

Virtual Learning Snow Day 1

Day 1

Math

Complete the multiplication practice page using the standard algorithm (traditional method for multiplication.) You must show your work. You may use the back side of page or scratch paper for extra room. You will need to turn in your work with packet.

Reading

Read the passage for a minute three times to practice your reading fluency skills.

Read the passage and complete the questions over the Letter to Johanna from Melissa. Students should write their answers in a complete sentence.



Multiplication (Vertical)

Name: _____

Solve each problem.

$$\begin{array}{r} 1) \quad 626 \\ \times \quad 75 \\ \hline \end{array}$$

$$\begin{array}{r} 2) \quad 814 \\ \times \quad 61 \\ \hline \end{array}$$

$$\begin{array}{r} 3) \quad 193 \\ \times \quad 94 \\ \hline \end{array}$$

$$\begin{array}{r} 4) \quad 793 \\ \times \quad 46 \\ \hline \end{array}$$

$$\begin{array}{r} 5) \quad 490 \\ \times \quad 94 \\ \hline \end{array}$$

$$\begin{array}{r} 6) \quad 468 \\ \times \quad 97 \\ \hline \end{array}$$

$$\begin{array}{r} 7) \quad 990 \\ \times \quad 45 \\ \hline \end{array}$$

$$\begin{array}{r} 8) \quad 700 \\ \times \quad 34 \\ \hline \end{array}$$

$$\begin{array}{r} 9) \quad 219 \\ \times \quad 84 \\ \hline \end{array}$$

$$\begin{array}{r} 10) \quad 323 \\ \times \quad 89 \\ \hline \end{array}$$

$$\begin{array}{r} 11) \quad 397 \\ \times \quad 64 \\ \hline \end{array}$$

$$\begin{array}{r} 12) \quad 134 \\ \times \quad 68 \\ \hline \end{array}$$

$$\begin{array}{r} 13) \quad 566 \\ \times \quad 81 \\ \hline \end{array}$$

$$\begin{array}{r} 14) \quad 813 \\ \times \quad 68 \\ \hline \end{array}$$

$$\begin{array}{r} 15) \quad 288 \\ \times \quad 21 \\ \hline \end{array}$$

$$\begin{array}{r} 16) \quad 732 \\ \times \quad 44 \\ \hline \end{array}$$

$$\begin{array}{r} 17) \quad 761 \\ \times \quad 35 \\ \hline \end{array}$$

$$\begin{array}{r} 18) \quad 806 \\ \times \quad 46 \\ \hline \end{array}$$

$$\begin{array}{r} 19) \quad 333 \\ \times \quad 17 \\ \hline \end{array}$$

$$\begin{array}{r} 20) \quad 831 \\ \times \quad 65 \\ \hline \end{array}$$

Answers

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____



Introduction: You will read a two-page passage about an animal that lives in only one place.

The City Salamander

word count

Many animals live in only a few places, like kangaroos in Australia or polar	14
bears in the far north. But did you know that there is an animal that lives	30
in only one city? It is the Barton Springs salamander. It is found in only a	46
single body of water, a popular swimming spot called Barton Springs in	58
Austin, Texas.	60
Scientists first discovered the salamander in 1946. The reason it had gone	72
unnoticed was that it lives its entire life among the pebbles at the bottom	86
of Barton Springs. It breathes water through its gills and eats tiny insect-like	99
animals that live among the rocks and plants. Its purple and gray-spotted	111
body also helps it hide in its underwater home.	120
There were never very many Barton Springs salamanders, because they live in	132
only one small area. But a few years ago their numbers dropped, so scientists	146
got worried. Salamanders are very sensitive about the water they live in. They	159



word count

can easily be hurt by things like cleaning chemicals or even water that is too	174
hot or too cold. The city of Austin made sure to protect Barton Springs from	189
pollution. It came up with new ways to clean the swimming hole so that it	204
wouldn't hurt the salamanders. The population of salamanders grew again.	214
Now, visitors to Austin may catch sight of this rare little creature that lives in	229
only one place.	232

READ THE LETTER

Read each paragraph of Melissa's letter. Decide what it is mostly about.

Dear Johanna,

How are you? My name is Melissa. I've been looking forward to having a pen pal for a long time now. I hope we can become great friends!

Ever since I got your name and address from my teacher, Mrs. Sands, I have been thinking about what to write. First, I thought of giving you a description of what it's like to go to school here in Minnesota, but then I figured you could look up Minnesota on the Internet and read about it yourself. Then I had the idea to tell you about my family, but I realized that the story of my little brother losing a tooth or the time we got a new kitten might be kind of boring. After that, I thought about asking you questions about what it's like to live in Belgium, but I was afraid you might think my questions were silly.

I guess I can tell you a little about myself. In fact, you've probably already learned one thing about me. I sometimes have a hard time making up my mind! I hope you will write me back anyway.

Sincerely,
Melissa

SKILL PRACTICE

Read the item. Write your response.

1. How did Melissa get connected to Johanna?

2. Where does Johanna live? Cite text evidence in your answer.

3. How will Johanna probably feel when she receives Melissa's letter? Explain.

STRATEGY PRACTICE

Write the main idea of the third paragraph in your own words.

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-2-0-bundle-video-page/>

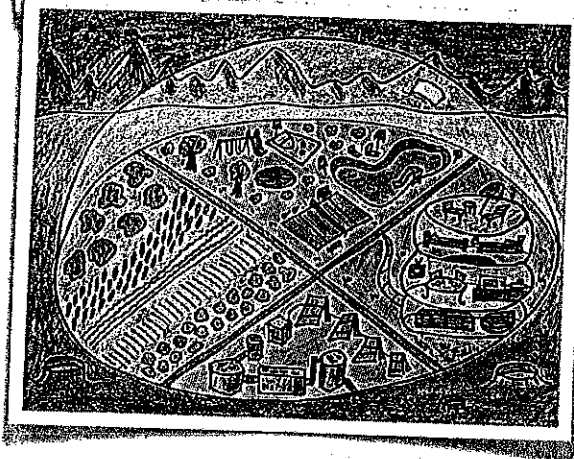
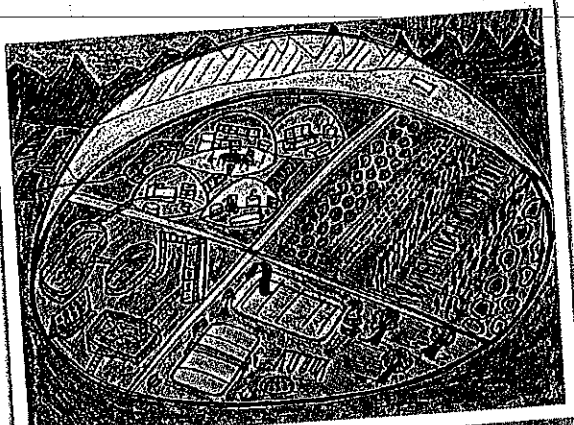
A blank piece of paper has been provided for you but you can use any paper you have available at home, if you have a sketchbook you can use that as well. The lesson can be colored by using crayons, markers, colored pencils, or if you have none of those materials at home you can simply use a pencil or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

MARS BIODOME DRAW ALONG



THE CHALLENGE:

Design a biodome habitat to keep humans alive and happy on Mars.

WHAT YOU'LL NEED:

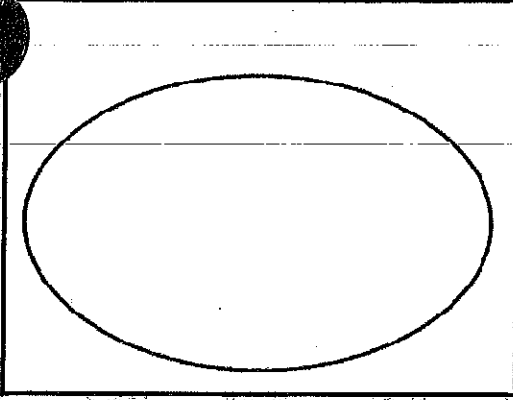
- 9" x 12" white sulphite paper or copy paper
- Crayons, markers or colored pencils
- Black permanent marker (optional)
- Mars Biodome Drawing Guide
- Mars Biodome Handout

* Today I will learn about **SPACE** so that I **CAN** create a sense of **DEPTH** in my biodome artwork.

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

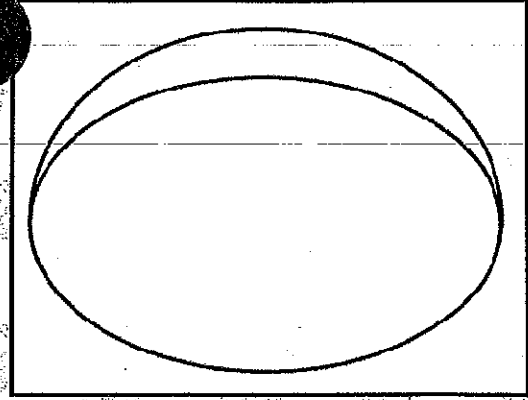
1. Give each student a piece of **white paper**.
2. Pass out **crayons, markers or colored pencils**.
3. Instruct students to follow along with you as you draw a Mars biodome on the board or play the draw along video that accompanies this lesson. Draw a wide rectangle first to represent the paper.
4. Students should use a **black crayon, marker, colored pencil or black permanent marker** to draw their biodome.
5. Draw a Mars biodome with the students using the **"Mars Biodome Drawing Guide"** on the next page. It doesn't have to look just like the example.
6. Instruct students to add additional details to add life to their biodome. Each section inside their dome should help sustain life on Mars: recreation, garden, water treatment, housing, etc.
7. Students can use the **"Mars Biodome Handout"** for ideas. Collect handouts at the end of class.
8. They may use the back of their paper to re-draw their Mars biodome if they choose. No new papers should be handed out. Students need to work with their "mistakes."
9. Students may color using the colors of their choice.
10. Instructions for art (*take home, portfolio, etc.*)

1



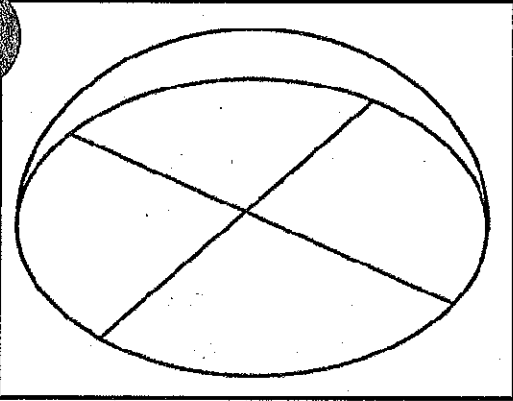
Draw the biggest oval you can on your paper, leaving some room at the top for the top of the dome.

2



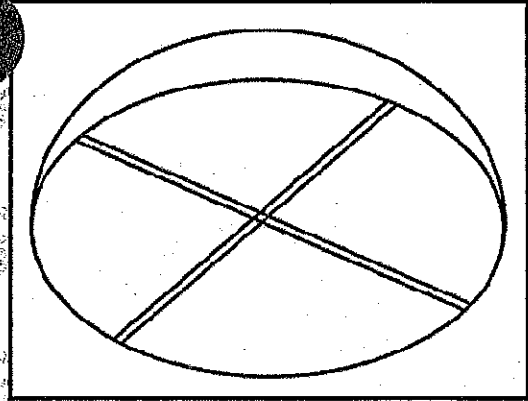
From the sides of the oval, draw a curved line up to create the dome.

3



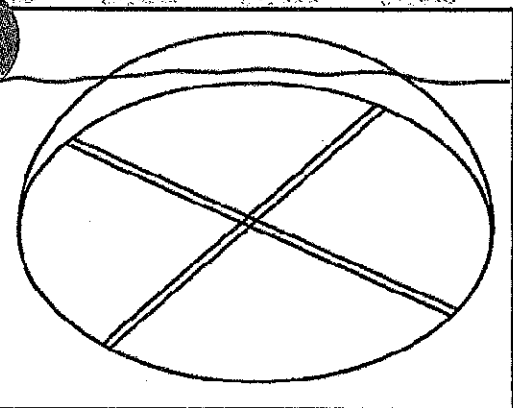
Divide your original oval into sections by drawing two lines that intersect to create an "X."

4



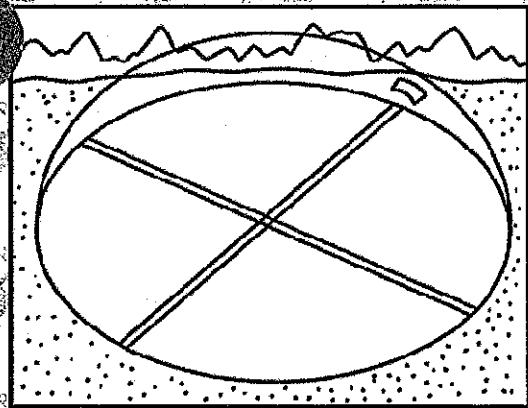
Turn the lines into sidewalks by drawing a second line next to each line.

5



For the background, draw a wavy line across the top of the paper. Make sure it is above your original oval. It's okay if it goes through your dome.

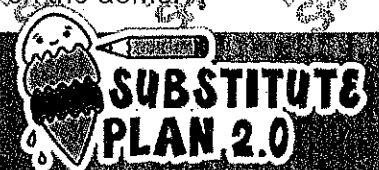
6

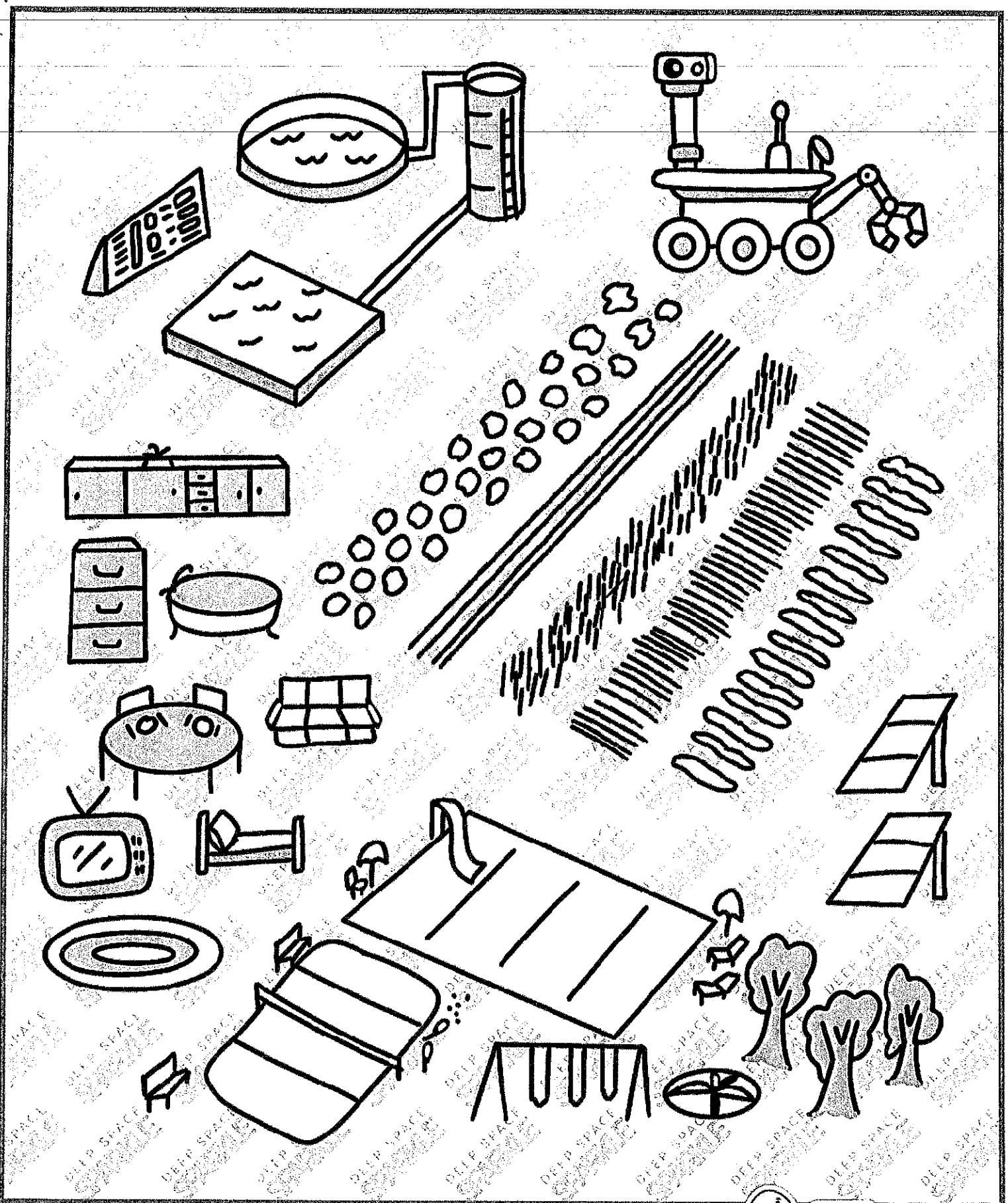


Above the wavy line, draw mountains with a zigzag line. Add dots to create the look of sand around your biodome and finish with a curved, rectangle shape highlight on the dome.

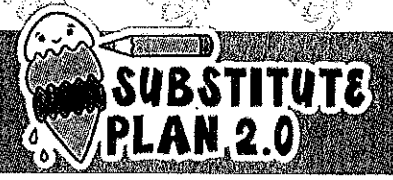
MARS BIODOME

**DRAWING
GUIDE**



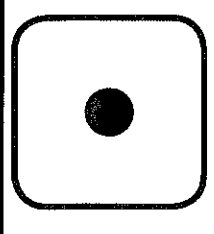

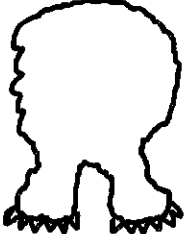
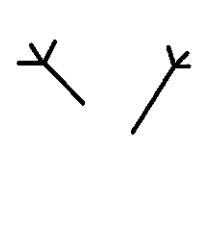

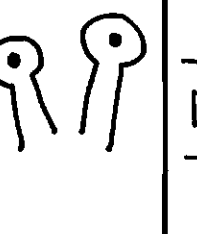

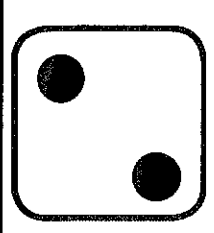
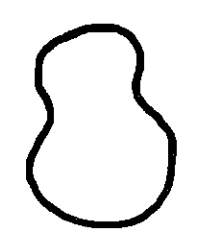
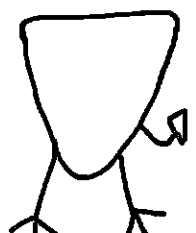

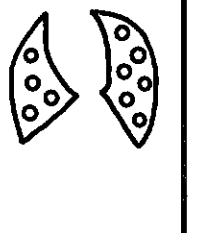
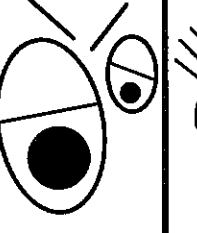

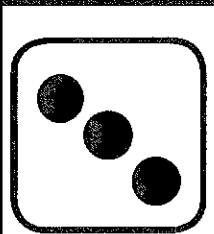
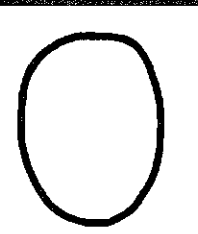

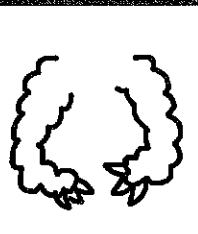
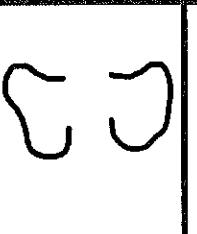
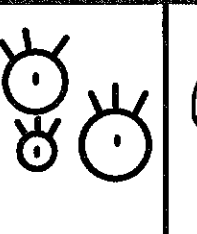

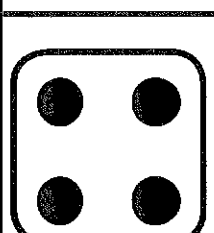
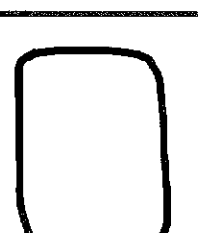

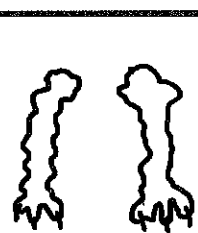

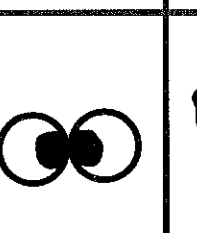

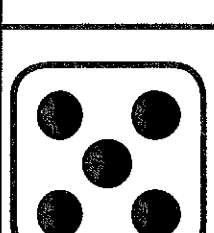
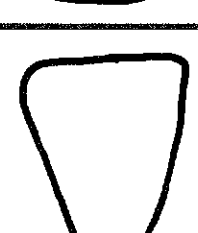
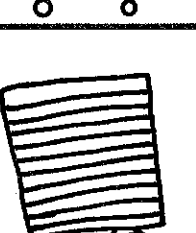
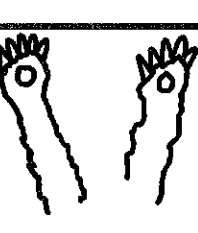
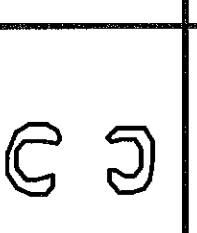
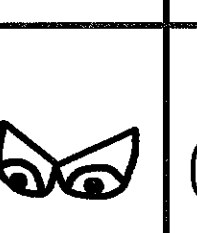
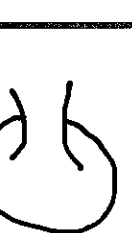
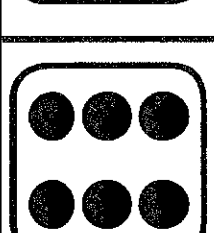

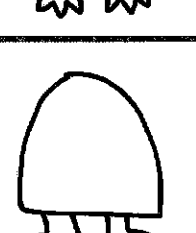
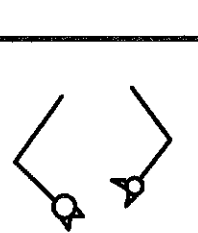
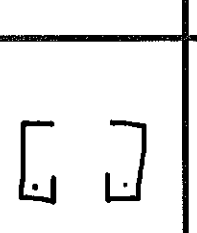
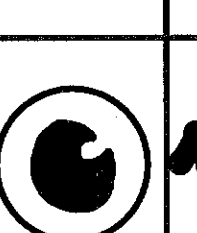



MARS BIODOME HANDOUT



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

Day 2

Writing

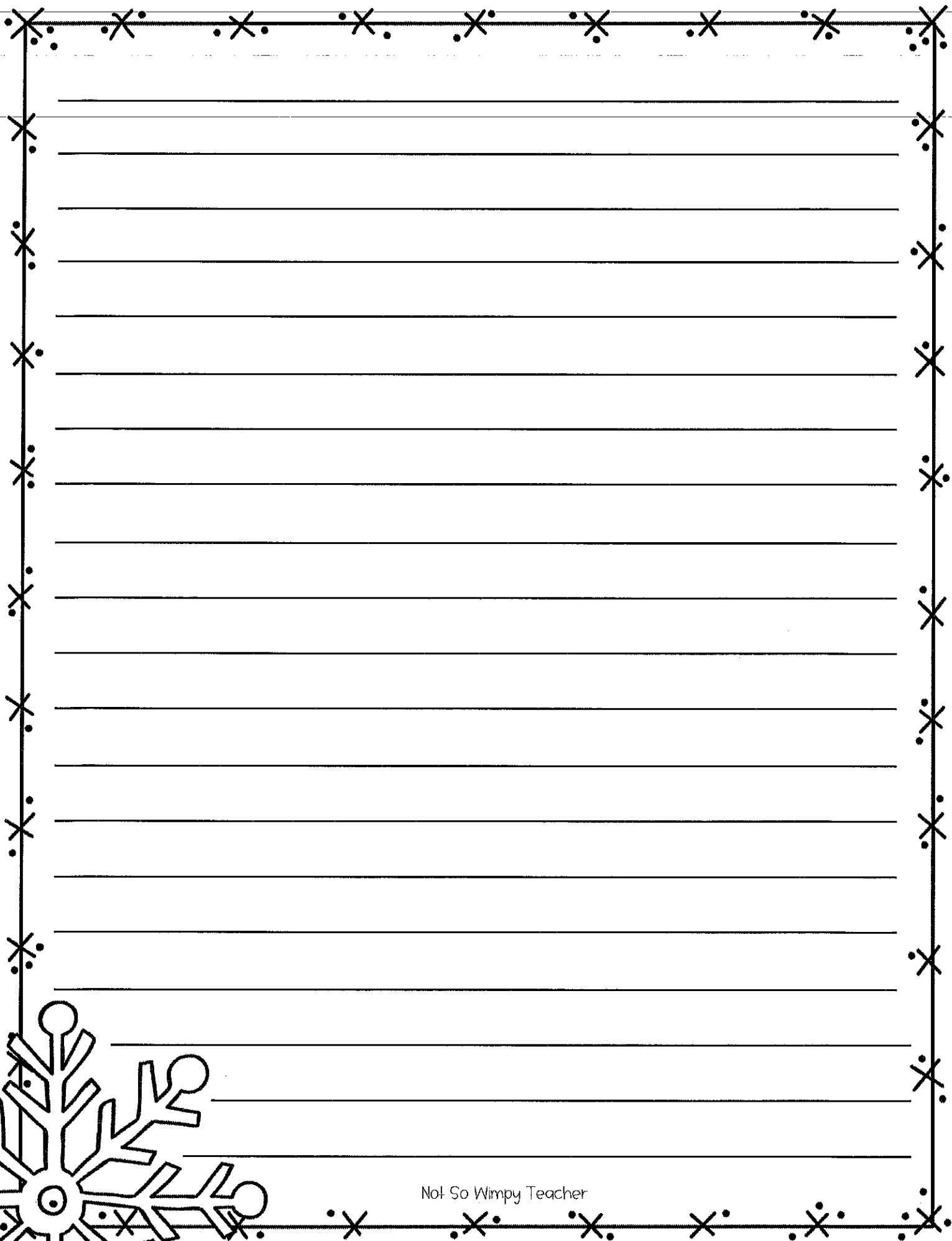
Answer the writing prompt in a full paragraph. Your paragraph must include a topic sentence, 3 supporting details, and a concluding sentence.

Science

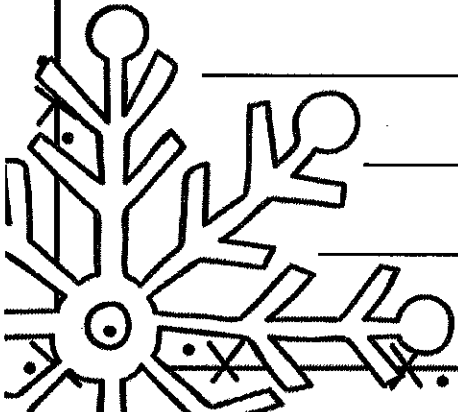
Complete the passage on Why do Earthworms like dirt? Read the Day 3 passage and answer the questions.

Word Study

Complete the prefixes pages on the Prefixes Un, Dis, Non. A review of the prefix meanings are on top of the page.



Handwriting practice lines consisting of 15 horizontal lines spaced evenly down the page.



Name _____



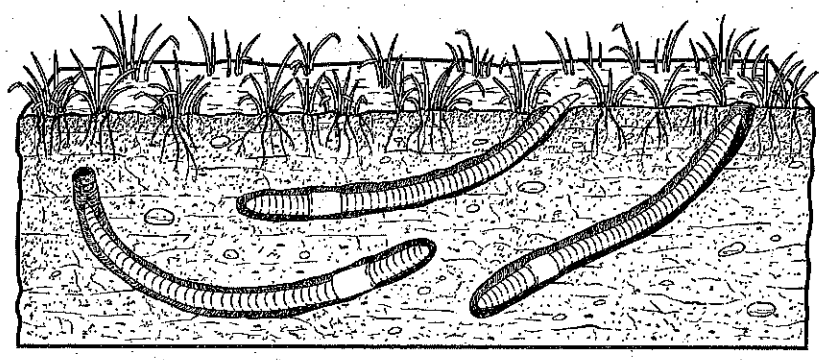
**Day
3**

Weekly Question

Why do earthworms like dirt?

Not only is soil good for earthworms, but earthworms are good for the soil. When earthworms eat, they swallow small pieces of dirt along with plant and animal matter. The worms break this material down into smaller pieces and expel it in the form of **castings**, which are rich in minerals and nutrients that are beneficial to plants and other organisms.

In addition to enriching the soil with their castings, earthworms also burrow into the soil and **aerate** it, allowing oxygen to enter. By burrowing, the worms bring organic-rich top layers to the soil deeper down. Burrowing also improves drainage by helping water penetrate the soil.



Vocabulary

aerate

AIR-ate
to expose to air

castings

KASS-tingz
the waste expelled
by earthworms

A. Write true or false.

- 1. When earthworms burrow, they remove nutrients from the soil. _____
- 2. Castings contain the nutrients other organisms need to survive. _____
- 3. Earthworms prevent water and oxygen from getting too deep in the soil. _____

B. Describe three ways earthworms improve soil.

- 1. _____
- 2. _____
- 3. _____

Lesson 2.8 Prefixes

Adding a **prefix** to the beginning of a base word can change its meaning.

- The prefixes **un-**, **non-**, and **dis-** can mean *not* or *opposite of*.

unnatural = not natural **nonrealistic** = not realistic

disconnect = not connected

Read each clue below. Underline the word in parentheses that matches the clue. On the line, write the base word. If you need help, use a dictionary.

1. not seen (nonseen, unseen) _____

2. not equal (unequal, disequal) _____

3. not specific (nonspecific, disspecific) _____

4. not familiar (disfamiliar, unfamiliar) _____

5. not athletic (nonathletic, disathletic) _____

Read the paragraphs below. Circle the 11 words that have prefixes.


I put on my first pair of ice skates when I was six. I couldn't believe how uncomfortable they were. My feet were unsteady, and I could barely stand. My teacher, Gail, asked the class to skate to her at the other side of the rink. We all just stood there and stared at her uncertainly. No one wanted to disobey the teacher, but we were unsure how to get from one side of the rink to the other. Finally, I got down on my hands and knees and crawled across the ice to my teacher. Gail laughed in disbelief as the entire class followed.

You might think that I would have been disqualified or unwelcome in the skating world forever, but Gail liked my creative thinking. For the last six years, she's helped me train nonstop for this competition. I've felt uneasy for months, but now I'm ready to put on my skates and have some fun. I know I won't be disappointed. I'm ready to win.

Bass Clef Note Identification

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

Line Notes: Good Burritos Don't Fall Apart



A musical staff with a bass clef and five measures. Each measure contains a single whole note on a different line of the staff. Below each measure is a word: Good, Burritos, Don't, Fall, and Apart.

Space Notes: All Cows Eat Grass



A musical staff with a bass clef and four measures. Each measure contains a single whole note on a different space of the staff. Below each measure is a word: All, Cows, Eat, and Grass.


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

Lines Only:



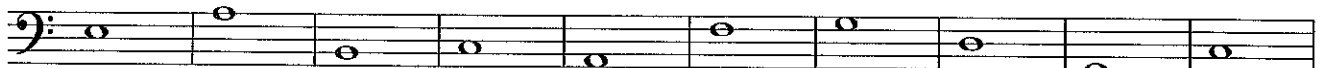
A musical staff with a bass clef and ten measures. Each measure contains a single whole note on a different line of the staff. Below each measure is a number from 1 to 10.

Spaces Only:



A musical staff with a bass clef and ten measures. Each measure contains a single whole note on a different space of the staff. Below each measure is a number from 1 to 10.

Lines and Spaces:



A musical staff with a bass clef and ten measures. Each measure contains a single whole note on a different line or space of the staff. Below each measure is a number from 1 to 10.



A musical staff with a bass clef and ten measures. Each measure contains a single whole note on a different line or space of the staff. Below each measure is a number from 11 to 20.

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)



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

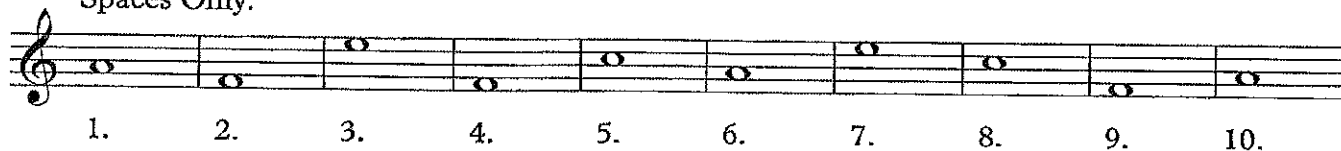


Please identify each note by writing its name in the blank below.

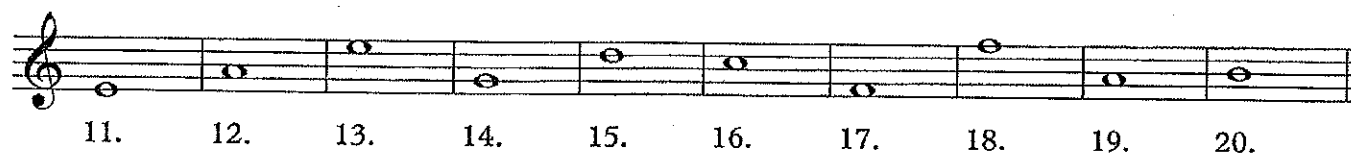
Lines Only:



Spaces Only:



Lines and Spaces:



Virtual Learning Snow Day 3

Day 3:

Math

Complete the division practice page using the standard algorithm (traditional method for division) or the box method that was taught in class. You must show your work. You may use the back side of page or scratch paper for extra room. You will need to turn in your work with packet.

Reading

Read the passage for a minute three times to practice your reading fluency skills.

Read the passage and complete the questions titled Dog of the Millenium. Students should write their answers in a complete sentence.



Solve each problem.

Answers

1)

$$27 \overline{) 6912}$$

2)

$$39 \overline{) 5616}$$

3)

$$54 \overline{) 9882}$$

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

4)

$$79 \overline{) 3247}$$

5)

$$56 \overline{) 3256}$$

6)

$$23 \overline{) 5258}$$

7)

$$49 \overline{) 8785}$$

8)

$$49 \overline{) 9849}$$

9)

$$22 \overline{) 9460}$$



Introduction: You will read a two-page passage about a family's experience in Puerto Rico.

Treasures at the Beach

word count

We'd been in Puerto Rico visiting my aunts for three days, and I was having	15
a great time. We'd eaten a ton of great food, listened to music in the capital,	31
and explored El Morro, a huge fort that looks out on the sea. There was only	47
one thing missing—the beach! So that weekend we took a big boat to a small	63
island about twenty miles away.	68
I was used to the beaches in New Jersey, with their hotels and restaurants	82
and crowded boardwalks, but this beach was <i>completely</i> different. Instead of	93
hotels, there were palm trees. Instead of restaurants, there were two old tanks	106
sitting on the beach right where the U.S. Navy had left them years ago!	120
The sand was white and soft like powder. When you looked through the clear	134
blue water with goggles you could see hundreds of colorful fish swimming	146
together in groups. My favorite was a fish that looked like it had a bright blue	162
beak. When Dad and I looked it up, we found out it was a parrotfish, which can	179
have a thousand teeth! I was glad they didn't bite!	189



word count

We also visited another beach that day, but the sand was much rockier. While	203
we were there, my cousins found what looked like a big rock partly buried in	218
the sand. When we got closer, we saw it was a sea turtle. Mom had us back	235
up so we didn't scare it, but we took lots of pictures. It was my favorite part of	253
the trip!	255

READ THE PASSAGE

Look for colorful details that tell about the topic of the passage.

Dog of the Millennium

You may have heard of dogs that can shake hands and roll over, but have you ever heard of a dog that knows more than 100 commands? For Endal, a yellow Labrador retriever, learning all those commands was just part of his job as a service dog. After naval officer Allen Parton suffered an injury in the Gulf War and was confined to a wheelchair, Endal came to live with Parton to help him recover from his injuries and resume a normal life.

Endal had to learn a lot in order to help his human partner. He learned to stand on his hind legs to pay for and collect a bus ticket. He even learned how to use a credit card at the grocery store! One time when Parton was struck by a car and thrown from his wheelchair, Endal covered him with a blanket, brought him a mobile phone, and alerted help. Endal's quick thinking and helpful response explains why Parton thought of the dog more as a partner than as a pet. It's no wonder that this wonder dog was named "Dog of the Millennium" by *Dogs Today* in 2002.

When Endal passed away at the age of 13, Parton felt sad but grateful. "He will be missed, but I really want to celebrate his life," Parton said.

SKILL PRACTICE

Read the item. Write your response.

1. When and why did Endal go to live with Allen Parton?

2. Write three skills that Endal possessed that made him extraordinary.

3. Why was Endal named Dog of the Millennium? Was the title justified? Defend your stance.

STRATEGY PRACTICE

What details describe what Endal did when Parton was hit by a car? Describe how you visualized the scene.

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



Elementary

3-5

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	<u>Fitness Knowledge</u> Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card	<u>Health-Related Fitness</u> Today we're going to complete a series of Health-Related Fitness Challenges. Health Related Card	<u>Skill Related Fitness</u> Today we're going to complete a series of Skill-Related Fitness Challenges. Skill Related Card	<u>Invisible Dumbbells</u> Today we're going to complete a series of Invisible Dumbbell Challenges. Invisible Dumbbell Card	<u>Fitness Knowledge</u> 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	


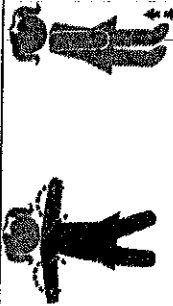
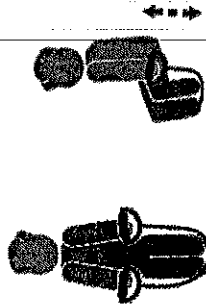
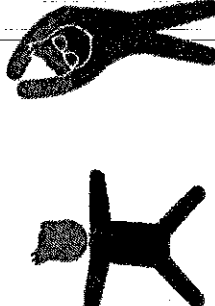
1 MINUTE FITNESS CHALLENGE

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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>Body Composition</p>	<p>Complete the MyPlate Activity sheet by drawing a balanced meal on the plate.</p>	



SKILL-RELATED FITNESS CHALLENGE CARD

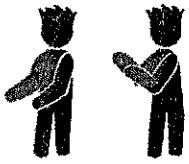
Name: _____ Class: _____

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

Bicep Curl



1. Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.
 2. Curl both invisible dumbbells up toward your shoulders.
 3. Lower your arms and repeat.
- Muscle Focus: Biceps**

Dumbbell Crunch



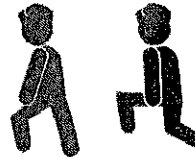
1. Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
 2. Slowly curl your head and shoulders up, and then lower back to the starting position.
- Muscle Focus: Rectus Abdominis**

Dumbbell Twisters



1. Sit on the floor, knees bent, holding the invisible dumbbell on your chest.
 2. Rotate your upper body all the way to the right and tap the dumbbell on the floor.
 3. Repeat that motion to the left.
 4. Count 1 rep every time you tap to the left.
- Muscle Focus: Internal & External Oblique**

Dumbbell Lunges



1. Stand tall, holding the invisible dumbbells straight down at your sides.
 2. Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).
 3. Push back up into the starting position.
 4. Repeat with your left leg.
 5. Count 1 rep after each left leg lunge.
- Focus: Hamstrings, Quadriceps**

Dumbbell Heel Lifts



1. Stand on your right foot with your left foot raised behind you, 6 inches off the ground.
 2. Push up onto your right toe and hold for 2 seconds at the top.
 3. Lower your heel. Repeat the same side.
 4. Complete reps on the right side and then repeat on the left.
- Muscle Focus: Gastrocnemius**

Bends Ups



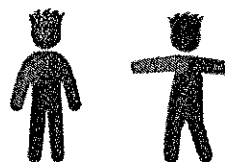
1. Stand tall, feet shoulder-width apart, holding the invisible dumbbell against the middle of your chest.
 2. Slowly bend over, moving your chest forward until your back is parallel to floor.
 3. Slowly lift back up to the starting position, keeping your back straight and long.
- Muscle Focus: Lower Trapezius, Erector Spinae**

Dumbbell Plank Rows



1. Start in plank position.
 2. Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.
 3. Back to plank position. Repeat other side.
 4. Count 1 rep every time you complete a row with your left arm.
- Muscle Focus: Pectoralis, Biceps**

Shoulder Raises



1. Stand tall, feet shoulder-width apart, holding the invisible dumbbells at your sides.
 2. With your arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder-height.
 3. Slowly return to the starting position.
- Muscle Focus: Deltoid**

Dumbbell Rows



1. Start in lunge position, left foot forward and your back long and straight.
 2. Hold the invisible dumbbell in your right hand, your arm extended toward the floor.
 3. Pull, bending your arm to bring the dumbbell up to your shoulder.
 4. Slowly lower to the starting position. Repeat with your right arm.
 5. Complete reps on the right side, and then repeat on the left side.
- Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids**

Dumbbell Squats



1. Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with 2 hands at the center of your chest.
 2. Squat down, keeping your knees above your toes, and then stand back to the starting position.
- Muscle Focus: Quadriceps, Gluteus Maximus**

Dumbbell Triceps Push



1. Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.
 2. Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.
 3. Push back. Extend arm until it's straight.
 4. Slowly return to starting position. Complete reps on right side. Repeat left side.
- Muscle Focus: Triceps**

Standing Dumbbell Twisters



1. Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands.
 2. Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight.
 3. Slowly repeat that motion to the left.
 4. Count reps every twist to the left.
- Muscle Focus: Internal & External Oblique**



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.

