

First Grade Choice Board

Week of April 27 to May 1

These are learning opportunities that you may choose to do at home with your child.

Reading	Writing	Math	Specials PE, Music, Social-Emotional
<p>Read: Read for 20 minutes EVERY day.</p> <p>** books, magazines, cereal boxes, EPIC! Website</p>	<p>Sentence Writing: Write three to five sentences about how you can help your parents at home.</p>	<p>Number Writing: Write your numbers backwards by 5's and 10's from 120 to 0.</p> <p>*Challenge* Start with a bigger number and go backwards.</p>	<p>PE:</p> <p>See activities listed below or pick an activity of your own.</p>
<p>Fiction or Nonfiction: Read a book. Is your story a fiction or nonfiction book? How can you tell?</p> <p>Fiction: Fake Non-Fiction: Real</p>	<p>Sight Words: Write the following words in a fun way.</p> <p>words, called, just, where, most, know</p>	<p>Start Unknown:</p> <p>___ + 8 = 14 ___ - 8 = 2 ___ - 17 = 8 ___ + 5 = 19 ___ + 4 = 17</p> <p>See if you can write some of your own problems.</p>	<p>Music:</p> <p>See activities listed below or pick an activity of your own.</p>
<p>Middle Sounds: What is the middle sound in the following words?</p> <ul style="list-style-type: none"> • chair • house • mood • flute • seed • slide • vote 	<p>Lists:</p> <p>Make a list of things that grow in a garden.</p>	<p>Word problems: Write a number sentence and draw a picture to go with it.</p> <p>Susan has 6 eggs. Amy has some eggs. Together they have 18 eggs. How many eggs does Amy have?</p> <p>Elizabeth has 2 cookies. Emily has 4 cookies and Christal has 6 cookies. How many cookies do they have all together?</p>	<p>Social-Emotional: Grab your favorite stuffed animal and draw a picture of you with it doing an activity that you like to do. Practice sharing with your stuffed animal how you are feeling or what emotions you have.</p> <ol style="list-style-type: none"> 1. I Feel... 2. Because... 3. I need... <p>Be sure to give it a big squeeze!!</p>
<p>Phonogram Sounds: Make of list of ten words that have the <u>long e</u> sound and then sort them by the phonograms:</p> <p>(seed, seat, cookie, key, silly)</p>	<p>Journaling: Write a journal entry about your day. Write at least three sentences.</p>	<p>Shapes: Find 12 items in your house. Sort them by shape. Which group has the most? Which group has the least?</p>	<p>Message: Make your own magic!!</p> <p>Fun riddle: <i>What can you hear, but not see or touch, even though you control it?</i></p> <p>ANSWER: YOUR VOICE</p>

PE Activities April 27 to May 1

Flip A Coin Workout:

You will need a coin, ball and a jump rope. If you don't have a ball or jump rope use a pretend one.

	<u>Heads:</u>	<u>Tails:</u>
1st Flip	10 side-side jumps (line jumps)	10 second standing toe touches
2nd Flip	30 seconds jogging in place	20 jumping jacks
3rd Flip	skip around outside of house	hop on 2 feet around outside house
4th Flip	dribble a ball 15 times	dance for 30 seconds
5th Flip	20 jump ropes	catch a ball 10 times
6th Flip	10 forward/backward jumps	10 seconds butterfly stretch
7th Flip	hop on one foot 10 times	hop on two feet 10 times
8th Flip	run around the outside of house	hop on 1 foot around the house
9th Flip	dribble a ball 15 times	catch a ball 10 times
10th Flip	play favorite song and dance	play favorite song and dance

If you have time keep playing and make up your own activities. Have fun and be creative!

Locomotor Skills: Race someone in your family and do each skill down and back from a tree, sidewalk/driveway or around your house. Who is the fastest in your family?

- * Run
- * Hop on one foot (switch halfway).
- * Gallop
- * Hop on two feet
- * Skip
- * Slide sideways
- * Bear Crawl
- * Grapevine/Carricoa (1st-2nd)
- * Leap Frog
- * Crab Walk

Keep working hard and have FUN!

Music activities:

-**LISTEN** to the book: THE MUSIC IN ME <https://www.youtube.com/watch?v=kd2zUjhQddk>

-(Let's keep Earth Day going--**SING** "WE RECYCLE" (to the tune of "Are You Sleeping") The words are: We Recycle, We Recycle; Yes We do, Yes We Do; Caring For Our Planet, Caring For Our Planet; You Should too, You should too.

-**LISTEN** to "Flight of the Bumblebee" by Rimsky-Korsakov and **DRAW** a picture of the bumblebee flying. <https://www.youtube.com/watch?v=M93qXQWaBdE>

-**SING** the theme song of your favorite cartoon.