, iyo weydiiyaan su'aalo si ay u caddeeyaan jahwareerka (SL.1, SL .3). Intaa waxa u dheer, ardayda waxaa looga baahan yahay inay adeegsadaan tafaasiisha si ay u soo saaraan jumlado dhameystiran oo ay ku muujiyaan fikradaha iyo dareemada si cad (SL.6, SL.4).

Hawlaha Toddobaadka 3:

1. IskuXisaab

QalabkaXirka: Waxyaabaha hareeraha guriga ku

ciyaara "Waan basaasaa" adoo adeegsanaya qaababka walxaha. Tusaale ahaan, fiiri qolka oo raadso qaab aad garan karto. "Waxaan basaasa wax u eg qaab labajibbaaran, goobada, leydiga, dhululubo, muraayad, dhulbeero, cube, cone, iwm." Ardaydu way ku ciyaari karaan xubin qoyska ka mid ah iyagoo isticmaalaya ereyadooda 2D iyo 3D qaabka.

Tusaalooyin: Kubad (barta), rooga (firaacadaha), galaas (dhululubo), daaqad (leydi), saacad (goobaabin)

2. BaadhitaankaXayawaanka

Agabka: Buugaag, fiidiyowyo, qalin, warqad

Cunugaagu ha ka fikiro xayawaan ay yihiin xiiseynaya barashada. Baadhitaan ku saabsan mawduuca adigoo adeegsanaya buugaag, fiidiyowyo, maqaallo, iwm. Ku qor 5 weedho / sawir sawir ku saabsan wixii ay barten.

3. Akhriska

Qalabka Iskuxirka: Dinosaur Chase oo ay qortay FR Storey (agab akhriska)

Kadib Akhrinta Dinosaur Chase, dib uga fikir qaar ka mid ah doqonnada, funny, cabsi, ama riyooyin xiiso leh oo aad soo martay. U sheeg xubin ka mid ah qoyskaaga riyadaada 3. Hubso inaad isticmaasho Marka hore, Ku Xiga, Kadib, iyo Ugu Dambe.

4. Hadalka Casho

Qalabka: Midna

Markaad ku fadhiisanayso miiska cashada, u jeedso inaad weydiiso oo aad uga jawaabto qaar ka mid ah su'aalahan nacasnimada ah:

Magac 5 waxyaabood oo aad u qaadan lahayd jasiiradda lamadegaanka ah.

1 .____ 2 .____ 3 .____ 4 .____ 5 .____

Haddii aad lahaan lahayd hal awood sare, waxa ay noqon laheyd?

-Waxaan doonayaa _____, maxaa yeelay _____.

Maxaa kaa farxiya?

____ iyo ____ ayaa iga farxiya.

Waxay Qoysasku Sameyn Karaan

- Fadhi wadajir si ay u dhammaystiraan hawl kasta.
- Ku dhiirigeli cunuggaaga in uu weydiiyo oo ka jawaabo su'aalaha isaga oo adeegsanaya jumlado dhameystiran.
- Ku caawi cunuggaaga inuu doorto xayawaan si uu u baaro oo u helo ilo (buugaag, fiidiyooyo)
- Ku dhiirigeli cunuggaaga inuu la wadaago waxyaabaha ku saabsan riyooyinkooda oo uu siiyo ammaan ama weydiiso su'aal ku saabsan riyooyinkooda.

Waxqabadka Barashada Fayodhowrka & Is-hagaajinta

Fasalka 1

Fayo-dhowrka iyo nashaadaadka daryeelka is-daryeelku waa inay ahaadaan dariiqooyin looga caawiyo cunuggaaga inuu joogteeyo fayooabaanta jireed, maskaxeed iyo shucuur ahaan.

Waxqabadka Toddobaadka 3aad

1. Qalabka Dhageysiga

Qalabka: Midnaba

Qalabka Dhageysku wuxuu muujinayaa muhiimadda aqrinta calaamadaha iyo ereyada dadka kale, iyo inaad fiiro gaar ah siiso macluumaadka dhexdeena ah. Waxaan ku dhagaysannaa indhahayaga, dhegaha, iyo qalbiyadeenna. Indhaha indhaha ku haysa qofka hadlaya, luqadda jirka ayaa naga caawin karta inaan soo qaadno waxa aan furan. Xusuusashada isticmaalka wadnaheena waxay noo oggolaaneysaa inaan aragno waxa qofka kale dareemayo iyo inaan dareenno waxa aan dareemeyno haddii aan istaagno kabaha qof kale.

Weydii xubin qoyska ka mid ah inuu kuu sheego wax ku saabsan maalintooda. U sheeg inaad ku dhagaysanaysid indhahaaga, dhegahaaga, maskaxdaada iyo qalbigaaga. Xusuusnow, inta xubin qoyskaaga ka tirsan uu hadlayo, adiga kaliya ayaa dhageysanaya. Markay dhammeeyaan hadalkooda, weydii haddii ay kuu sheegi karaan inaad isticmaaleysay indhahaaga, dhegahaaga, maskaxdaada iyo qalbigaaga. Sidee wax u sheegi karaan? Markaa ka dhigo iyaga inay isla kuu sameeyaan.

2. Nadiifi booskaaga (qolkaaga, boorsadaada)

Alaabada: Waxay qaadan kartaa wax ka badan hal maalin

- Muuqaal qulqulaya ayaa mashquul ku ah.
- Nadiifinta iyo abaabulka booskaaga ayaa kuu oggolaaneysa dhowr daqiiqo oo ah kuwa maskaxda ku haynaya, sidaad go aansaneysid halka aad dhigeysa alaabtaada iyo waxaad dhiganeyso iyo tuurneyso.
- Mar haddii booskaadu cad yahay, waxaad dejisay marxalad tamar maskaxeed iyo shucuur badan si aad diiradda u saarto oo aad u bilowdo shaqadaada.

3. Midab!

Qalabka: warqad, midabyo, calaamadaha wax lagu calaamadeeyo, qalin qori

- Midabadu waa hab fudud oo lagu baranayo feejignaanta
- Waxay qaadataa diiradda si buuxda waxayna kaaga baahan tahay inaad si tartiib tartiib ah uga fikirto waxaad ka shaqeyso, adoo waxyaabo kale maskaxdaada gala.
- Midabaynta ayaa waliba ina siinaysa xoogaa xasillooni ah xiisad, walaac, iyo walbahaar. Tani waxay ka dhigeysaa waxa ugu fiican ee lagu daro dhamaadka shaqada maalinlaha ah.

Waxyaabaha Qoysasku Qaban Karaan

- Ilmahaaga. Waqtigaan waa mid dhammaanteen culeys badan kuhaya, helitaanka qof ***dhageysan karana*** waa caawin kartaa. Haddii aad weydiiso sida ay wax u socdaan oo ay kuu sheegaan inay "fiican yihiin", sii wad weydiinta (waqti kale). Ilmuhu markasta maheli karaan luqada saxda ah si ay ugu macneeyaan dareenka ay dareemayaan.
- Is deji. Joogto ah. Xusuusi iyaga inaan isla meel dhigno tan.
- Waa muhiim in kasta oo adiga iyo cunuggaagu aad ku sii wadataan kala tagga, qofna dareemayo in gebi ahaanba go'doon yahay. Ka faa'iidayso fursad aad kula xiriirto oo aad dadka kale la xiriirtid, xitaa haddii ay fogaan tahay (6 fiid u jirta), taleefanka, khadka internetka, ama boostada xayeysiiska!
- Is ogow naftaada! Markay dadka waaweyni is bartaan is-daryeelida waxay si ka fiican u daryeeli

karaan kuwa kale.

Toddobaadk
a 4-aad

Waxqabadka Barashada ee Akhriska

Fasalka 1

Ardayda fasalka koowaad waxay u baahan yihiin inay **akhriyaan qoraalada macluumaad ee heerka fasalka iyagoo leh dhiirrigelin iyo taageero**. Waalidku waxay ku taageeri karaan heerarkan (ardayda wax u akhriyaya nafsadooda, qof kale, ama dhageysanaya wax akhrinta) 20 daqiiqo maalin kasta.

Waxqabadka Toddobaadka 4-aad

1. 1-aad EE XULASHADA

QalabkaQalabka: sanduuqyada ku yaal bogga hoose, qalin-

qor ka dooro 10 ereyo cusub liiska "SIGHT WORD". Ku qor sanduuqyada sagxadda hoose ee bogga. Ku celcelin akhriska kuwan maalin kasta.

2. BILOWGA CUNTADA HALISTA RASMI (qoraalka gadaal)~Qoraal warbixineed

Maaddooyin: sheeko ku saabsan gadaasha nashaadaadka

Kahor akhriska sheekada, weydii cunuggaaga waxa ay ka og yihiin waxyaabaha loo yaqaan 'dinosaurs'. Ka hadal. U akhri sheekada cunuggaaga ama ha kuu akhriyo adiga.

3. KHATARAHA BOOSHADA MA AHAANKA (qoraalka gadaal ka ah)~Qoraal warbixineed

Qalabka: sheekada dhabarka dambe ee nashaadaadka, qalin qalin u

aqri sheekada, "DINOSAUR BONES MA OGTAHAN" cunuggaaga. Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "FLUENCY", sida aan u hadalno. Kadib raadso oo goobaabin ereyada erayada ee aad u maleyneyso inay muhiim u yihiin qeexitaanka qumbaha. Qor ama u sheeg ereyo kale oo aad ka fikiri karto taas oo ku sifeynaysa kaynta.

4. KHATARAHA BOOSHADA MA AHAANKA (qoraalka gadaal ka ah)~Qoraal warbixineed

Qalabka: sheekada dhabarka dambe ee nashaadaadka, qalin u

akhri sheekada mar kale "DINOSAUR BONES MA OGTAHAN" ilmahaaga. Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "FLUENCY", sida aan u hadalno. U sheeg ama u qor 2 xaqiiqo oo aad ka baratay sheekada.

5. KHARASHADA KHATARTA HADAAN ROT (qoraalka gadaal ku yaal)~qoraalka macluumaad & DINOSAUR CHASE (qoraalka gadaal ka ah) ~khayaali, usbuuca 3

Alaabada: sheekada gadaasha nashaadaadyada, qalin

"qor AkhrintaXUDUUDAHA BANAANADA MA AHA ROT" iyo "DINOSAUR CHASE" cunuggaaga mar labaad. Iyagu iskood ayey wax u aqrin karaan. U sheeg cunugaaga inuu wax ku akhriyo "FLUENCY", sida aan u hadalno. U ogolow cunugaagu inuu sheego ama u qoro "AQOONSIGA", waxyaabo isku mid ah, iyo waxyaabo ku kala duwan, waxyaabaha ku kala duwan labada sheeko.

Waxay Qoysasku Sameyn Karaan

- Dib u aqrinta sheekooyinka waxay ka caawineysaa dhisida akhrinta iyo kalsoonida cunugaaga.
- Waqti sii cunugaaga, oo arag inta erey oo sax ah oo ay ku akhriyi karaan 1 daqiiqo. Dib u akhri si aad u kordhiso saxnaanta iyo waqtiga si fiicnaanta.
- Raadi buugaag kale oo kusaabsan waxyaalaha loo yaqaan 'dinosaurs' si aad ubadkaaga ula akhriso.
- Xusuuso oo ku celceli ereyada uu ilmahaagu ku dhibtoodo inuu akhriyo.

Halkaan ku qor 10 WALI XAALADA:

Dinosaur Bones Don't Rot

By Dale Cooper

Illustrated by Nicole Wong



Long ago, wild dinosaurs like this T-Rex walked all over the Earth. How do we know? We have found many dinosaur bones. We have found dinosaur bones where there was once water. When a dinosaur died, water covered it up. Then the body rotted. Only the bones were left.



As time went by, sand and mud filled the spaces around the bones. After a long time, the sand and mud became rock. Many years later, the water dried up. The land got higher. The bones were pushed to the top of the land. People found the bones and dug them up. They took them to museums. The bones tell us that T-Rex had a strong mouth with sharp teeth. We have found many dinosaur bones. More are still under the ground. Maybe they are under our roads and houses. Who knows? They could be under your school!



Waxqabadka Barashada ee Darajada 1aad ee Akhrinta

Fasalka 1

Heerarka Oregon waxay cadeeyaan codadka iyo wacyigelinta codka sidii xirfada mudnaanta koowaad ee fasalka koowaad. Hawlahaani waxay ka caawin doonaan cunuggaaga inuu akhriyo ereyada.

Dhaqdhaqaaqa usbuuca 4-aad

1. **Ku celceli xirfadda wacyigelinta wicitaanka: Beddelidda dhawaaqa ugu horreeya ee eray.** **Qalabka:** Tani waa hawlo hadal ah oo lagu qaban karo ereyadaad doorato. Waa in cod dheer lagu sameeyaa oo keliya, waraaqo la'aan.

Waalidku wuxuu leeyahay ereyga. Ilmuhu wuu ku celceliyaa ereyga. Waalidku waxay yiraahdaan dhawaaqa in la badalo (ma aha xarafka). Ilmuhu wuxuu leeyahay ereyga cusub.

Waa kuwan tusaalooyinka qaarkood:

ereyga	Beddelka	Jawaabta
Face	/f/ to /r/	race
Boat	/b/ to /c/	coat
Lake	/l/ to /w/	wake
Fine	/f/ to /n/	nine

2. **Ku celceli dhawaaqa dhawaaqa ka soo baxa qoraalka, "Puff".** **Qalabka:** Sheekadu waxay ku taal bogga xiga. Ku dhawaaqa ereyadan:

Puff, stuff, rest, mix, fix, rust, cub

Dadka waaweyni waa inay tilmaan u ahaadaan erayga, oo cunugga ha u sheego dhammaan dhawaaqyada erayga isaga oo aan joojin codadka dhexdooda. Tusaale:

Parent points to Puff.
Child: /P-u-ff/ Puff.

3. **Akhri sheekada.** **Qalabka:** Sheekadu waxay ku taal bogga xiga.

Ardaydu ha ku celceliyaan akhriska sheekada (marar badan).

4. **higgaadinta** **Qalabka:** Ereyada sheekada "Puff."

U sheeg ereyga cunuggaaga. Cunugaaga ha ku celiyo erayga, oo ha ku dhawaaqo codadka erayga (kor u qabo farta cod kasta).

Waxay Qoysasku Sameyn Karaan

- Aqri qoraalka kasta oo guriga ku yaal ee ardaydu ku raaxeystaan.

- U oggolow carruurtu inay beddelaan dhawaaqa ugu horreeya ee eray si ay eray cusub u sameeyaan.
- U oggolow carruurtu inay ku celceliyaan ereyada dhawaaqa leh ee laga helo guriga (buug, joornaal, internetka, sumadaha).
- Sii cunugaaga ereyo uu higgaadiyo. U oggolow inay dhawaaqu sheegaan ka dibna qor erayga.

- **Read/use the decodable text for activities: Puff**

Sad Puff.

A rip.

Puff has a rip.

Mom can stuff Puff.

Yes, mom can fix Puff.

Puff can rest.

Puff is my cub to pet.

Waxqabadka Barashada ee Qorista

Fasalka 1

Halbeegyada aasaasiga ah ee aasaasiga ah ee fasalka koowaad ardaydu waxay qoraan sheekooyin macluumaad. Waa inay magacaabaan mowduuc ay wax badan ka yaqaanaan, oo ay u sheegaan ugu yaraan saddex xaqiiqo, oo ay bixiyaan dhamaadka.

U adeegso jumlad jumladeed ikhtiyaarigaaga ah si aad u habeyso warbixintaaga.

Bal aan wax walba kaaga sheego _____.

Marka hore, _____ (yaa / waa maxay)

Sidoo kale, _____ (sharrax)

_____ (sharrax)

Taasi waa sababta _____ ay sidaas u tahay _____.

Waxqabadka Toddobaadka 4aad

1. **Waxyaabaha ku saabsan qoyskayga** **Qalabka:** warqad, qalin, dhadhamsi

Ilmahaaga ayaa soo bandhigi doona mawduuc: qoyskooda. Sharax saddex xaqiiqooyin ama in ka badan oo ku dhammayn jumlad xidhitaan.

2. **Waxkasta oo ku saabsan xayawaan rabaayad ah (ama xayawaan kale)** **Qalabka:** warqad, qalin, dhadhaminta

Ardaygaaga wuxuu barayaa mowduuc: xayawaan. Sharax saddex xaqiiqooyin ama in ka badan oo ku dhammayn jumlad xidhitaan.

3. **Waxyaabaha ku saabsan cimilada (nooc kastoo ay tahay)** **Qalabka:** warqad, qalin, dhajisyo

Ardaygu wuxuu barayaa mowduuc: cimilada. Sharax saddex xaqiiqooyin ama in ka badan oo ku dhammayn jumlad xidhitaan.

4. **Dhammaan waxa ku saabsan buugga aad ugu jeceshahay** **Qalabka:** warqad, qalin, dhajisyo

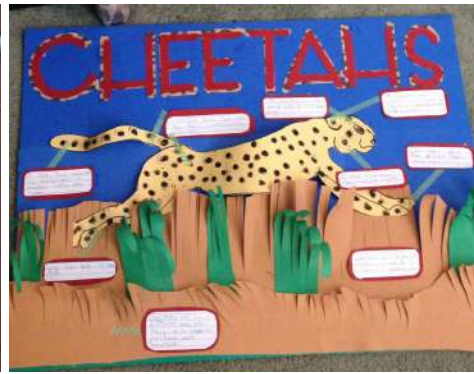
Ardaygaaga wuxuu ku bari doonaa mowduuc: buugga aad ugu jeceshahay. Sharax saddex xaqiiqooyin ama in ka badan oo ku dhammayn jumlad xidhitaan.

5. **Dhammaan waxa ku saabsan wareegga nolosha (geedka, tufaaxa, gabbaldayaha, geedka, xayawaan, ama balanbaalis)** **Qalabka:** warqad, qalin, dhajisyo

Ardaygu wuxuu barayaa mowduuc: meertada nolosha. Sharax saddex xaqiiqooyin ama in ka badan oo ku dhammayn jumlad xidhitaan.

Waxa Qoysasku Sameyn Karaan

- Qoysasku waxay fidin karaan qoraal macluumaad ah iyagoo akhrinaya buugaagta aan khayaaliga ahayn ee ku saabsan dhirta, xayawaanka, ama mowduucyo kale. Waxay sameyn karaan qoraal ay ku soo bandhigaan macluumaadka ay barten.
- Warbixinnada xayawaannada waxaa ka mid ah: cuntada, deegaanka, jaantuska, waxay u egtahay, dhallaanka, khariidadda



Hawlaha barashada ee xisaabta

Fasalka 1

Ardayda fasalka koowaad waxaa loogagol leeyahay in ay **adeegsadaan iskudarka iyo kala goynta 20 gudahood si ay u xalliyaan dhibaatooyinka eray ee ay ka mid** yihiin isku darka, iskudarka, isqeybinta, iyo isbarbardhiga, tusaale ahaan, adeegsiga walxaha, sawirrada, iyo isleegyada astaan loogu talagalay lambarka aan la aqoon oo matalaya dhibaataada.

Waxqabadka Toddobaadka 4aad

1. 20 Tigidhada (iskugeynta)

Qalabka: walxaha yaryar, qalin, warqad, toban

xallin Xallinta masalada xisaabta soo socota adiga oo adeegsanaya tirinta iyo istiraatiijiyadaha kale.

Bo wuxuu iibsaday 20 tigidh oo uu ugu ciyaaro ciyaaro Iskuulka Habeenkii Qoyska Qoyska. Wuxuu doonayaa inuu ciyaaro ciyaar kasta ugu yaraan hal jeer. Wuxuu u baahan yahay inuu isticmaalo tigidhada oo dhan. Immisa jeer ayuu ciyaari karaa ciyaar kasta? Raadi ugu yaraan laba dariiqo oo uu ku qaban karo. Adeegso miiska si uu kuu caawiyo.

Game	Number of Tickets Needed
Ring Toss	1
Putt-Putt Golf	2
Soccer Kick	3
Moonwalk	5

2. Dhibaatooyinka xisaabta wiilasha & Gabdhaha

Qalabka: walxaha yaryar, xariiqda tirada, toban xirmooyin, qalin, qalin

Xallinta masalooyinka xisaabta soo socda adiga oo adeegsanaya laba ama in ka badan istaraatiijiyoyin.

- 9 wiil iyo 8 gabdhood ayaa fasalka ku jiray. Immisa carruur ah ayaa fasalka ku jirtay dhammaantood?
- 15 caruur ah ayaa fasalka ku sugnaa. 9 waxay ahaayeen wiilasha inta soo hartayna waxay ahaayeen gabdho. Immisa gabdhood ayaa fasalka ku jiray?
- 18 carruur ah ayaa ku jiray fasalka. Waxaa jiray wiilal iyo 8 gabdhood. Immisa wiil ayaa fasalka joogay?

**** Ka dhig lambarrada kuwo ka sii weyn ama ka yar iyadoo ku xidhan heerka xisaabta ardaygaaga.**

3. Butros SnakeThe:

Qalabkawaxyaabaha yaryar, xariiqda tirada, mab toban, qalin, qalin

Xalliyaan masalooyinka xisaabta soo socda iyadoo la isticmaalayo laba ama in ka badan xeelado.

- Fasalka wuxuu lahaa abeeso xayawaan ah. Waxay ahayd dhererkeedu yahay 12 inji. Waxay kortay 3 inji Mudo intee leeg ayay jirtaa?
- Fasalka wuxuu lahaa abeeso xayawaan ah. Waxay ahayd 15 inji. Waxay koray dhowr inji oo dheeri ah. Hada waa 18 inji dherer. Immisa inji ayaa u koray?
- Fasalka wuxuu lahaa abeeso xayawaan ah. Waxay kortay 4 inji in ka badan. Hadda waa dhererkiisu yahay 19 inji. Muddo intee le'eg ayay ahayd in la bilaabo?

**** Ka dhig lambarrada kuwo ka sii weyn ama ka yar iyadoo ku xidhan heerka xisaabta ardaygaaga.**

4. Dhibaatooyinka Sheekooyinka Hal abuurka

Qalabka: warqad, qalin, qalin, farshaxanimu, saad farshaxan

Dooro xaalad noloshaada ku saabsan. Qor dhibaato sheeko sida kuwa aad xallisay toddobaadkan. Xallinta dhibaataada oo sawiro sawir si aad u muujiso.

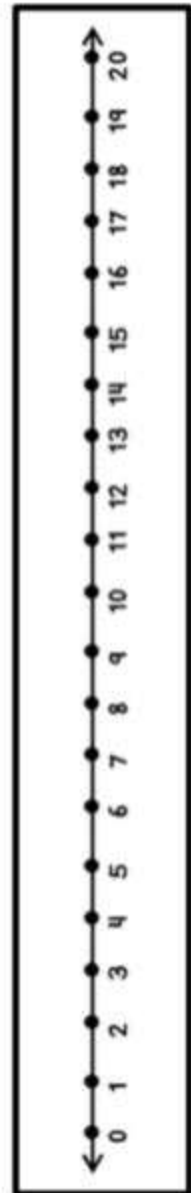
Waxay Qoysasku sameyn karaan

- Xisaab Maalin Kasta:** Adkee adkeeynta iskugeynta iyo kala goynta inta lagu jiro howlaha maalinlaha ah. Tusaale ahaan, markaad miiska dhigayso, dheh "Waxaan haysannaa 3 taargo oo 5

qof ah. Immisa kale ayaan u baahanahay? Haa! 3 lagu daray 2 waa 5 iyo 5 - 3 waa 2. ”

- **Wagtiga Cunnada fudud u wareeji Wagtiga Xisaabta:** Ilmahaaga sii tiro yar oo ah cunnooyinka fudud ee ay jecel yihiin (buskud, berry, iwm.) Samee dhibaatooyinka isugeynta iyo kala goynta iyadoo la adeegsanayo waxay cunayaan. Tusaale: Ka bilow 17 khudaar buluug ah. Cunnugu ha cuno 5. Immisa ayaa hartay?

Whole	
Part	Part



Halkan waxaa ku yaal tusaale ah waxa qayb ka mid ah dhan: $7 + 5 = ?$ & $5 + ? = 12$ ama $12 - 5 = ?$

WHOLE ?	
PART 7	PART 5

WHOLE 12	
PART ?	PART 5

Waxqabadka Barashada

Fasalka 1aad

Halbeegga Halbeega Sayniska wuxuu sheegayaa in ardayda fasalka koowaad ay awood u yeelan doonaan inay awood u yeeshaan inaysameeyaan oo ay sameeyaan baaritaanno si ay u bixiyaan caddeyn muujineysa in walxaha gariirku ay dhawaaqa sameyn karaan oo codku ka dhigi karo qalabka inay gariiraan. Hawlahani waxay ka caawin doonaan cunuggaaga inuu baarto sida dhawaaqa iyo gariirku ay ula xiriiraan.

Waxqabadka usbuuca 4-aad

1. Qalabka Rugta

Saqafka: Waraaq iyo qalin Waxaa

tan la samayn karaa intaad lugeyneyso, fadhida barxadda, ama gurigaaga daaqaad furan. Si fudud u aamus, indhaha u xir oo dhageyso ugu yaraan 30 sekan. Kadib indhahaaga fur oo qor liiska codadka ama dhawaaqyada aad maqashay. Isku day inaad garato waxa dhawaaqa sameynayay. Ma ku dayday kartaa dhawaaqyada aad maqasho? Meel kale u dhaqaaq oo mar kale samee, ka dibna isbarbar dhig dhawaaqa aad maqashay meelo kaladuwan. Ereyo nooc ah ayaad u isticmaashay si aad ugu sharaxdo codka? Miyey cod dheer tahay ama xasilloonayd? Buuqsashada ama dhawaaqa? Waxay lahayd garoon sarreeya, dhexdhexaad ah ama hooseeya?

2. Long vs.

Qalabka: Waxyaabaha laga helo guriga

dhawaaqyada gaabandhawaaqyada gaagaaban waa dhawaaqyada aan sii wadin sida garabka qalin miiska lagu dhejiyo. Codadka dhaadheer waa dhawaaqyo sii socda sida sidii qalin qalin looga tuurayo bir. Eeg haddii aad samayn karto dhawaaqyo gaagaaban iyo cod dheer oo leh waxyaabo kala duwan oo gurigaaga ku yaal. Maxay yihiin waxyaabaha dhawaaqa dheer sameeya? Maxay yihiin waxyaabaha dhawaaqa gaagaaban sameeyo?

3. Lug jilicsan oo la mid ahDhawaaqa

QalabkaQalabka: Midna

Maxaad u maleyneysaa inaad cod qaylo dheer leh ka sameyn karto- tareen ama libaax? Sabab? Maxaad u maleyneysaa inay sameyn kareyso cod ka sii jilicsan, jir ama laba jibaaran? Sabab? Wax ma sameyn karaan labadaba dhawaaq jilicsan iyo dhawaaq dheer? U sharax fikirkaaga xubin qoyska ka mid ah.

4. Tijaabada

QalabkaWareejinta: Saxan isku qasan, koollo saran, xaashiyo cookie ama digsi bir ah, tsp oo bariis aan furneyn, iyo qaaddo bir ah. Haddii waxyaabahaan saxda ah aan la heli karin, abuuro hal abuur oo arag haddii aad haysatid wax la mid ah oo loo isticmaalo in laga yaabo inay u shaqeeyaan sida digirta, fardaha, ama birta.

Ku dabool dabool si adag ugu duub saran. Dhig qiyaastii tsp oo bariis ah oo aan la qarin dusha sare ee saran. Ku hay digsigu birta hawada haysa meel u dhow baaquli. Digsiga ku tufo qaaddo birta ah oo fiirso waxa ka dhalan kara. Waxaad maqli doontaa wax ood arki doontaa. Maxaa ku dhacaya bariiska? Maxaad ugu malaynaysaa inay taasi dhacdo?

5. Samee aalad aad ruxin karto kuna ruxdo

Qalabka: Laba taarikada warqad ama koob, koollo iyo bariis. Haddii waxyaabahaan aan la heli karin, abuuro hal abuur oo arag waxa aad ka heli karto taasi oo u shaqeyn doonta sida digirta, qalin, dhagaxyada, marooyinka, weel madhan oo dabool leh, koobka caagga ah iyo daboolka, warqad xaashiyaha musqusha, xargaha caagga, xarig iwm.

Samee qalabka guriga aad ruxdid oo rux. Qorshee waxyaalaha aad adeegsan doontid oo naqshadee sida aad isugu gayn laheyd. Samee oo iskuday. Sidee bay u shaqaysaa? Ma la horumarin karaa? Samee mid kale adoo isticmaalaya qalab kala duwan ama naqshad ka duwan. Isbarbar dhig labada qalab. Miyay u muuqdaan kuwo ka duwan?

Maxay Qoysasku waxay Sameyn Karto

- Samee kazoo caws engegan oo kale ah (Qalabka: caws engegan oo la cabbo caaga, maqas)
 - a. **qaniini** hoos on darafkiisan iyo caws engegan oo kale in ayka **guridhigi**.

- b. **Iska yaree** dhamaadka jajaban si aad u sameyso qaab **V ah**.
 - c. **Fur** qayb ka jajaban cawska wax yar.
 - d. **Ku rid** V ee afkaaga iyo dharbaaxo.
- Naqshadeyn iyo / ama samee qalab u eg durbaan.
 - Qoyskaaga ma u isticmaali karaa alaabta guriga sidii qalab aasaaska u sameeyo?
 - Ka wada hadla qalabka aad ugu jeceshahay iyo sida ay u shaqeeyso.

Hawlaha barashada ee Daraasaadka Bulshada

Darajada 1 Heerka

Guud ee Oregon wuxuu doonayaa ardayda fasalka koowaad inay awood u yeeshaan inay xiriir ka

dhex sameeyaan qoyska ardayga iyo qoysaska kale, iskuulka ardayga iyo iskuullada kale.

Hawlaha Toddobaadka 4aad

1. Tabarucno

Qalabka: Waraaq, qalin iyo qalfoofyo ama astaamo,

Ka fikir tabaruca ay sameeyeen dadka ka yimid wadamada kale ee yimid oo guryahooda ka sameeyay halkan. Samayso sawir oo jumlad qoro.

2. dabaaldegyada

Qalabka: Waraaq, qalin iyo dhaanto ama calaamadeeyaal

Cuntooyin dhaqameed, luuqad iyo dabaaldegyo ayaa hadda qayb ka ah khibradda Mareykanka.

3. Socdaalka

Qalabka: Waraaq, qalin iyo qalfoofyo ama astaamo

Ma ogtahay qof qof halkan uga haajiray dal kale? Samayso sawir oo jumlad qoro.

Waxay Qoysasku sameyn karaan

- Fadlan akhri oo kala hadal nashaadaadka ardaygaaga fasalka koowaad. Ka wada hadla sawirka ardaygaagu sameeyo.
- Kala hadal ardayda fasalka koowaad wax ku saabsan qaar ka mid ah ardayda kale ee dugsiga ka maqnay waqtigaan lagu qaatay guriga. Kahadal:
 - Maxay qoyskeenu wadaagaan qoyskooda?
 - Sidee bay qoysaskeenu uga duwan yihiin?
 - Maxaad jeceshahay inaad la sameyso asxaabtaada markii aan wada wada noqon karno?

Hawlaha barashada eeCaafimaadka

Fasalka1

Heerarka Caafimaadka Oregon waxay ardayda uga baahan yihiin inay fahmaan fikradaha la xiriira ku dhaqanka ku-dhaqanka kor u qaadida caafimaadka, iyo dejinta yoolalka caafimaadka. Waxqabadyada soo socdaa waxay ka caawin doonaan ardaygaagu inuu fahmo sida caafimaadka loogu jiro iyo xoog.

Waxqabadka Toddobaadka 4aad

1. Diiwan geli Diiwan!

Qalabka: saacad-saac ama saacad (taleefanno badan oo taleefannada gacanta ah ah)

Ilmahaagu ha ku orodeeyo 50 yaddood sida ugu dhakhsaha badan ee ay karaan (ama masaafad kasta oo aad rabto - malaha geedkaas iyo gadaasha!). Bar carruurta sida loo isticmaalo saacad-joogsi waqtiga lagu ordo. Wakhtiyada ugu qor diiwaanka kuugu dhow. Ardayda ha bartaan himilo sida dhakhsaha ah ee ay u doonayaan inay u ordaan. Gali 5ta jeer ee ugu dhakhso badan si aad ugu bilowdo ugu dhaqsaha badan. U isticmaal waqtiyadaas sidii waqtiyada inaad ku garaacdo tartamada kale.

2. Jimicsigu wuxuu saameeyaa neefsashadaada iyo garaaca wadnahaaga

Qalabka: saacad-saacadeed ama saacad (taleefanno badan oo taleefannada ah)

Ilmahaaga bar sida ay u dareemaan garaaca wadnahaaga (qoorta ayaa u fududaanaya). U oggolow inay tiriyaan inta garaaca wadnaha ee ay dareemayaan toban ilbiriqsiyo oo aamusnaanta loo fadhiyo. Waxa kale oo aad ka dhigi kartaa inay tiriyaan inta neef ee ay qaadanayaan toban ilbiriqsiyo oo ay aamusnaanta ku fadhiyaan. Marka xigta, ardaygaagu ha ordo, ka boodo, ama bood bood booda hal daqiiqo. U oggolow inay tijaabiyaan garaaca wadnaha iyo neefsashada mar labaad. Weydii ardayga waxa ay ku kala duwan yihiin.

3. Badbaadsanaantaada inta aad jimicsiaysid

Qalabka: waxba ha kahadlin

wadaqalabka ama qalabka aad u baahan tahay inaad amaan ku ahaatid adoo sameynaya jimicsi ama nashaadyo kala duwan. Maxaynu ugu baahan nahay qalabkan maxaase ilaaliya?

- Sideed amaan ugu joogi kartaa intaad baaskiil wadayso?
- Qorraxda lagu cayaaro?
- Ciyaarista isboorti aad ugu jeceshahay ardaygaaga?

4. Laabo oo kala-bixin

Qalabka: midkoodna

macnayn maayo: Waxaad ku leedahay jidhkaaga boqolaal muruq. Muruqyadaadu waxay jecel yihiin in la kala bixiyo maalin kasta. Fidinta saxda ah ayaa murqahaaga ka ilaalinaysa inay dhaawacmaan. Markaad fidinaysid, waxaad dareemi kartaa xoogaa jiiditaan ah. Marna ha u kala bixin si aad u daran oo xanuunaysa. Ardeydu ha bartaan laxankayga fudud iyo dhaqdhaqaaqa:

- Laanso oo kala bixi, gaara xiddigaha (toos u taagan, oo gacmahoodu kor u kala fidsan yihiin)
- Jupiter ayaa socota, Mars ayaa socota. (dhinac u laaban dhinac)
- Jaanso oo kala bixin, cirka (istaag, gacmahoodu sare u taagaan)
- u fuulolstaag suulasha gacmaha kor u kaca. (dul istaag kombiyuutarro)
- Fooji oo kala bixin, gaara illaa dayax (istaag, gacmaha gacmaha kor u qaad)
- Wareega iyo wareegga Dunida, wey socotaa duhurkii. (dhaqdhaqaaqi gacmaha iyo jirka kore goobaab, ku wareeji kubad kubad yar)

Waxa Qoysasku Sameyn karaan

- U bixi socod, baaskiil, ama kula kaxeeyn ardaygaaga maalinti! Ka wada hadla sida kani u xafido

qalbigooda, muruqyadooda, iyo sambabbadadooda inay caafimaad ahaadaan.

- Abuur shax oo iska hubi maalmaha usbuuca ee aad jimicsi sameysay. Yeelo yool kor loogu qaadayo waxqabadkaaga.
- Samee xaflad qoob-ka-ciyaar maalinle ah! Kusoo wareeji muusikada aad jeceshahay iyo tan ardaygaaga.

Waxqabadka Barashada Farshaxanka

Fasalka 1

Habka aasaasiga ah ee aan u soo aragno adduunkeena oo aan u muujin karno nafteena waa farshaxanka, iyo barashada farshaxanka waxay horumarisaa xirfadaha iyo awoodaha muhiimka u ah muwaadiniinta guuleysta qarniga 21aad. Toddobaadkan waxaan ku bixinaynaa howlo anshaxa **Masraxa**.

Waxqabadka Toddobaadka 4aad

1. Dib u soo celintaTiyaatarka

Qalabka:sheeko fudud ayaa

Buug-dooro buug-sheeko caan ah ama buug aad gacanta ku hayso. Udhaqaaji bog kasta sida loo aqriyo ama isticmaalidda xusuusta si aad ugu celiso sheeko caan ah bilow, dhexe iyo dhamaad.

AMA Farshaxanimada Farshaxanka: TH.1.CR1.1.3 Cadee qaababka tilmaamayaasha iyo dhaqdhaqaaqa loo isticmaali karo in lagu abuurdo ama dib loogu soo celiyo sheeko ku saabsan khibradaha riwaayadaha la hago (tusaale ahaan, riwaayadaha socodka, masraxa sheekada, riwaayadaha hal abuurka).

2. Ku celceliyaTilmaanta

Alaabada: lammaanaha / xubin qoyska ka mid ah

Go'aanso lammaanaha ku dhaqmi doona dareemidda iyo lammaanaha doorka ka ciyaari doona. Tixgeli 4 duruufaha soo socda.

1. Saaxiib dhaawac ayaa ka soo gaadha garoonka ciyaarta oo uu yeeshaa jilbaha xun, oo jabay. Maxaad dhihi kartaa si aad u raaxeyso / caawiso saaxiibkaa? Doorka ciyaarta, ku celceliya ereyada aad dhihi laheyd!
2. Waxaad aragtaa saaxiib fasalka oo keligiis fadihiyey kursiga keydka ciyaarta isagoo eeyaya murugo. Maxaad dhihi kartaa inaad ku raaxeyso / caawiso saaxiibkaan?
3. Saaxiibkaaga fasalka wuxuu haystaa wax uu kula wadaago! Waxay ka soo noqdeen fasaxa oo waxay haystaan xusuus ay rabaan inay ku tusaan. Maxaad ku dhihi doontaa saaxibkan kadib markay ku tusaan?
4. Waxaad si shil ah ugu talagashay faraha qof inta lagu jiro waqtiga rooga. Way qayliyaan: 'OUCH' oo indhahana ku ilmada. Maxaad dhihi doontaa oo sameeysaa?

AMA Farshaxanka Farshaxanka ee lagu daray: Soosaar dareenka dabeecadeed ee khibrad riwaayad hagaysa (tus., Riwaayadda habka, riwaayadda sheekada, riwaayadaha hal abuurka) iyo la xiriiir khibrada shaqsiyadeed.

3. Dhisaansheeko

Qalabka: lammaanaha / xubin qoyska ka

mid ah Hal amase in ka badan xubnaha qoyska, isku wareeji sameynta sheekada sheekada. Mar haddii sheekadaadu ay bilow, dhexe iyo dhamaad leedahay, la shaqee xubin qoyskaaga ka mid ah si aad u muujiso sheekada aad abuurtay.

AMA Arts Standard Addrated: TH.2.CR2.1tabaruc Kusameynta qisada isku xigxiga ee khibrada riwaayadaha la hago (tus., Riwaayadaha socodka, masraxa sheekada, riwaayadaha hal abuurka).

Waxay Qoysasku ku Samaysan karaan

- Madadaalo tiyaatar! Ku dheji showgaaga reerka.
- Qor wax soo saar kaas oo adeegsanaya dhammaan xubnaha qoyska.
- Qor wax soo saarkaaga oo emayl ugu dir si aad ula wadaagtid asxaabta iyo qoyska.
- Doorka la ciyaar cunuggaaga. Sii cunugaaga muuqaallo dheraad ah halka ay uga baahan karaan inay

ku celceliyaan naxariis.

- Moodel qabka inta lagu guda jiro door-ciyaarka.

Waxqabadka Barashada Muusikada

Heerka 1

Heerarka Oregon waxay cadeeyaan **waxqabadka kalida iyo kuwa** kale xirfadaha mudnaanta koowaad ee fasalka 1-aad. Hawlahani waxay ka caawin doonaan ardaygaagu inuu yeesho isku kalsooni, iyo sidoo kale xirfadaha farsamada iyadoo lagu tababbaro, dib loo tababarayo, iyo dib loo hagaajiyo waxqabadka ama halabuurka

Hawlaha usbuuca 4-aad

1. **Samee nidaam joogto ah oo jilicsan!** **Qalabka:** nabarrada, jeexan, ama dhar kale.

Abuur dhaqdhaqaaq aad ku raacdo heesta aad jeceshahay. Iskuday dhaqdhaqaaqyo muujinaya sida muusiggu dareemayo. Ku celceli ardaygaaga ka dibna u gudub midba midka kale. Waa kuwee ereyada **qeexi** kara heestaada?

2. **Ku hees "Down By Bay"** **Qalabka:** Lyrics for "Down By the Bay" U

hees heesta isla markaana kala wareeji xubnaha qoyska ee heesaha xariifnimada ah ee heesta. Buuxi meelaha banaan si aad u sameysato heesahaaga!

"Weligaa ma aragtay _____? Xagga hoose ee biyaha hoostiisa "

Tusaale ahaan:

Biyaha agteeda, halkaas oo qaraha ka soo baxaan / Ku laabashada gurigayga kuma dhici karo inaan tago / Maxaa yeelay haddaan sameeyo, hooyaday ayaa igu odhan doonta, **" Weligaa ma aragtay orso, oo timaha is-uruurinaysa? "** /Hoos udhac

Xitaa waad sawiri kartaa sawirkaaga nacasnimada ah si aad ula wadaagto dadka kale ugana caawiso inaad xasuusato heestaada. Ku dhaji ama ku sawiro sawiradaada isla markaana samee buug.

3. **Qabashada!** **Alaabada:** ikhtihaariga ah: warqad, calaamadaha, sahayda farsamada.

Samee hees aad ku soo baratay fasalka. (Waad xitaa hees kaheli kartaa fiidiyow youtube). Abuur tigidhada, waraaqaha wax lagu dhejiyo, barnaamij, qurxinta masraxa aagga ... noqo hal abuur!

Waxa Qoysasku Sameyn Karaan

- iyagoo isku heesanaya waxay ka caawineysaa ardayda inay dhisaan isku kalsooni, sidoo kale waxay horumariyaan dhagahooda miyuusigga!
- Waad kula xiriirin kartaa muusikada adoo sameeynaya mashruucyo farshaxan, ama baaris ku sameynaya kooxda aad xiiseyneyso.
- Heesista buugaagta aad ugu jeceshahay waxay noqon kartaa hab xiiso leh oo lagu aburo!

Hawlaha barashada ee loogu talagalay PE

Grade 1

Heerarka gobolka Oregon ee loogu talagalay waxbarashada jimicsiga waxaa ka mid ah garashada qiimaha nashaadaadka jir ahaaneed, adeegsiga aqoonta iyo istiraatiijiyadaha la xiriira dhaqdhaqaaqa iyo waxqabadka, iyo muujinta mas'uuliyadda iyo iskaashiga marka lala shaqeynayo kuwa kale.

Week 4 Hawlaha

1. Yoga

Qalabka:None

A: jagooyinka Simple yoga. Waxa ugu fiican ee ku saabsan yoga waa kalidii ayaa la samayn karaa ama dad kale ayaa lala sameyn karaa.

B: Halkan waxaa ah tusaalooyin dhawr ah oo ah mawduuc yoga oo aad isku dayi karto guriga.

1. Garabka Dagaalyahan: Ka fikir inaad tahay qof lugtaada hore lugtaada soo foodsaaray isla markaana aad xoogaa yar leexleexid jilibkaaga iyo cagtaada iska soo horjeedda hal talaabo gadaal oo lugahaaga tilmaamayaan dhinaca. Kor u qaad gacmahaaga si ay u barbar dhigaan dhulka oo waxyar u sii jeedaan. Mar labaad, iska dhig adiga oo kale ah oo jilbahaaga mar walba qaloocinaya.
2. Garabka Geedka: Istaag hal lug, cagahaaga bidix lugtaada bidix dhinaca lugta gudaha lugta aad ku taagan tahay iskuna dheellitir hal lugtaada. Gacmahaaga kor ugu qaad madaxaaga gacmahaaga oo wada dhig gacmahaaga. Ku hay ilaa 10 sekan.
3. Ey-wejiga Hore-u-Eeg: Hoos u dhig oo calaacasha gacmahaaga saar dhulka. Cagahaaga gadaal u celi oo samee warqad kor ah "V". Lugaha toosi oo madaxaaga iyo luquntaada isku dey si aad gadaal u fiiriso lugahaaga dhexdooda.

C: Sabab: Si loo helo dabacsanaan iyo isku-dheelitirnaan.

2. Midna

Qalabka ku:ma ka

boodboodka ahboodi karaa oo dhulka ku soo fuuli karaa? Laba cagood?

Immisa fiinno ayay ku qaadataa inaad ka dhigto qolkaaga guud?

Ma ku boodi kartaa oo qaab ku sameyn kartaa gacmahaaga ama lugahaaga?

Imisa duulimaad ayaad sameyn kartaa isku xigxig inta aadan daalin? Wax ma ka boodi karaa?

Xusuusnow goortaad soo degayso si aad jilbahaaga u jilciso si aad u boodiso boodada!

Adigoo waalidka la tartamaya - Sidee sare u boodi kartaa?

Maxey: jirka u hooseysaa, dabacsanaanta, madadaalo iyo isku dheelitirnaan.

3. xayawaannada

AgabyadaQalabka: waxyaabaha lagu sameeyo bilowga iyo dhammeystirka xargahau dhaqso

Midba midka kale midka kalesida xayawaan kale oo masaafad dheer u jira gurigaaga ama ku lugeeya dhinaceeda bidix.

- U bood sidii bunni, xayawaan, ama kangaroo
- Waddo sida duck, socod gaaban u dhaqaaq sida cawsduur, ama orod u orod sida cuncunka
- Dheeraad ah: lugo gurguuran ah (caloosha kor u qaad, gacmaha iyo lugaha dhulka) ama gaari gacan gacmaha inta lammaanuhu cagihisa kor u qaadayo)

Waxa Qoysasku Sameyn Karaan

- Iskaashigu waa xirfad lagu barto fasal kasta oo PE ah. Raadi howlaha guriga si aad uga wada shaqeysaan qoys ahaan. Kuwani waxay noqon karaan halxiraalayaal, ciyaaro goleyaal, ama hawlo guri.
- Ka hadal iskaashi iyo waxa loola jeedo la shaqeynta qof kale.

Waxqabadka Barashada ee Hadalka iyo Dhageysiga

Fasalka 1 Heerka

Aasaasiga ah ee Oregon wuxuu u baahan yahay ardayda fasalka 1aad inay awood u yeeshaan inay ka qeybqaataan wada hadalka, raacaan qawaaniinta la isku raacay ee wada hadalka, lagu dhiso fikradaha kuwa kale, iyo weydiyaan su'aalo si loo caddeeyo jahwareerka (SL.1, SL.3). Intaa waxa u dheer, ardayda waxaa looga baahan yahay inay adeegsadaan tafaasiisha si ay u soo saaraan jumlado dhameystiran oo ay ku muujiyaan fikradaha iyo dareemada si cad (SL.6, SL.4).

Hawlaha Toddobaadka 4

1. IskuXisaabta

QalabkaXirka: Cilmiga Xilliga

saacadda. Ardaydu way yaqaanaan sida loo sheego waqtiga saacadda iyo saacadda badhkeed. Weydii ardaygaaga, "Waa maxay waqtiga?" Ilmahaagu wuu ka jawaabi karaa, "Waa _____ saac." Weydii su'aalo ku saabsan saacadda. Tusaale ahaan, waa kee gacanta saacaddu? Gacanta saacaddu waa gacanta _____. Waa kuwee gacanta daqiiqaddu? Gacanta daqiiqaddu waa gacanta _____. Waqtigee buu dhaaftay _____? Kala hadal waxa aad sameyso subaxa, galabta, iyo fiidka. Maxaad samaynaysaa subaxa hore? Waan toostaa, quraacdaa cunaa, ilkahayga cadayayaa. Maxaad sameyneysaa galabta? Waan akhriyaa, qado cunaa, ku shaqeeyaa xisaabta. Maxaad sameyneysaa fiidkii? Waxaan cunaa casho, qubeysanayaa, sariirta ayaan aadaa

2. Research Animal (Ogow.)

Qalabka:Buugaagta, videos, qalin, warqad

In ilmahaagu joogo ay cilmi baaris in qoyskaaga ka dib marka la dhamaystiro. Intaa ka dib, weydii cunugaaga su'aalo ku saabsan xayawaanka ay cilmi-baaris ku sameeyeen, kuna dhiirrigeli inay ku jawaabaan jumlado dhameystiran:

Tusaalooyin Su'aalo

Maxaad u dooratay xayawaankan? Muxuu yahay wax cusub oo aad ka baratay _____?

Halkee ayay _____ nooshahay? Ma haysan karnaa _____ sidii xayawaan rabaayad ah? Waa maxay sababta ama maxaa diidaya?

3. Akhriska

Qalabka Iskuxirka: Lafaha Dinosaur Ha ku wareejin Dale Cooper (qalabka wax lagu akhriyo)

Ka dib markaad aqriso Lafaha Diinosaur Ha wareejin, ka fikir waxa fikirka ugu weyn ee sheekadan tahay iyo sida aad u taqaano. U sheeg qoyskaaga fikradda guud iyo 3 sababaha aad ugu maleyneyso taas.

Fikradda ugu weyn ee sheekada waa _____.

Waan ogahay tan sababtoo ah, sheekada dhexdeeda waxay ku leedahay / kahadlaysaa _____, _____, iyo _____.

4. Hadalka Casho

Qalabka: Midna

Markaad ku fadhiisanayso miiska cashada, u weeciso su'aalaha iyo jawaabaha qaar ka mid ah su'aalahan nacasnimada ah:

Maxaad markii ugu horreysay fikirtay markii aad soo toostay? Markii ugu horreysay ee aan toosay waxaan mooday _____, ka dib waxaan u maleeyey _____.

Waa maxay filimka aad ugu jeceshahay? Filimkayga aan ugu jeclahay waa _____, maxaa yeelay _____.

Waa maxay hal shay oo aad sameyso maalin kasta? Maalin kasta I _____ ama _____.

- Fadhi wadajir si ay u dhammaystiraan hawl kasta.
- Ku dhiirigali dhalaankaaga inuu isticmaalo jumlado dhameystiran goorta la weydiinayo ama ka jawaabayo su'aalaha.
- Wadahadal dhakhso leh la samee cunugaaga wixii ku saabsan waxqabadyadii ay ka soo qeyb galeen dhowrkii toddobaad ee la soo dhaafay.

Waxqabadka Barashada Fayodhowrka & Is-hagaajinta

Fasalka 1

Fayo-dhowrka iyo nashaadaadka daryeelka is-daryeelku waa inay ahaadaan dariiqooyin looga caawiyo cunuggaaga inuu joogteeyo fayooabaanta jireed, maskaxeed iyo shucuur ahaan.

Week 4 Hawlaha

1. Faham Tool

Qalabka:None

Faham waa mid ka mid ah Tools ugu muhiimsan ee Life. Waxaa lagu qeexaa “karti ay ugaqeybqaadato dareenka qof kale ama fikradahiisa.” In qof kale loola dhaqmo waa in la arko wax ku saabsan waxa ay dareemayaan. Dareenku waa asalka fahamka, roonaanta, iyo cafiska.

Weydii xubin qoyska ka mid ah inuu kuu sheego wax dhib ah oo ay hadda la kulmayaan. U sheeg xubin qoyskaaga ah sida aad u aragto inay dareemayeen markay tahay inay wax adag sameeyaan. Si sax ah ma u ogeyd sida ay dareemayaan? Ka wada fikir xubin qoyskaaga ah qof maskaxdaada ka soo baxay inta lagu jiro xaaladdan, sideed u malayn inay dareemayaan? Sidee baad ku garanaysaa?

2. Dib ula xiriir Xiriirkaaga

Qalabka: taleefanka, warqad, qalin, waraaqado, La

- xiriir saaxiib, xubin qoyska ka mid ah, qof aad daryeesho oo ogeysii sida ay adiga kaa dhigan yihiin.
- Kobcinta cilaacaadka waxay ubaahantahay feejignaan maalinle ah.
- Muujinta mahadcelinta cilaacaadyadan waxay xoojineysaa isku xirnaanta waxayna naga dhigaysaa inaan ku xirnaano kuwa aan danayno.

3. Caawi!

Qalabka:

Weydii sida aad uga caawin karto guriga adiga oo qabanaya 3 shaqo oo dheeraad ah.

4. Dibadda U Bax!

Qalabka: Xaashi, warqad, qalin, khariidado wax lagu calaamadeeyo, kabo lugeynaya Socdaal

dheer qaado oo tiriya imisa midab oo ubaxbax ah oo ubaxa ah oo aad aragto, ama ku soo jiido warqad.

Waxyaabaha Qoysasku Qaban Karaan

- Ilmahaaga. Waqtigaan waa mid dhammaanteen culeys badan kuhaya, helitaanka qof **dhageysan karana** waa caawin kartaa. Haddii aad weydiiso sida ay wax u socdaan oo ay kuu sheegaan inay “fiican yihiin”, sii wad weydiinta (waqti kale). Ilmuhu markasta maheli karaan luqada saxda ah si ay ugu macneeyaan dareenka ay dareemayaan.
- Is deji. Joogto ah. Xusuusi iyaga inaan isla meel dhigno tan.
- Waa muhiim in kasta oo adiga iyo cunuggaagu aad ku sii wadataan kala tagga, qofna dareemayo in gebi ahaanba go'doon yahay. Ka faa'iidayso fursad aad kula xiriirto oo aad dadka kale la xiriirtid, xitaa haddii ay fogaan tahay (6 fiid u jirta), taleefanka, khadka internetka, ama boostada xayeysiiska!
- Is ogow naftaada! Markay dadka waaweyni is bartaan is-daryeelida waxay si ka fiican u daryeeli karaan kuwa kale.