

7th Grade FUESD Independent Study Plan, Week of April 20th

Week 5 Monday/ lunes	Tuesday/ martes	Wednesday/ miercoles	Thursday/ jueves	Friday/viernes
ELA/ SS - Read 30 minutes independently (Reading Log Week 5) 1 Lexia/or Reading Plus Lesson - Daily Journal Entry - Read China's Ancient Lifeline: The 1,400 Year Old Grand Canal - Complete Monday's Questions ELD - ELD Monday Math 1 Dreambox or ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Watch: Percent word problems: magic club - Watch: Percent word problems: guavas Practice: Lesson 7 - Examples 1-2 Math Lessons 7 & 11 - Submit Answers Here PE - PE Week 5 Extension Activities: - My 2020 COVID-19 Time Capsule - How're you feeling? SEL Lesson FUESD's SEL Resources	ELA/ SS - Read 30 minutes independently (Reading Log Week 5) 1 Lexia/or Reading Plus Lesson - Read China's Ancient Lifeline: The 1,400 Year Old Grand Canal - Write a Summary ELD - ELD Tuesday Math 1 Dreambox or ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Watch: Percent word problems: magic club - Watch: Percent word problems: guavas Practice: Lesson 7 - Exercises 1-3 & Example 3 Math Lessons 7 & 11 - Submit Answers Here PE - PE Week 5	ELA - Read 30 minutes independently (Reading Log Week 5) 1 Lexia/or Reading Plus Lesson - Daily Journal Entry. - Work on the Extension Activities. They can be found after the P.E section below. ELD - ELD Wednesday Math 1 Dreambox or ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Watch: Percent word problems: magic club - Watch: Percent word problems: guavas Practice: Lesson 7 - Problem Set 1-3 & Exit Ticket Math Lessons 7 & 11 - Submit Answers Here PE - PE Week 5	ELA/Science - Read 30 minutes independently (Reading Log Week 5) 1 Lexia/or Reading Plus Lesson - Read DE: Whole Lotta Quakin' Goin' On - Complete Thursday's Questions ELD - ELD Thursday Math 1 Dreambox or ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Watch: Percent word problems: magic club - Watch: Percent word problems: guavas Practice: Lesson 11 - Opening Exercise & Exercise 1 Math Lessons 7 & 11 - Submit Answers Here PE - PE Week 5	ELA/Science - Read 30 minutes independently (Reading Log Week 5) 1 Lexia/or Reading Plus Lesson - Daily Journal Entry - Read DE: Whole Lotta Quakin' Goin' On - Complete Friday's Research and Question ELD - ELD Friday Math 1 Dreambox or ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Watch: Percent word problems: magic club - Watch: Percent word problems: guavas Practice: Lesson 11 - Exercises 2-4 Math Lessons 7 & 11 - Submit Answers Here PE - PE Week 5

7 Grado - Plan de Estudio Independiente de FUESD – 20 de abril

Semana 5 Monday/ lunes	Tuesday/ martes	Wednesday/ miercoles	Thursday/ jueves	Friday/viernes
ELA/ SS - Leer 30 minutos independiente(registro de lectura para semana 5) 1 Lexia/o Leccion de Reading Plus - Escritura diaria en un diario - Leer China's Ancient Lifeline: The 1,400 Year Old Grand Canal - Completar las preguntas del lunes ELD - ELD lunes Math 1 Dreambox o ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Mira: Percent word problems: magic club - Mira: Percent word problems: guavas Practica: Lección 7 - Ejemplos 1-2 Math Lessons 7 & 11 - Entrega tus respuestas aquí PE - Fisica semana 5 Actividades de Extensión: - Mi 2020 COVID-19 Capsula de tiempo - Como te estas sintiendo? SEL Lesson FUESD's SEL Resources	ELA/ SS - Leer 30 minutos independiente(registro de lectura para semana 5) 1 Lexia/o Leccion Reading Plus - Leer China's Ancient Lifeline: The 1,400 Year Old Grand Canal - Escribe un resumen ELD - ELD Tuesday Math 1 Dreambox or ST Lesson - Khan Academy: Watch: Percent word problems: tax and discount - Watch: Percent word problems: magic club - Watch: Percent word problems: guavas Practica: Lección 7 - Ejercicios 1-3 & Ejemplo 3 Math Lessons 7 & 11 - Entrega tus respuestas aquí PE - Fisica semana 5	ELA - Leer 30 minutos independiente(registro de lectura para semana 5) 1 Lexia/o Leccion Reading Plus - Escritura diaria en un diario. - Trabaja en las actividades de extensión. Estas se pueden encontrar después de la sección de física en la parte de abajo. ELD - ELD miercoles Math 1 Dreambox o Leccion ST - Khan Academy: Mira: Percent word problems: tax and discount - Mira: Percent word problems: magic club - Mira: Percent word problems: guavas Practica: Lección 7 - problemas 1-3 & Boleto de salida Math Lessons 7 & 11 - Entrega tus respuestas aquí PE - Fisica semana 5	ELA/Science - Leer 30 minutos independiente(registro de lectura para semana 5) 1 Lexia/o Leccion Reading Plus - Leer DE: Whole Lotta Quakin' Goin' On - Completar las preguntas del jueves ELD - ELD Thursday Math 1 Dreambox o Leccion ST - Khan Academy: Mira: Percent word problems: tax and discount - Mira: Percent word problems: magic club - Mira: Percent word problems: guavas Practica: Lección 11 - Ejercicio de apertura & Ejercicio 1 Math Lessons 7 & 11 - Entrega tus respuestas aquí PE - Fisica semana 5	ELA/Science - Leer 30 minutos independiente(registro de lectura para semana 5) 1 Lexia/o Leccion Reading Plus - Escritura diaria en un diario. - Leer DE: Whole Lotta Quakin' Goin' On - Completar la pregunta de investigación del viernes ELD - ELD viernes Math 1 Dreambox o Leccion ST - Khan Academy: Mira: Percent word problems: tax and discount - Mira: Percent word problems: magic club - Mira: Percent word problems: guavas Practica: Lección 11 - Ejercicios 2-4 Math Lessons 7 & 11 - Entrega tus respuestas aquí PE - Fisica semana 5

7th Grade Reading Log Week 5

Monday:

Book/Chapter(s) read:	
Minutes read:	
Write 3-5 sentences about the reading:	

Tuesday:

Book/Chapter(s) read:	
Minutes read:	
Write 3-5 sentences about the reading:	

Wednesday:

Book/Chapter(s) read:	
Minutes read:	
Write 3-5 sentences about the reading:	

Thursday:

Book/Chapter(s) read:	
Minutes read:	
Write 3-5 sentences about the reading:	

Friday:

Book/Chapter(s) read:	
Minutes read:	
Write 3-5 sentences about the reading:	

Parent Signature: _____ Date: _____



At the End of the Rainbow

Writing Prompts Ideas

- I followed the rainbow until....
- When we got to the waterhole there was....
- A rainbow beamed brightly from the bottom of the waterfall...

Five Ws and One H

Who...

- Who is the character?

Where...

- Where is the character?

When...

- When did the event take place?

Why...

- Why is the character there?
- Why did this happen?
- Did something cause this to happen?

What...

- What is happening?
- Can you provide more detailed information?

How...

- How did the character get there?
- How did the character get out of their situation?

- How did this happen?
- Can you provide more information to prove this?

Monday: Write the beginning of the story using one of the given “**Writing Prompt Ideas.**”

Wednesday: Write the middle of the story.

Friday: Write the end of the story.

Ancient China Summary

In the box below, write a paragraph that explains the central idea of the article. Use at least two details from the article to support your response. The box will expand as you type in it.

Comprehension Questions

Answer the questions. The boxes will expand as you type.

1. Why is life hard for people who work on the Grand Canal?

2. Read the following statement.

The Grand Canal connected different parts of China and allowed for an exchange of culture.

Which sentence from the article provides the BEST support for the above statement? Highlight the correct answer.

- A. As the country's unifying feature, it was a potent political symbol and a strategic target for invaders.
- B. That's said to be how Beijing acquired two trademarks: Peking duck, from Shandong Province, and Peking opera, from Anhui and Hubei.
- C. In 2005 a small group of prominent citizens called for the historic Grand Canal to be made a UNESCO World Heritage site.
- D. "But if we wipe out the previous generations' work, what will following generations think of us?"

3. How do the images included in the article affect the reader's understanding of the Grand Canal? Type your answer in the box. The box will expand as you type in it.

4. Find 4 new words that you saw in the article. Write the word, definition, synonym or antonym, and a picture in the boxes below.

Word #1: Definition: Synonym or antonym: Picture:	Word #2: Definition: Synonym or antonym: Picture:
Word #3: Definition: Synonym or antonym: Picture:	Word #4: Definition: Synonym or antonym: Picture:



In areas where two plates come together, there may be an opening in the earth's crust. This may result in the release of hot molten rock that lies beneath the crust. This hot stuff, called magma, has to go somewhere, and so when plates crash into each other, in certain circumstances it comes up to the surface as a volcanic eruption.

- Mt. Pelee**, Martinique, on May 8, 1902; casualties: 28,000
- Nevado del Ruiz**, Colombia, on November 13, 1985; casualties: 23,000
- Mt. Kelud**, Java, Indonesia, on May 19, 1919; casualties: 5,000
- Mt. Lamington**, New Guinea, on January 17-21, 1951; casualties: 3,000
- El Chichon**, Mexico, on March 28, 1982; casualties: 1,880



Earthquakes

When two plates push against each other, tension builds up in the rock. Eventually, this tension has to be released. The rocks grind past each other deep underground, creating vibrations, or shock waves, that rise to the surface and cause the ground to shake. This motion, if violent enough, can cause buildings to fall down, resulting in major human casualties.

Tangshan, China, on July 27, 1976;

Richter scale reading: 8.0; casualties: 255,000

Nan-Shan, China, on May 22, 1927;

Richter scale reading: 8.3; casualties: 200,000

Gansu, China, on December 16, 1920;

Richter scale reading: 8.6; casualties:
180,000—200,000

Yokohama, Japan, on September 1, 1923;

Richter scale reading: 8.6; casualties: 143,000

Messina, Italy, on December 28, 1908;

Richter scale reading 7.5; casualties: 83,000

Activity

COMPARING FIGURES These lists present "devastating" earthquakes and volcanoes—in other words, from a casualty point of view. Use library and Internet resources to find the 10 earthquakes that rated highest on the Richter scale. Why do you suppose that there were more casualties in China? Is there always a direct relationship between the number of casualties and the quake's rating on the Richter scale? Why or why not?

Directions: Read “Discovery Education’s: Whole Lotta Quakin’ Goin’ On” to help you answer the below questions.

1. Why do you suppose that there were more casualties in China?

2. Are there any patterns of where the earthquakes and/or volcanoes are located on the map? Explain your answer. Use the article, map, and/or Internet to help you.

Directions: COMPARING FIGURES These lists present "devastating" earthquakes and volcanoes—in other words, from a casualty point of view. Use library and Internet resources to find the 10 earthquakes that rated highest on the Richter scale.

Top Ten Earthquakes that Rated Highest on the Richter Scale	Richter Scale Reading	Location	Date	Any information on number of casualties and/or damage	Where did you find your information?
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

1. Is there always a direct relationship between the number of casualties and the quake's rating on the Richter scale? Why or why not?

Monday- Choose one of the articles that you read this week. Find 5 verbs and write down the present, past, and future tense of the verbs you have chosen.

Verb	Present Tense	Past Tense	Future Tense
Example: jump	Example: jumping	Example: jumped	Example: will jump

Tuesday- Use 3 **present tense** verbs in a sentence.

Wednesday- Write 3 **past tense** verbs in a sentence

Thursday- Write 3 **future tense** verbs in a sentence

Friday- Choose a different article that you read this week. Find 5 verbs and write down the present, past, and future tense of the verbs you have chosen.

Verb	Present Tense	Past Tense	Future Tense
Example: jump	Example: jumping	Example: jumped	Example: will jump

Lesson 7: Markup and Markdown Problems

Classwork

Example 1: A Video Game Markup

Games Galore Super Store buys the latest video game at a wholesale price of \$30.00. The markup rate at Game's Galore Super Store is 40%. You use your allowance to purchase the game at the store. How much will you pay, not including tax?

- Write an equation to find the price of the game at Games Galore Super Store. Explain your equation.
- Solve the equation from part (a).
- What was the total markup of the video game? Explain.
- You and a friend are discussing markup rate. He says that an easier way to find the total markup is by multiplying the wholesale price of \$30.00 by 40%. Do you agree with him? Why or why not?

Example 2: Black Friday

A \$300 mountain bike is discounted by 30% and then discounted an additional 10% for shoppers who arrive before 5:00 a.m.

- Find the sales price of the bicycle.
- In all, by how much has the bicycle been discounted in dollars? Explain.
- After both discounts were taken, what was the total percent discount?
- Instead of purchasing the bike for \$300, how much would you save if you bought it before 5:00 a.m.?

Exercises 1–3

1. Sasha went shopping and decided to purchase a set of bracelets for 25% off the regular price. If Sasha buys the bracelets today, she will save an additional 5%. Find the sales price of the set of bracelets with both discounts. How much money will Sasha save if she buys the bracelets today?



2. A golf store purchases a set of clubs at a wholesale price of \$250. Mr. Edmond learned that the clubs were marked up 200%. Is it possible to have a percent increase greater than 100%? What is the retail price of the clubs?
3. Is a percent increase of a set of golf clubs from \$250 to \$750 the same as a markup rate of 200%? Explain.

Example 3: Working Backward

A car that normally sells for \$20,000 is on sale for \$16,000. The sales tax is 7.5%.

- What percent of the original price of the car is the final price?
- Find the discount rate.
- By law, sales tax has to be applied to the discount price. However, would it be better for the consumer if the 7.5% sales tax was calculated before the 20% discount was applied? Why or why not?
- Write an equation applying the commutative property to support your answer to part (c).

Lesson Summary

- To find the markup or markdown of an item, multiply the whole by $(1 \pm m)$, where m is the markup/markdown rate.
- To apply multiple discount rates to the price of an item, you must find the first discount price and then use this answer to get the second discount price.

Problem Set

1. You have a coupon for an additional 25% off the price of any sale item at a store. The store has put a robotics kit on sale for 15% off the original price of \$40. What is the price of the robotics kit after both discounts?
2. A sign says that the price marked on all music equipment is 30% off the original price. You buy an electric guitar for the sale price of \$315.
 - a. What is the original price?
 - b. How much money did you save off the original price of the guitar?
 - c. What percent of the original price is the sale price?
3. The cost of a New York Yankee baseball cap is \$24.00. The local sporting goods store sells it for \$30.00. Find the markup rate.

Name _____

Date _____

Lesson 7: Markup and Markdown Problems

Exit Ticket

A store that sells skis buys them from a manufacturer at a wholesale price of \$57. The store's markup rate is 50%.

- What price does the store charge its customers for the skis?
- What percent of the original price is the final price? Show your work.
- What is the percent increase from the original price to the final price?

Lesson 11: Tax, Commissions, Fees, and Other Real-World

Percent Problems

Classwork

Opening Exercise: Tax, Commission, Gratuity, and Fees

How are each of the following percent applications different, and how are they the same? Solve each problem, and then compare your solution process for each problem.

- a. Silvio earns 10% for each car sale he makes while working at a used car dealership. If he sells a used car for \$2,000, what is his commission?

- b. Tu's family stayed at a hotel for 10 nights on their vacation. The hotel charged a 10% room tax, per night. How much did they pay in room taxes if the room cost \$200 per night?

- c. Eric bought a new computer and printer online. He had to pay 10% in shipping fees. The items totaled \$2,000. How much did the shipping cost?

- d. Selena had her wedding rehearsal dinner at a restaurant. The restaurant's policy is that gratuity is included in the bill for large parties. Her father said the food and service were exceptional, so he wanted to leave an extra 10% tip on the total amount of the bill. If the dinner bill totaled \$2,000, how much money did her father leave as the extra tip?

Exercises

Show all work; a calculator may be used for calculations.

The school board has approved the addition of a new sports team at your school.

1. The district ordered 30 team uniforms and received a bill for \$2,992.50. The total included a 5% discount.
 - a. The school needs to place another order for two more uniforms. The company said the discount will not apply because the discount only applies to orders of \$1,000 or more. How much will the two uniforms cost?
 - b. The school district does not have to pay the 8% sales tax on the \$2,992.50 purchase. Estimate the amount of sales tax the district saved on the \$2,992.50 purchase. Explain how you arrived at your estimate.
 - c. A student who loses a uniform must pay a fee equal to 75% of the school's cost of the uniform. For a uniform that cost the school \$105, will the student owe more or less than \$75 for the lost uniform? Explain how to use mental math to determine the answer.
 - d. Write an equation to represent the proportional relationship between the school's cost of a uniform and the amount a student must pay for a lost uniform. Use u to represent the uniform cost and s to represent the amount a student must pay for a lost uniform. What is the constant of proportionality?

2. A taxpayer claims the new sports team caused his school taxes to increase by 2%.
- a. Write an equation to show the relationship between the school taxes before and after a 2% increase. Use b to represent the dollar amount of school tax before the 2% increase and t to represent the dollar amount of school tax after the 2% increase.

- b. Use your equation to complete the table below, listing at least 5 pairs of values.

b	t
1,000	
2,000	
	3,060
	6,120

- c. On graph paper, graph the relationship modeled by the equation in part (a). Be sure to label the axes and scale.
- d. Is the relationship proportional? Explain how you know.
- e. What is the constant of proportionality? What does it mean in the context of the situation?
- f. If a taxpayers' school taxes rose from \$4,000 to \$4,020, was there a 2% increase? Justify your answer using your graph, table, or equation.

3. The sports booster club sold candles as a fundraiser to support the new team. The club earns a commission on its candle sales (which means it receives a certain percentage of the total dollar amount sold). If the club gets to keep 30% of the money from the candle sales, what would the club's total sales have to be in order to make at least \$500?
4. Christian's mom works at the concession stand during sporting events. She told him they buy candy bars for \$0.75 each and mark them up 40% to sell at the concession stand. What is the amount of the markup? How much does the concession stand charge for each candy bar?

My COVID-19 TIME CAPSULE

2020

NAME:

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| ☐ SOME PHOTOS FROM THIS TIME | ☐ ANY ART WORK YOU CREATED |
| ☐ A JOURNAL OF YOUR DAYS | ☐ FAMILY / PET PICTURES |
| ☐ LOCAL NEWSPAPER PAGES OR CLIPPING | ☐ SPECIAL MEMORIES |

INSERT THINGS TO BE REMEMBERED HERE.

INSERT THINGS TO BE REMEMBERED HERE.

INSERT THINGS TO BE REMEMBERED HERE.

About Me:

AGE	Grade	Height	Weight
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What I'm Good At

After High School I plan to:

When I grow up, I want to be:

My Friends

My Favorites:

Song:

Show:

Movie:

Book:

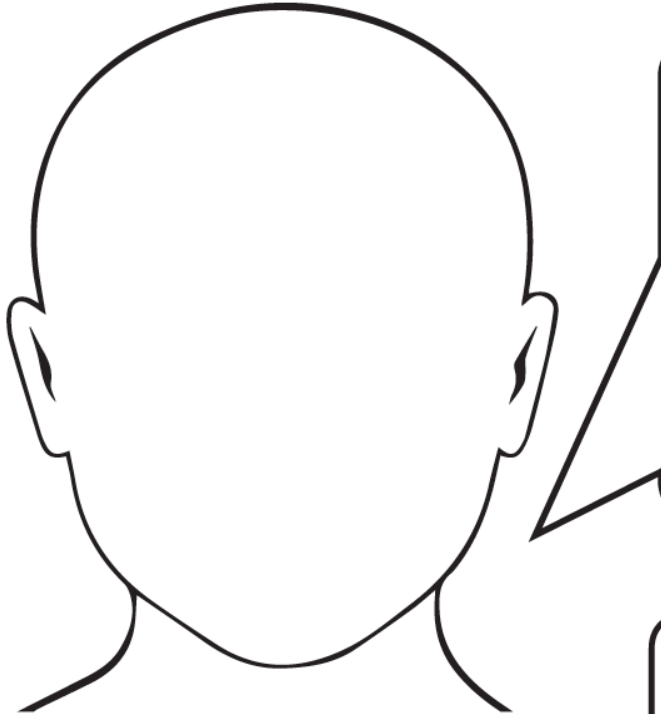
Hobby:

Snack:

Activity:

Social Media Platform

HOW I'M FEELING



WORDS TO DESCRIBE HOW I FEEL:

CLICK TO ADD TEXT

HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

CLICK TO ADD TEXT

WHAT I HAVE LEARNT MOST
FROM THIS EXPERIENCE:

CLICK TO ADD TEXT

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1 CLICK TO ADD TEXT

2 CLICK TO ADD TEXT

3 CLICK TO ADD TEXT

What I Want to Remember

How My Community is so Different

Note to Self

Quarantine Snapshot

My Typical Day:

Feelings I've Had:

My Best Moment:

My Worst Moment:

I miss..

I have become more thankful for...

I keep busy by...

**During this
pandemic,**

I can't wait to...

I have
realized...

I connect with friends and
family by...

Special Occasions

What occasions did you celebrate during this time? Write the list down here and what you did to celebrate (e.g. St Patrick's Day, Easter, Birthdays, etc.)

[illegible]

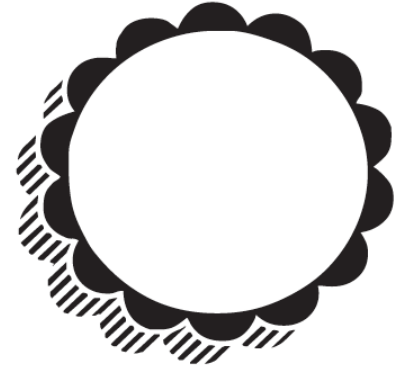
Letter to Myself

Write a letter to yourself explaining your experience during the quarantine:

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____

SELF CONTROL

- Choosing to do what you **should do**, not just what you want to do.
- Focusing on what you **can control** and not worrying about things you cannot control.

Look at the things that you can control in your life. Make goals for those things. Look at the things you cannot control. Let go of those things.

I CAN CONTROL

- ☐ My thoughts
- ☐ My happiness
- ☐ My actions
- ☐ Who I choose as friends
- ☐ What I focus on
- ☐ My goals
- ☐ My study habits
- ☐ My effort
- ☐ My habits
- ☐ Others:



Add to this list and give specific examples.

I CANNOT CONTROL

- ☐ Other peoples thoughts and attitudes
- ☐ Other peoples actions
- ☐ Other peoples happiness
- ☐ Other peoples sadness
- ☐ Other peoples anger
- ☐ The problems in the world
- ☐ Grown up issues
- ☐ Others:



Add to this list and give specific examples.



30 seconds each





30 seconds each





TABATA

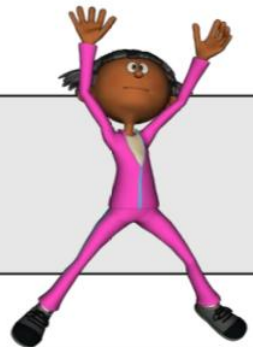


1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE

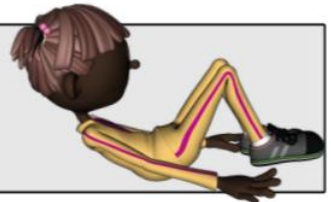


3. CRUNCHES



10 SEC REST

20 SEC MOVE



4. BURPEES



10 SEC REST

20 SEC MOVE



5. HIGH KNEES



10 SEC REST

20 SEC MOVE



6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING