

DAY 3

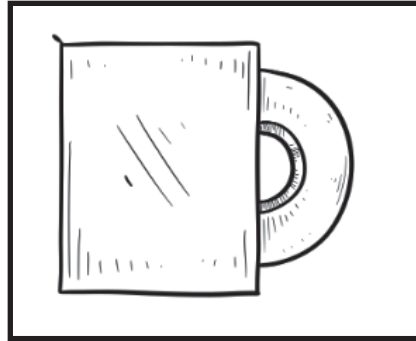
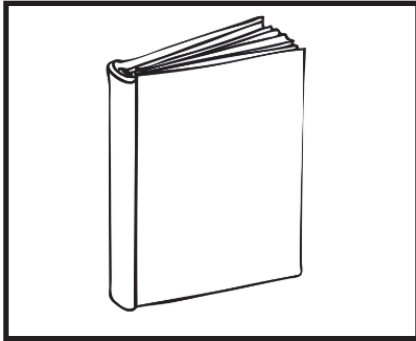
THEME:
SPORTS/GAMES

✓ ACTIVITY	PAGE(S)
Art	36
Music	37
Wellness	38
Language Arts Writing	39
Language Arts Vocabulary	40-41
Math (Set 1)	42
Math (Set 2)	43-44
Science	45
Social Studies	46-47
Second Step	48

Learning Activity:

Art

Design a cover for your favorite book, movie, or cereal box.


A large, empty rectangular box with a black border, intended for the student to draw their design for a book cover, movie case, or cereal box.

Learning Activity:

Music

Let's Create a Rondo Pattern






To Do: Repeat the Rondo Shape Pattern (A-B-A-C-A)

 A	 B	 A	 C	 A
A	B	A	C	A







To Do: Create 2 Rondo Shape Patterns. (Use different shapes than the ones above.)

A	B	A	C	A
A	B	A	C	A

To Do: Repeat the Rondo Note/Rest Pattern (A=  , B=  , C= )

 A	 B	 A	 C	 A
A	B	A	C	A

To Do: Create 2 Rondo Note/Rest Patterns

A	B	A	C	A	
(A=  , B=  , C= )	A	B	A	C	A
(A=  , B=  , C= )					

To Do: Create your own Rondo Pattern using shapes, notes and rests.

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Burpees

60 Second Challenge

Have fun and stay safe!

**How many burpees can you
complete in 60 seconds?**

No equipment is needed.
Just make sure you use a clear, open and safe space.

You must extend your legs back once you
have lowered yourself to the ground.

Challenges:

1. If it's too tough, give yourself a 5 second break between burpees or do not perform leg extensions.
2. To add more difficulty, do a jump after each burpee?
3. Try to teach a family member how to perform a burpee.

Repeat this challenge 3 times.

Physical Education Standard 1:
The physically literate individual demonstrates
competency in a variety of motor skills and
movement patterns.

Congratulations!
You did it!!!

Grades: 4-5

Learning Activity:
Language Arts Writing



Describe a game or sport you like to play. Use specific details in your text.

Circle the specific details.

Learning Activity: Language Arts Vocabulary



Circle the word that completes each sentence.

1. He caught with his **(bear, bare)** hands.
2. Throw me the **(bawl, ball)**.
3. He **(rode, road)** his bicycle to baseball practice.
4. **(They're, there, their)** team is very good at offense.
5. **(Wood, would)** you be able to be able to help me with my free throws?
6. She had to **(right, write)** a short story about her favorite athlete.
7. I always **(knew, new)** you would make it to the NFL.

Learning Activity: Language Arts Vocabulary



Circle the word that completes each sentence.

1. He caught with his **(bear, bare)** hands.
2. Throw me the **(bawl, ball)**.
3. Can you **(lone, loan)** me some money so I can go to the ball game?
4. He **(rode, road)** his bicycle to baseball practice.
5. **(They're, there, their)** team is very good at offense.
6. **(Wood, would)** you be able to be able to help me with my free throws?
7. I hope the **(weather, whether)** will be nice this afternoon for the playoffs.
8. She had to **(right, write)** a short story about her favorite athlete.
9. I always **(knew, new)** you would make it to the NFL.
10. The softball player tried to **(steel, steal)** home in order to score the winning run.

Write your own sentence using "write".

Write your own sentence using "right".

Learning Activity:
Math (Set 1)



You can make sketches to help solve the problems below. Remember to include the units of measurement in your answers. Show all of your work.

1a The classroom rug is 9 feet long and 8 feet wide. What is the total area of the rug?

b What is the perimeter of the rug?

2a Chrissy is going to make a big painting on a piece of wood that is 4 feet wide and 7 feet long. What is the total area of the piece of wood?

b What is the perimeter of the piece of wood?

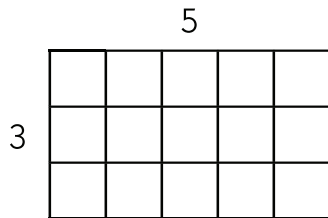
3 The school playground measures 465 feet by 285 feet. What is the perimeter of the playground?

Learning Activity:
Math (Set 2)



1 Find the area and perimeter of each rectangle. Area is the total amount of space covered by the rectangle. Perimeter is the distance around the rectangle.

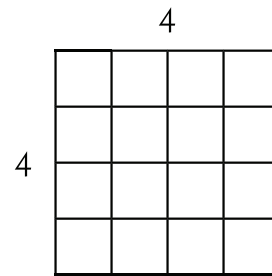
example



Perimeter $3 + 3 + 5 + 5 = 16$ units

Area $3 \times 5 = 15$ square units

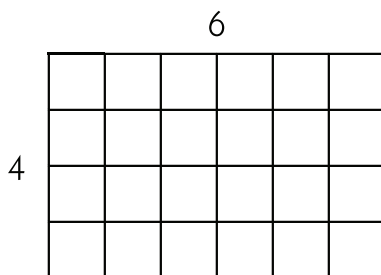
a



Perimeter _____

Area _____

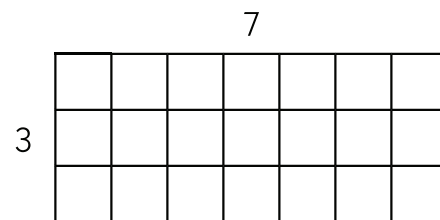
b



Perimeter _____

Area _____

c



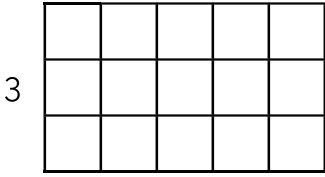
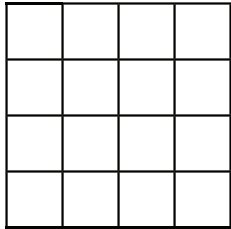
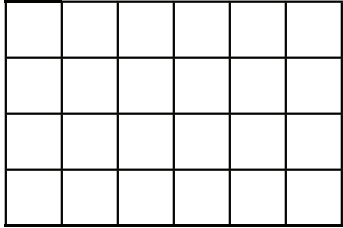
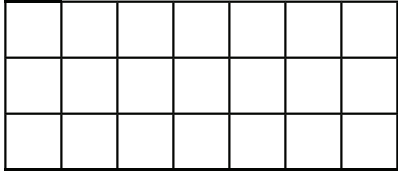
Perimeter _____

Area _____

Learning Activity: Math (Set 2)



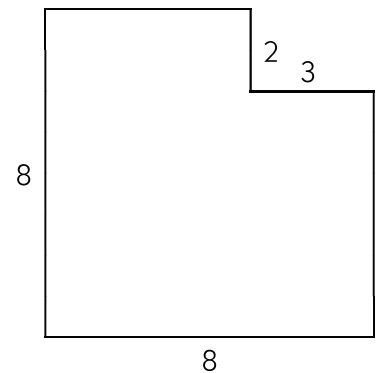
1 Find the area and perimeter of each rectangle. Area is the total amount of space covered by the rectangle. Perimeter is the distance around the rectangle.

<p>example</p> <div style="text-align: center; margin-bottom: 10px;">5</div>  <p style="margin-left: 20px;">3</p> <p>Perimeter <u>3 + 3 + 5 + 5 = 16 units</u></p> <p>Area <u>3 x 5 = 15 square units</u></p>	<p>a</p> <div style="text-align: center; margin-bottom: 10px;">4</div>  <p style="margin-left: 20px;">4</p> <p>Perimeter _____</p> <p>Area _____</p>
<p>b</p> <div style="text-align: center; margin-bottom: 10px;">6</div>  <p style="margin-left: 20px;">4</p> <p>Perimeter _____</p> <p>Area _____</p>	<p>c</p> <div style="text-align: center; margin-bottom: 10px;">7</div>  <p style="margin-left: 20px;">3</p> <p>Perimeter _____</p> <p>Area _____</p>



CHALLENGE

2 Find the area and perimeter of this shape. Show all your work.



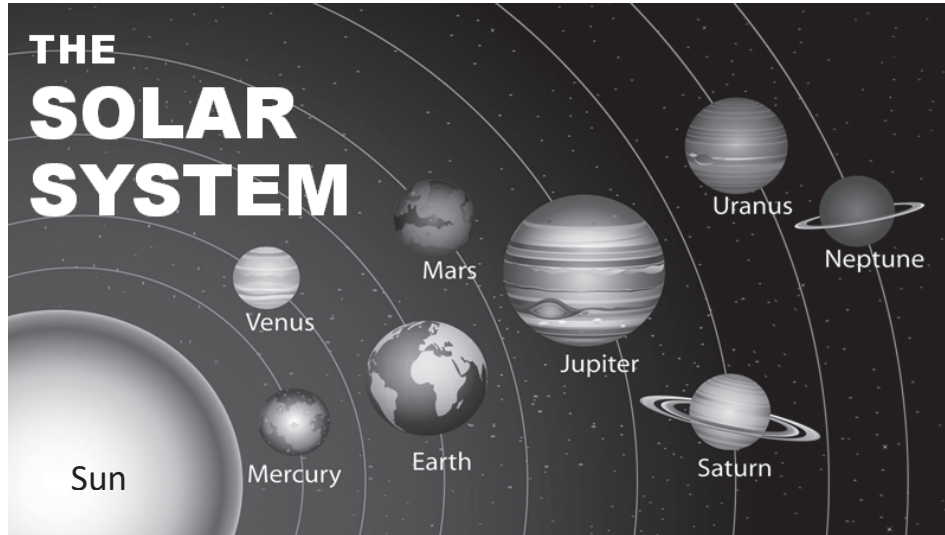
Perimeter _____

Area _____

Learning Activity: Science

Using Models, Asking Questions

Read the fun facts about the Solar System below, then circle the one you find most interesting.



- Mercury is the smallest planet in the solar system, and it is shrinking every day.
- Mars is nicknamed the 'Red Planet' after the Roman god of war.
- Jupiter is the largest planet in the solar system. It is so big that it would fit every other planet inside it twice.
- Venus is the brightest planet in the night sky.
- Mercury is the closest planet to the sun, yet still has ice on its surface in craters that never receive any sunlight.
- Saturn has over 60 moons, while Venus has none (and scientists do not know why!).
- Neptune has supersonic winds, which are 10 times stronger than winds during a hurricane.

Write two questions you have about the Solar System or a planet that you would like to know more about.

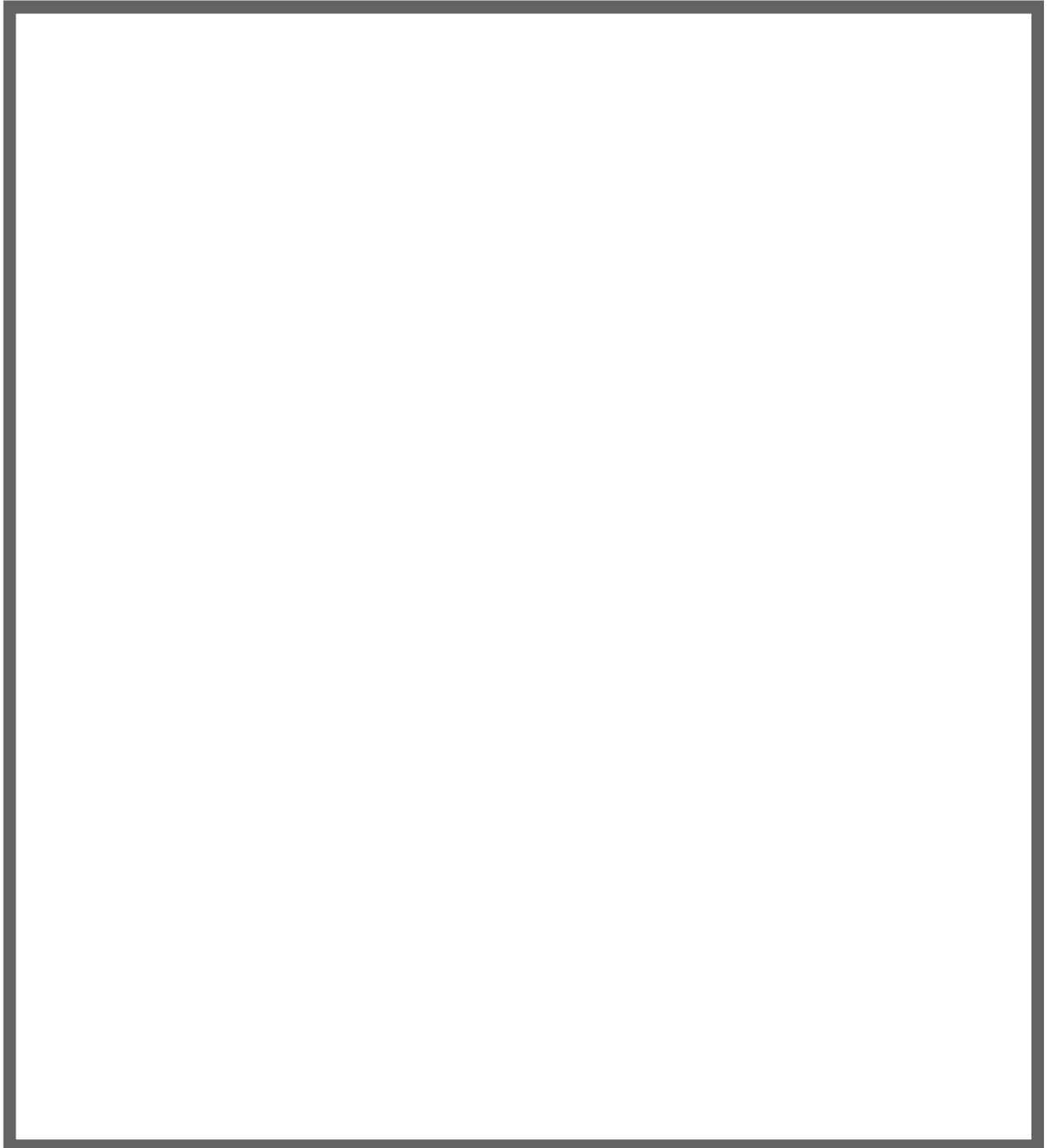
1. _____

2. _____

Learning Activity: **Social Studies**

A new professional football team has started in Dubuque. They are called the Dubuque River Dogs. You have been asked to create a plan and a sample poster for their team to use. They not only want to win, but they also want to be sustainable. Remember, being sustainable means only using what you need.

Design a poster that can be hung around the stadium so that players and fans can be reminded to be sustainable.



Learning Activity: Second Step

PRINT

Grade 4, Unit 2

Lesson 10: Introducing Emotion Management

Home Link



Name: _____

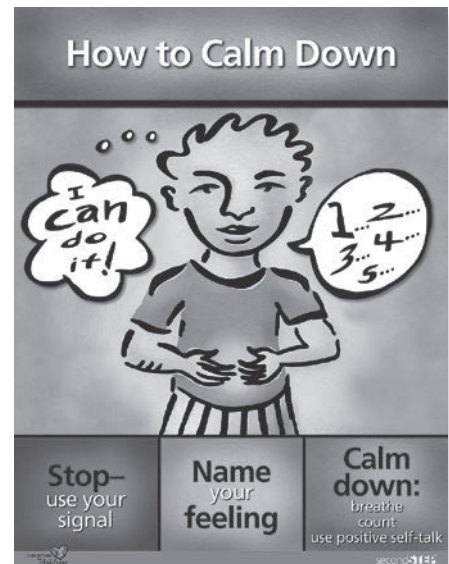
It's time to put on your entertainment-reporter hat again—another new song has just been released! It's called "Calm Down." It's got some great advice, and you're sure it's going to be a hit. But you need to find out what others think. Have an adult family member read the selected "Calm Down" lyrics below, then answer the questions that follow together to complete your entertainment report.

*Instead of those wild, knee-jerk reactions
You gotta catch your own attention
Emotions come calling
Instead of just falling
To brawling, name-calling, or whining and bawling*

*Stop, name your feeling, calm down
Stop, name your feeling, calm down*

*(Stop! Give yourself a signal like Stop, chill, hold up, hang on)
You send a signal to yourself, then stop!
(Okay, now name the feeling. Are you Angry? Embarrassed? Worried?
Scared? Figure it out and name it.)*

*Just name that feeling, it's just the thing
It slows you down and makes you think
And then you start to calm right down
By just breathing, using self-talk, or counting*



What is the first thing the song says you should do when you need to calm down? _____

What is a stop signal you might use? _____

What does the song say that naming the feeling does to help you calm down? _____

What are some ways you calm down strong feelings? _____
