

Virtual Learning Snow Day 1



Multiply in columns - 2 digit by 3 digit

Grade 4 Multiplication Worksheet

Find the product.

$$\begin{array}{r} 1. \quad 269 \\ \times 87 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 2. \quad 913 \\ \times 39 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 3. \quad 691 \\ \times 97 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 4. \quad 478 \\ \times 35 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 5. \quad 227 \\ \times 36 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 6. \quad 432 \\ \times 79 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 7. \quad 849 \\ \times 11 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 8. \quad 554 \\ \times 77 \\ \hline \\ \hline \end{array}$$

$$\begin{array}{r} 9. \quad 198 \\ \times 37 \\ \hline \\ \hline \end{array}$$

NAME: _____ DATE: _____

DIRECTIONS

Read the text and then answer the questions.

Manatees (MAN-uh-tees) are large mammals. They live in shallow bodies of water. They are migratory (MAHY-gruh-tawr-ee) animals. They spend winters in Florida's rivers. In the summer, they move northwest. Manatees have been sighted as far north as Massachusetts! Manatees are gentle herbivores (HUR-buh-vawrz). They eat grass and plants. Manatees can grow to be very large. Adult manatees are about ten feet long. They weigh 800–1,200 pounds. That's about the size of a small bus! Manatees are mammals, so they need to breathe air. They come up to the top of the water when they need more air. Manatees can hold their breath for fifteen minutes!

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

___ / 5

Total

1. What do manatees eat?

- (A) fish
(B) plants
(C) snakes
(D) sharks

2. Which title best fits the text?

- (A) The World of Mammals
(B) Riding on a Mini-Bus
(C) Living in Florida
(D) Manatees: Gentle Giants

3. Which word has the same root as *migratory*?

- (A) migraine
(B) migrate
(C) great
(D) grate

4. *Migratory* animals are animals that

- (A) move from one place to another.
(B) eat other animals.
(C) stay in one place all year long.
(D) lay eggs.

5. What type of text would have a similar tone?

- (A) a history book
(B) a science-fiction novel
(C) a science textbook
(D) a travel magazine

Sentence Identification

Name _____

A statement tells something or gives information.

Example: The ball game was delayed because of rain.

A question asks something.

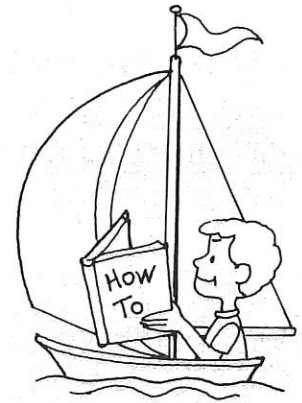
Example: Would you like to learn to sail this summer?

A command tells someone to do something.

Example: Tell everyone to be ready at five o'clock.

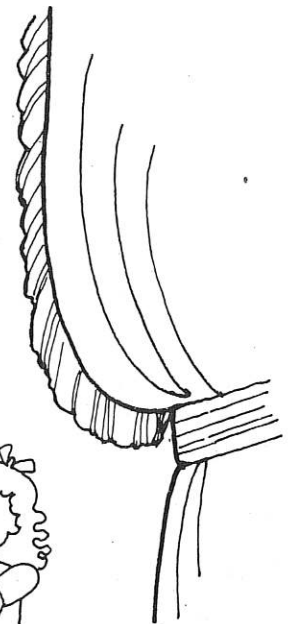
An exclamation shows strong feeling or excitement.

Example: Look out behind you!



Read each sentence. Write a word from above on each line to name the kind of sentence.

- _____ 1. Our school is giving a concert next Monday.
- _____ 2. What time does it begin?
- _____ 3. Take these tickets to your teacher.
- _____ 4. We hope to sell five hundred tickets!
- _____ 5. How many kids are in the orchestra?
- _____ 6. My brother plays the clarinet.
- _____ 7. Don't be late for practice.
- _____ 8. Give the cello to Kim.
- _____ 9. I want to take violin lessons next year.
- _____ 10. The band will practice Thursday afternoon.
- _____ 11. Will you help us set up the stage?
- _____ 12. Where are the music stands?
- _____ 13. Don't step on that flute.
- _____ 14. Raise the curtain.
- _____ 15. The conductor is ready to begin.



Landforms

A landform is a natural formation of land. There are many types of landforms on the earth's surface. A mountain is a landform that rises above the surrounding area and has a peak. A row of connected mountains is called a range. A plateau is similar to a mountain, but it has a flat surface on top. A valley is a landform that is lower than the surrounding area. Valleys are often found between hills, mountains, and plateaus. Water from higher areas can flow down into valleys, creating rivers and streams. A canyon is a landform with very steep sides or layered walls. A plain is a wide, flat area of land. A prairie is a grassy plain with few or no trees. A coast is where land meets an ocean. Coasts can be rocky and steep, or they can be flat and sandy. A bay is an area of water surrounded by land on three sides. Bays often form when water wears away at the coast over thousands of years. The water inside of a bay is often calm and warm. An island is an area of land that is surrounded by water.

11
22
32
43
56
68
77
86
96
109
122
134
148
159
169
182
194

Number of Words Read	Monday	Tuesday	Wednesday	Thursday
1 st Attempt				
2 nd Attempt				
3 rd Attempt				

Landforms

Answer each question in a complete sentence. Underline or highlight where you located the answer in the text.

1. What is a landform? _____

2. How is a plateau different from a mountain? _____

3. How are valleys formed? _____

4. When do bays often form? _____

5. Use the information in the text to draw a picture of each landform.

Snow Day Art Lesson

The lesson includes instructions and a drawing guide plus if you have access to the internet (even on a Smartphone) you can use the link to follow a Draw Along Video (there are other drawing projects on the page as well that you could try out)

<https://www.deepspacesparkle.com/tmc/substitute-plan-3-0-bundle-video-page/>

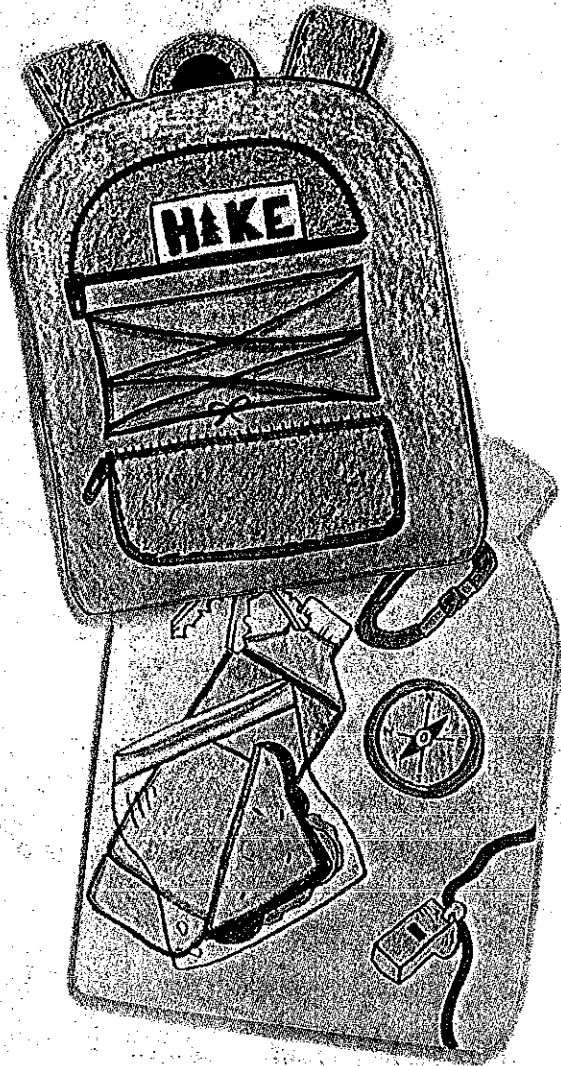
A blank piece of paper has been provided for you but you can use any paper you have available at home, if you have a sketchbook you can use that as well. The lesson can be colored by using crayons, markers, colored pencils, or if you have none of those materials at home you can simply use a pencil or pen to create a black and white version.

I have also included a Roll a Dice Drawing Activity you can do with everyone in your house. You will need to borrow a dice from a board game. All you need to do is roll the dice to determine what you need to draw. Once the drawing is complete you can add color.

Hope you enjoy your Snow Day Art Lessons and see you soon,

Mrs. Mitchell

ADVENTURE BACKPACK



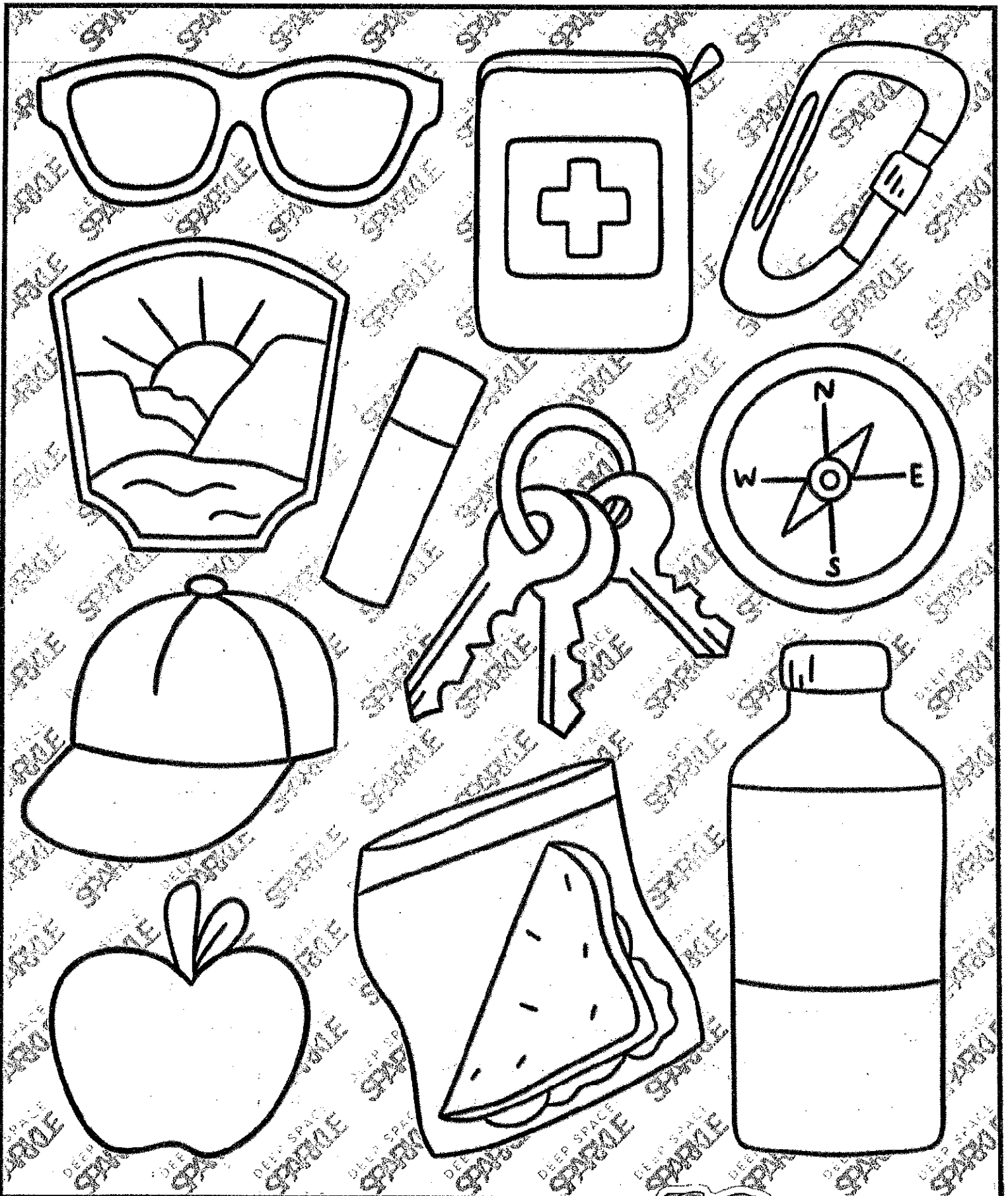
* Today I will learn about **LINE** and **SHAPE** so that **I CAN** draw an adventure backpack with things inside.

* **NCAS: CREATING** Anchor Standard #1: Generate and conceptualize artistic ideas and work.

1. Give each student a piece of **white paper** and pass out **pencils, markers** and **crayons**.
2. Turn the paper horizontal and then fold it in half. For a single-layer version, use one 9" x 12" piece of white paper and work front and back.
3. Either draw an example of the backpack on the board with students following along or play the draw along video.
4. Students can use a **pencil** to draw and then trace over the lines with a **black marker** later or use the black marker to begin with.
5. Draw a backpack with the students using the "**Adventure Backpack Drawing Guide**" on the next page.
6. With the paper still folded, cut along the top outline to create a more realistic backpack shape.
7. Once the backpack is cut out, add additional details to the front of the backpack and objects "inside" by using the "**Adventure Backpack Handout**" as inspiration.
8. Students can use combination of **crayons** and **markers** to add color. Crayons work great for filling in large areas with color quickly.
9. Provide instructions for art (*take home, portfolio, etc.*) as outlined on the line below:

WHAT YOU'LL NEED:

- 12" x 18" or 9" x 12" white sulphite paper or copy paper
- Pencils, markers and crayons
- Black permanent marker (optional)
- Scissors (optional)
- Backpack Drawing Guide
- Adventure Backpack Handout



**ADVENTURE
BACKPACK**

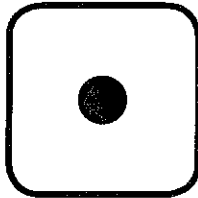



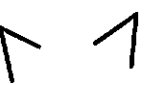


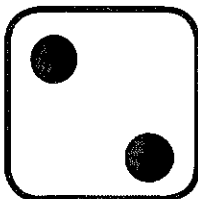
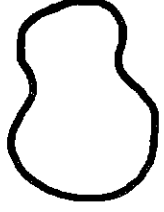



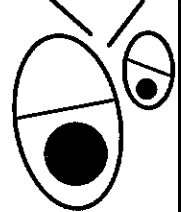
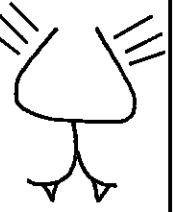
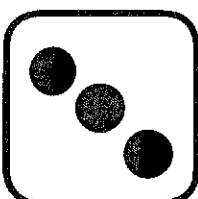
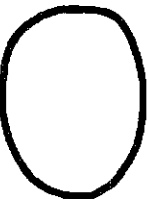


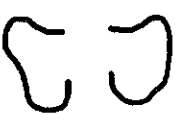
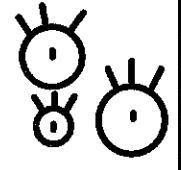

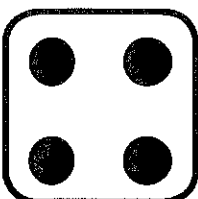

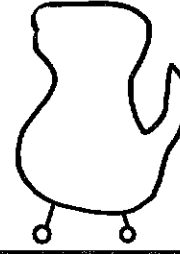
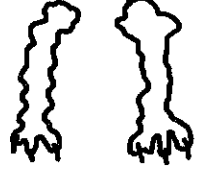



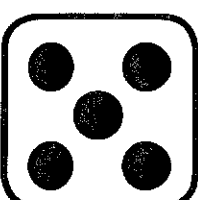

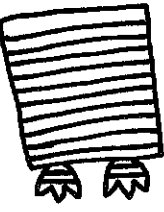




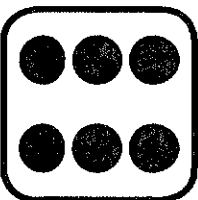

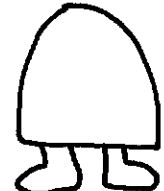
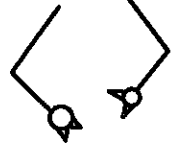
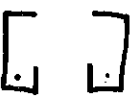


HANDOUT



**SUBSTITUTE
PLAN 3.0**

Roll a Drawing: Monsters

Roll the die. On each turn, draw the image next to your number!

	Roll One: Face	Roll Two: Body	Roll Three: Arms	Roll Four: Ears	Roll Five: Eyes	Roll Six: Snout
						
						
						
						
						
						

Virtual Learning Snow Day 2



Long Division with remainders within 1-1,000

Grade 4 Division Worksheet

Find the quotient with remainder.

1.

$$9 \overline{)207}$$

2.

$$8 \overline{)575}$$

3.

$$4 \overline{)313}$$

4.

$$4 \overline{)647}$$

5.

$$6 \overline{)791}$$

6.

$$6 \overline{)237}$$

7.

$$7 \overline{)780}$$

8.

$$5 \overline{)588}$$

9.

$$5 \overline{)388}$$

NAME: _____

DATE: _____

DIRECTIONS

Read the text and then answer the questions.

Blue whales are the largest animals on Earth. They are so large that their tongues are about the size of an elephant. They live in all of the world's oceans, but they migrate toward the equator during the winter. They are mammals. Blue whales eat tiny shrimp-like animals called *krill*. They don't have teeth like you do. Instead, blue whales have *baleen* (buh-LEEN). When a blue whale is hungry, it swallows a large amount of water. Then, it uses its huge tongue to force the water out of its mouth. The baleen keeps the krill inside the blue whale's mouth so it can swallow it.

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

____ / 5
Total

1. Why do blue whales migrate toward the equator during the winter?
- (A) because the water is warmer there
 - (B) because they are big
 - (C) because they run out of krill
 - (D) because they don't like winter

2. Which sentence is **not** based on information from the text?
- (A) Blue whales are smaller than elephants.
 - (B) Blue whales eat krill.
 - (C) Blue whales are mammals.
 - (D) Blue whales migrate toward the equator during the winter.

3. What does the suffix *-est* in the word *largest* mean?

- (A) the most
- (B) the least
- (C) already happened
- (D) belonging to

4. Which definition of *live* is used?

- (A) current
- (B) inhabit
- (C) prosper
- (D) stay

5. What is the author's purpose?

- (A) to persuade
- (B) to entertain
- (C) to confuse
- (D) to inform

Sentence Punctuation

Name _____

- A statement ends with a period. (.)
- A question ends with a question mark. (?)
- A command ends with a period. (.)
- An exclamation ends with an exclamation point. (!)



Read each sentence. Write the correct punctuation in each .

1. Every Saturday morning we help an elderly person
2. Would you like to help us this Saturday
3. Be at my house at 8:00
4. You can help me gather the supplies we will need
5. I won't be late
6. Today we are raking Mrs. Ray's yard
7. That elm tree is huge
8. Take these lawn bags to Bob and Eric
9. Tell Jan and Pat to mow the back yard
10. Will you help them rake the back yard
11. Don't mow too close to the flowers
12. Look at that big gazebo
13. Mrs. Ray has left lemonade there for us
14. I will mow the front yard
15. Will you sweep the front walks
16. Go ask Mrs. Ray to come see her clean yard
17. She thinks the yard looks super
18. What will we do next Saturday
19. We are helping Mr. Scott shop for groceries
20. Would you like to work with us again



Write the correct kind of sentence on each line below.

Statement: _____

Question: _____

Command: _____

Exclamation: _____

Mountains

There are two major mountain ranges in the United States. One of the mountain ranges is the Appalachian Mountains. They can be found in the eastern part of the United States from Canada to the middle of Alabama. The foothills of the Appalachian Mountains can also be found in Georgia. The mountains are over 1,500 miles long. Since the Appalachian Mountains are very old, they have eroded and are not tall mountains. Some scientists think these mountains are the oldest mountains in the world.

The second longest mountain range is the Rocky Mountains. The Rockies can be found in the western part of the United States. They start in Canada and end in New Mexico ranging from over 3,000 miles. The Rocky Mountains are much younger than the Appalachian Mountains and are very tall. The sharp pointy peaks can be over 10,000 feet above sea level. The Continental Divide can be found in the Rocky Mountains.

Number of Words Read	Monday	Tuesday	Wednesday	Thursday
1 st Attempt				
2 nd Attempt				
3 rd Attempt				

Mountains

Answer each question in a complete sentence. Underline or highlight where you located the answer in the text.

1. What are the two major mountain ranges in the United States?

2. What is the oldest mountain range in the United States? _____

3. How tall are some peaks in the Rocky Mountains? _____

4. Where do the Rocky Mountains begin and end? _____

5. Write an informational paragraph to compare and contrast the Appalachian Mountains and Rocky Mountains.

Directions for at-home physical education (3-5)

Warm-ups: for the warm-ups just have student type in the song and have them follow along with the actions.

Home Activity: They are completing the exercises on the fitness card that they choose.

Assessments: Have them choose three activities from the calendar and have them log it on their activity log with their time spent on each activity



3-5

Elementary

ACTIVE HOME PHYSICAL EDUCATION: 3-5 Fitness Knowledge

5 Day Rotation		Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I can keep an active lifestyle while staying at home from school.	I can develop my personal fitness by staying active for 60 minutes each day.	I can develop my cardiorespiratory endurance at home.	I can develop my muscular strength at home to improve overall fitness.	I can flex and extend my muscles to improve my overall fitness.	
Academic Language for Today	ACTIVE LIFESTYLE A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.	FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	CARDIORESPIRATORY ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort.	DYNAMIC STRETCHING An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.	
Warm-up	Trolls, September	Trolls, September	Trolls, September Dance	Trolls, September	Trolls, September	
OPEN Home Activity	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card	Health-Related Fitness Today we're going to complete a series of Health-Related Fitness Challenges. Health Related Card	Skill Related Fitness Today we're going to complete a series of Skill-Related Fitness Challenges. Skill Related Card	Invisible Dumbbells Today we're going to complete a series of Invisible Dumbbell Challenges. Invisible Dumbbell Card	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card	
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	
Mindfulness	Choose 3 poses to perform. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #1 Perform with family following the peer coaching cards. Sun Salutation #1	Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #2 Perform with family following the peer coaching cards. Sun Salutation #2	Choose three poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	



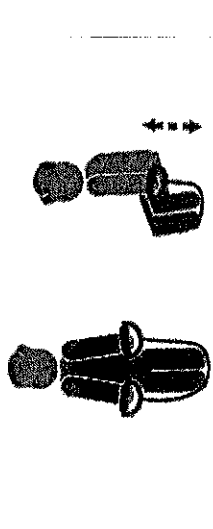



1 MINUTE FITNESS CHALLENGE

Name: _____ Grade: _____ Class: _____

Station #	Exercise	Challenge	#
1	Push-Ups	How many push-ups can you do?	
2	Stretch	How many muscles can you safely stretch? Hold stretches for 10 seconds each.	
3	Sit-Ups	How many sit-ups can you do?	
4	Pass and Catch	How many times can you pass and catch a foam die with a partner?	
5	Water	Remember to stay hydrated. Get 1 quick and quiet drink.	
6	Jump and Think	How many fruits can you name while jumping rope?	
7	Exercise Band Curls	How many curls can you do with the exercise band?	
8	Ball Plank	How long can you hold a plank on the exercise ball?	
9	Balance and Think	Balance on one foot. How many vegetables can you name?	
10	Jump Rope Tricks	How many different jump rope tricks can you do?	
11	Heart Rate	Take your pulse for the full minute. How many beats did you count?	
12	Fitness Knowledge	Individual Assessment Station	

HEALTH-RELATED FITNESS CHALLENGE CARD

Directions: Complete each activity at the corresponding station.	
<p>1 Cardiorespiratory Endurance</p>	<p>Shuffle Jumps (25 Seconds) – Feet together. Jump up and scissor your legs forward and backward. Land with one foot in front of the other. Repeat and land with the other foot in front.</p> <p>Ski Jumps (25 Seconds) – Stand with your feet together. Bend your knees and jump side-to-side while keeping your feet together. Keep your elbows tucked and bent to look like a skier.</p> 
<p>2 Muscular Endurance</p>	<p>Arm Circles (25 Seconds) - Feet shoulder-width apart. Raise your arms to shoulder height, forming a T. Slowly make small circles with both arms.</p> <p>Standing Calf Raise (25 Seconds) - Feet shoulder-width apart. Slowly raise up onto the balls of your feet, squeezing your calves. Lower your heels back to the floor and repeat.</p> 
<p>3 Muscular Strength (With Exercise Band)</p>	<p>Bicep Curl (8 to 10 Reps) - Feet together, directly on top of the center of the exercise band. Hold the ends of the band with your arms at your sides and your palms facing out. Bend your elbows and slowly bring your hands up toward your shoulders. Slowly return to the starting position.</p> <p>Squat (8 to 10 Reps) - Feet shoulder-width apart, on top of the exercise band. Hold the ends of the band with each hand at your waist. Bend your knees and sit back as if you are sitting in a chair. Keep your back straight and your heels on the floor.</p> 
<p>4 Flexibility</p>	<p>Star Pose (Hold for 25 Seconds)- Feet out wide. Bend your knees slightly. Stretch your arms up and out with your palms facing the floor. Reach out through your fingertips. Relax your shoulders. Your body looks like a giant X. Breathe deeply.</p> <p>Crescent Moon Pose (Hold Each Side for 10 Seconds, then Switch) - Begin with your feet comfortably underneath you, 2 or 3 inches apart. Reach your hands up over your head with your palms together and fingers pointing to the sky. Slowly bend to the side at your waist, keeping your feet in place. Hold this pose for 10 seconds. Slowly straighten back up and repeat on the other side.</p> 
<p>5 Body Composition</p>	<p>Complete the MyPlate Activity sheet by drawing a balanced meal on the plate.</p>



SKILL-RELATED FITNESS CHALLENGE CARD

Name: _____ Class: _____

Directions: Complete each activity below with your partner. In the column on the right, write which component of skill-related fitness the activity focuses on.

1	Stick Grab	Make a "C" with your hand at the bottom of a yardstick that your partner is holding. When your partner releases it, how quickly can you grab it?	
2	Catch	With your partner, bounce and catch an exercise ball back and forth 10 times.	
3	Back-to-Back	Sit or stand back-to-back. Pass an exercise ball around your bodies as fast as possible 20 times.	
4	Balance Ball	Lay back on the exercise ball with your arms pointing overhead and your feet in a wide stance. Slowly bring your feet together. Try to get your feet to touch while keeping your balance.	
5	Standing Long Jump	How far out can you jump from a standing position? Repeat 5 times.	
6	Shuttle Sprints	Begin at the start line (marked by cone). Race to the end line (marked by cone). How many times can you touch each line in 20 seconds?	
7	Side Plank	Hold a side plank for a count of 15. Repeat with the other arm.	
8	Race	Safely move around the boundary 1 time. Count how long it takes to do 1 lap. If there's time, try again.	
9	Jump up	With your partner, take turns jumping up as high as you can. Jump a total of 20 times each.	
10	Dice Roll	Each partner takes one die. Decide which math operation (addition, multiplication, etc.) you want to use. Roll the dice at the same time and see who can get the answer the quickest. The first one to answer 3 the quickest and correctly wins!	
11	Hoop Drill	Place Hula Hoops in a staggered formation so that all the hoops touch (like tires at a football practice). Run through with your feet landing in every hoop. Repeat 5 times.	
12	Fitness Test	Fitness Assessment Station	N/A

INVISIBLE DUMBBELL CHALLENGE CARD

	<p>Bicep Curl</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips. Curl both invisible dumbbells up toward your shoulders. Lower your arms and repeat. <p><i>Muscle Focus: Biceps</i></p>		<p>Dumbbell Crunch</p> <ol style="list-style-type: none"> Lay on your back with your knees bent, holding the invisible dumbbell on your chest. Slowly curl your head and shoulders up, and then lower back to the starting position. <p><i>Muscle Focus: Rectus Abdominis</i></p>
	<p>Dumbbell Twisters</p> <ol style="list-style-type: none"> Sit on the floor, knees bent, holding the invisible dumbbell on your chest. Rotate your upper body all the way to the right and tap the dumbbell on the floor. Repeat that motion to the left. Count 1 rep every time you tap to the left. <p><i>Muscle Focus: Internal & External Oblique</i></p>		<p>Dumbbell Lunges</p> <ol style="list-style-type: none"> Stand tall, holding the invisible dumbbells straight down at your sides. Step with your right foot until your right thigh is parallel to the floor (left leg stays in place). Push back up into the starting position. Repeat with your left leg. Count 1 rep after each left leg lunge. <p><i>Focus: Hamstrings, Quadriceps</i></p>
	<p>Dumbbell Heel Lifts</p> <ol style="list-style-type: none"> Stand on your right foot with your left foot raised behind you, 6 inches off the ground. Push up onto your right toe and hold for 2 seconds at the top. Lower your heel. Repeat the same side. Complete reps on the right side and then repeat on the left. <p><i>Muscle Focus: Gastrocnemius</i></p>		<p>Bends Ups</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart, holding the invisible dumbbell against the middle of your chest. Slowly bend over, moving your chest forward until your back is parallel to floor. Slowly lift back up to the starting position, keeping your back straight and long. <p><i>Muscle Focus: Lower Trapezius, Erector Spinae</i></p>
	<p>Dumbbell Plank Rows</p> <ol style="list-style-type: none"> Start in plank position. Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm. Back to plank position. Repeat other side. Count 1 rep every time you complete a row with your left arm. <p><i>Muscle Focus: Pectoralis, Biceps</i></p>		<p>Shoulder Raises</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart, holding the invisible dumbbells at your sides. With your arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder-height. Slowly return to the starting position. <p><i>Muscle Focus: Deltoid</i></p>
	<p>Dumbbell Rows</p> <ol style="list-style-type: none"> Start in lunge position, left foot forward and your back long and straight. Hold the invisible dumbbell in your right hand, your arm extended toward the floor. Pull, bending your arm to bring the dumbbell up to your shoulder. Slowly lower to the starting position. Repeat with your right arm. Complete reps on the right side, and then repeat on the left side. <p><i>Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids</i></p>		<p>Dumbbell Squats</p> <ol style="list-style-type: none"> Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with 2 hands at the center of your chest. Squat down, keeping your knees above your toes, and then stand back to the starting position. <p><i>Muscle Focus: Quadriceps, Gluteus Maximus</i></p>
	<p>Dumbbell Triceps Push</p> <ol style="list-style-type: none"> Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor. Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle. Push back. Extend arm until it's straight. Slowly return to starting position. Complete reps on right side. Repeat left side. <p><i>Muscle Focus: Triceps</i></p>		<p>Standing Dumbbell Twisters</p> <ol style="list-style-type: none"> Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands. Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight. Slowly repeat that motion to the left. Count reps every twist to the left. <p><i>Muscle Focus: Internal & External Oblique</i></p>



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>60 minutes</i>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

MARCH

DEAM Calendar Drop Everything And Move

BE GOOD
by being helpful

Name: _____

Teacher: _____

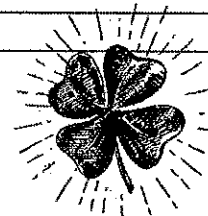
Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	2	Play with a friend.
	3	Do as many curl-ups as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Say your math facts while doing reverse lunges.
	6	Take a walk.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Play a game that is active. You decide what that is.
	10	Do as many trunk-lifts as you can.
	11	Take 32 imaginary dunks and 16 cross-over dribbles.
	12	Do push-up shoulder taps while reciting your spelling words.
	13	Take a walk.
	14	Run in place and name 3 reasons why you will never smoke or use tobacco.
	15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	16	Take a hike.
	17	Do as many squats as you can.
	18	Take 8 pretend chest passes and 4 imaginary foul shots.
	19	Perform squat-jumps while naming the continents.
	20	Take a walk.
	21	How many food groups are there? Do 5 plank-jacks.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play outside.
	24	Do as many push-ups as you can.
	25	Take 2 laps around a pretend court and 1 giant star-jump!
	26	Read a book while doing a wall sit.
	27	Take a walk.
	28	About how many glasses of water should you drink each day? Do 8 burpees.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Go to the park!
	31	Do as many squat-thrusts as you can.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.



Virtual Learning Snow Day 3



Mixed rounding: round numbers to the underlined digit

Grade 4 Rounding Worksheet

Example: 4,689 rounded to the nearest 1,000 is 5,000

Round to the accuracy of the underlined digit.

1. $5\text{6},914 = \underline{\hspace{2cm}}$ 2. $77,\text{4}53 = \underline{\hspace{2cm}}$ 3. $6\text{3},678 = \underline{\hspace{2cm}}$

4. $19,\text{1}13 = \underline{\hspace{2cm}}$ 5. $1\text{5},003 = \underline{\hspace{2cm}}$ 6. $33,5\text{7}5 = \underline{\hspace{2cm}}$

7. $33,\text{4}46 = \underline{\hspace{2cm}}$ 8. $8\text{4},822 = \underline{\hspace{2cm}}$ 9. $95,\text{1}50 = \underline{\hspace{2cm}}$

10. $49,\text{3}32 = \underline{\hspace{2cm}}$ 11. $\text{3},655 = \underline{\hspace{2cm}}$ 12. $97,7\text{2}2 = \underline{\hspace{2cm}}$

13. $59,8\text{9}9 = \underline{\hspace{2cm}}$ 14. $3\text{2},420 = \underline{\hspace{2cm}}$ 15. $20,\text{1}51 = \underline{\hspace{2cm}}$

16. $2\text{1},391 = \underline{\hspace{2cm}}$ 17. $7\text{5},705 = \underline{\hspace{2cm}}$ 18. $57,\text{3}11 = \underline{\hspace{2cm}}$

19. $6\text{7},195 = \underline{\hspace{2cm}}$ 20. $77,\text{3}03 = \underline{\hspace{2cm}}$ 21. $9\text{0},205 = \underline{\hspace{2cm}}$

NAME: _____ DATE: _____

DIRECTIONS

Read the text and then answer the questions.

Have you ever had a pet turtle? Green sea turtles are reptiles, just like other turtles. They live in tropical coastal waters. Green sea turtles are very large. They have flippers for swimming and large, smooth carapaces (KAR-uh-peys-uz), or shells, to protect them. Green sea turtles sometimes migrate long distances to go from their feeding grounds to their nesting grounds where they lay their eggs. When a female turtle is ready to lay her eggs, she leaves the sea and finds a quiet beach. She digs a hole in the sand with her flippers and lays her eggs. About two months later, the baby turtles hatch. Then, they make their way back to the sea. They grow up to be adult green sea turtles.

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

___ / 5

Total

1. Why do green sea turtles lay their eggs on the beach?

- (A) so they have friends
 (B) to keep them safe
 (C) to protect their carapaces
 (D) because they live there

2. Which title best fits the main idea?

- (A) Turtle Eggs
 (B) Coastal Tropical Waters
 (C) Green Sea Turtles
 (D) Turtle Shells

3. Which two words share the same suffix?

- (A) *other* and *her*
 (B) *lay* and *lays*
 (C) *sometimes* and *leaves*
 (D) *feeding* and *nesting*

4. A synonym for *migrate* is

- (A) travel.
 (B) hatch.
 (C) coastal.
 (D) dig.

5. Which best describes the tone?

- (A) informative
 (B) comical
 (C) dramatic
 (D) emotional

Writing Sentences

Name _____

A sentence begins with a capital letter and ends with a period (.), question mark (?) or exclamation point (!).



Put a by each correctly written sentence. Put an by the sentences which contain errors. Write the sentences correctly on the lines.

- the evening sky was filled with stars
- My committee has agreed to meet next Wednesday.
- the tiny mouse ran under the table.
- all of the runners were exhausted at the finish line
- There were thirty kids at Brian's birthday party.
- what is your favorite musical instrument
- we will be late unless we hurry
- do you like to read biographies of famous people
- The spectators cheered the winning team.
- of all the holidays, my favorite is the Fourth of July
- can you name one endangered species
- after you cut the grass, come in for some lemonade
- Our zoo is building a house for Arctic animals.
- the three fourth grade classes are on a field trip
- The foreign student has made many new friends.



Write right!

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

Productive Resources

Productive resources are the resources used to make 8
 goods and services. These resources are broken into three 17
 groups. One group is natural resources. Natural resources 25
 refer to things such as coal, water, trees, and land itself. If 37
 you built a tree house, the wood you used would be a 49
 natural resource. Raw materials come from natural 56
 resources. Another type of resource is a human resource. 65
 Human resources describe the human work effort, both 73
 physical and mental, used in production. It is sometimes 82
 called labor. While you are building the tree house, the skill 93
 and effort you use would be a human resource. The third 104
 type of productive resource is a capital resource. Capital 113
 resources are man-made resources (such as buildings, tools, 122
 machines, and equipment) used in production. For example, to 131
 build the tree house you would need a capital resource of a 143
 hammer and nails. 146

Number of Words Read	Monday	Tuesday	Wednesday	Thursday
1 st Attempt				
2 nd Attempt				
3 rd Attempt				

Productive Resources

Answer each question in a complete sentence. Underline or highlight where you located the answer in the text.

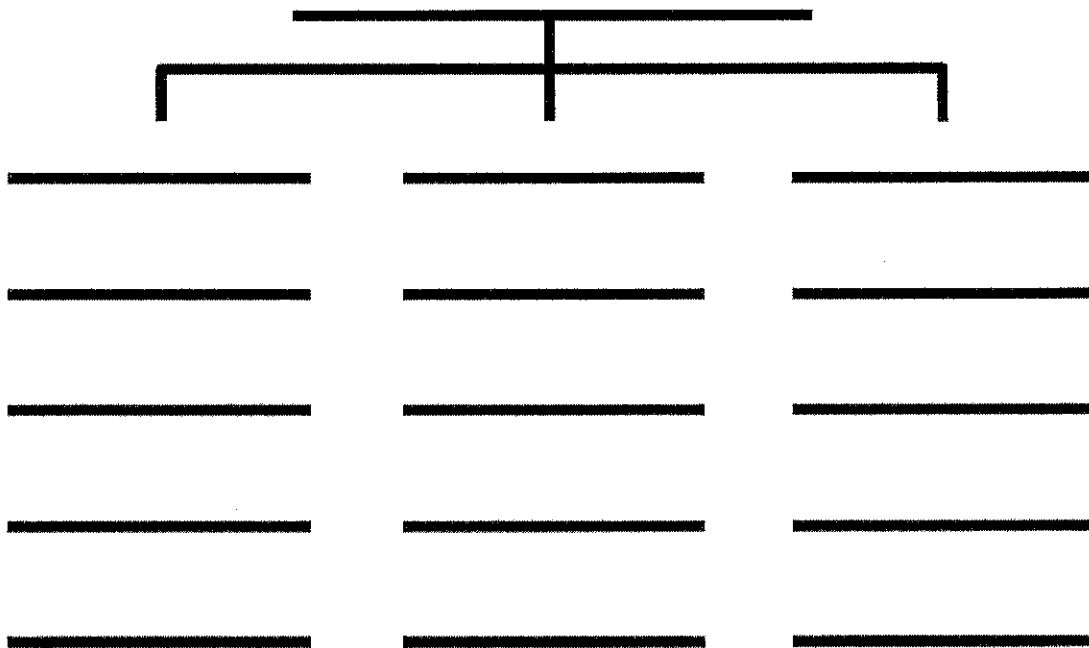
1. What are productive resources? _____

2. What is a natural resource? _____

3. What is a human resource? _____

4. What is a capital resource? _____

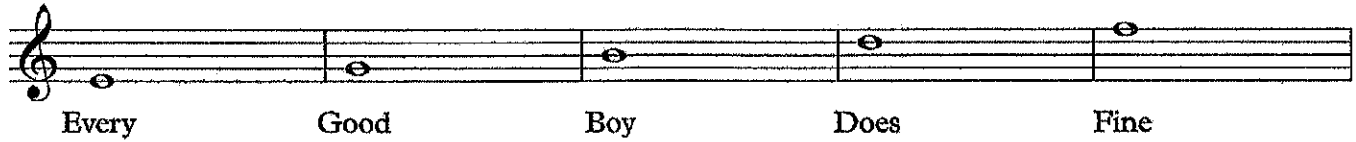
5. Give examples of each type of resource on the graphic organizer.



Treble Clef Note Identification

Use the following mnemonic devices to identify notes on the treble clef:

Line Notes: Every Good Boy Does Fine (Line = Fine)



A musical staff with a treble clef. It contains five measures, each with a single note on a line. The notes are: G1 (Every), B1 (Good), D2 (Boy), F2 (Does), and A2 (Fine).

Space Notes: F-A-C-E (Space = Face)



A musical staff with a treble clef. It contains four measures, each with a single note in a space. The notes are: F1 (F), A1 (A), C2 (C), and E2 (E).

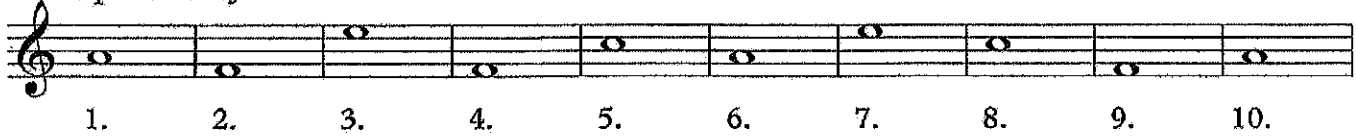
Please identify each note by writing its name in the blank below.

Lines Only:



A musical staff with a treble clef. It contains ten measures, each with a single note on a line. The notes are: G1, B1, D2, F2, A2, C3, E3, G3, B3, and D4.

Spaces Only:



A musical staff with a treble clef. It contains ten measures, each with a single note in a space. The notes are: F1, A1, C2, E2, G2, B2, D3, F3, A3, and C4.

Lines and Spaces:



A musical staff with a treble clef. It contains ten measures, each with a single note. The notes are: G1, B1, D2, F2, A2, C3, E3, G3, B3, and D4.



A musical staff with a treble clef. It contains ten measures, each with a single note. The notes are: G1, B1, D2, F2, A2, C3, E3, G3, B3, and D4.