

First Grade Choice Board

Week of April 14th-17th

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: Pick five sight words and write a sentence for each one.</p>	<p>Number Writing: Write your numbers by 2's and 5's to 120.</p> <p>*If you can write to 120 with no mistakes, keep writing. Try to go to 200 and then 300 and then all the way to 1000!</p>	<p>PE:</p> <p>See activities listed below or pick an activity of your own.</p>
<p>Retelling: Read a book with someone and tell them what happened at the beginning, middle, and end of the story.</p>	<p>Sight Words: Write the following words outside using sidewalk chalk, water and a paintbrush, etc.</p> <p>only, way, find, use, may</p>	<p>Number Partners: How many different addition equations can you write?</p>	<p>Music:</p> <p>See activities listed below or pick an activity of your own.</p>
<p>Rhyming: Tell someone words that rhyme with:</p> <p>lighter butter sunny</p>	<p>Lists: Make a list of things you can do with water. Think about inside and outside uses.</p>	<p>Word problems: Write a number sentence and draw a picture to go with it.</p> <p>Amy found 5 bugs on the sidewalk. He then found 6 worms in the mud. How many animals did he find in all?</p> <p>There were 18 frogs in the pond swimming. 9 of them hop away. How many frogs are in the pond now?</p>	<p>Social-Emotional: Make a list or draw pictures of as many emotions/feelings that you can think of. Cut each of these out and put them in a cup or hat. Use these to play charades and take turns acting out each emotion to see if the other person can guess what you are feeling!!</p>

<p>Phonogram Sounds: Make of list of ten words that have the phonograms: <u>ir, ur, er</u> (bird, hurt, her)</p>	<p>Journaling: Write a journal entry about your day. Write at least three sentences.</p>	<p>Time: Draw a picture of what you might do at 8:00am and a picture of what you might do at 8:00pm.</p>	<p>Message:</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>MISTAKES are proof that you are TRYING!</p> </div>
--	---	---	--

PE Activities April 14-17th

Throwing and Catching Part 2 - You will need a ball. If you don't have a ball you can use a small stuffed animal, rolled up sock or some other small soft object to throw and catch.

Some of these skills might be hard but that's okay, try your best.

Always make sure you give yourself a nice toss and watch the ball.

Set a goal and try to break your old goal the next day.

[Part 2 \(grades K-3\) | Teaching](#) - Watch this short video to see how to do the activities.

- *Throw the ball up and catch it behind your back.
- *Sit on your bottom, feet out in front and throw the ball up and catch it in front of you.
- *Go to your knees, throw and catch to yourself. If that's easy, catch with one hand.
- *Go outside to throw a catch a ball off a wall. Ask a parent which wall you can use.
 - throw with 2 hands catch with 2 hands
 - throw with 2 hands catch with 1 hand
 - throw with 2 hands overhead and catch with two hands
 - let the ball bounce then catch it
- *Balance on one leg, throw and catch. Switch legs. Try to not hop around.
- *Be creative and make up your own fancy way to throw and catch.

Locomotor Skills: Race someone 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:
April 14-17

SING "Twinkle Twinkle Little Star" in a high voice, then a low voice.

SAY and CLAP your first and last name. Then do the same for all the members in your family.

Have someone read an Easter story, while you ACT it out. (Oops! Should have had Easter last week, but let's keep the Easter fun going!)

SING and ACT: Boom Chicka Boom 🐰 Easter Songs for Kids 🐰 Best Kids Songs 🐰 The Learning Station <https://www.youtube.com/watch?v=sOVFn2oZXWE>

SING and ACT: The Bunny Hokey Pokey | Easter Songs for Kids | The Kiboomer <https://www.youtube.com/watch?v=X2HL2oR94Sw>