

1st Grade FUESD Study Plan - May 25

Week 10 May 25 Monday	Tuesday	Wednesday	Thursday	Friday
Memorial Day Optional: Research facts about Memorial Day and Moina Michael "the Poppy Lady."	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List_____ - Make a Summer Goals book (draw and color pictures to go with your sentences) ELD ESL at Home, Week 4, Tuesday Math 1 Dreambox or ST Math Lesson Monday Homework Math Fluency Practice: Sums to 20 Well-Being - Choose at least 2 calming strategies from page 1 (1-5) PE - PE Task	ELA - Read 20 minutes,, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List_____ - Work on your Summer Goals book ELD ESL at Home, Week 4, Wednesday Math 1 Dreambox or ST Math Lesson Tuesday Homework - Math Fluency Practice: Play <i>Tens Go Fish</i> Well-Being - Choose at least 2 calming strategies from page 2 (6-10) PE - PE Task	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List_____ - Work on your Summer Goals book ELD ESL at Home, Week 4, Thursday Math 1 Dreambox or ST Math Lesson Wednesday Homework - Math Fluency Practice: Play <i>Place Value War</i> Well-Being - Choose at least 2 calming strategies from page 3 (11-14) PE - PE Task	ELA - Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson - Practice Sight Words, List_____ - Finish your Summer Goals book ELD ESL at Home, Week 4, Friday Math 1 Dreambox or ST Math Lesson Thursday Homework - Math Fluency Practice: Choose a math game to play again (<i>Tens Go Fish</i> or <i>Place Value War</i>) Well-Being - Choose at least 2 calming strategies from page 4 (17-23) PE - PE Task

Plan de Estudio Independiente de FUESD para primer grado - 25 de mayo

Semana 10 25 de mayo Lunes	Martes	Miércoles	Jueves	Viernes
Día Conmemorativo Opcional: Haz investigación sobre hechos sobre el Día de los Caídos y Moina Michael "la Dama de la Amapola".	Lenguaje/Literatura - Leer 20 minutos, Registro de lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Haz un libro de objetivos de verano(dibuja y colorea dibujos que vayan con tus oraciones) ELD ESL en casa, Semana 4, martes Matématicas 1 Dreambox o lección matemática de ST Tarea del Lunes Práctica de fluidez matemática: Sumas a 20 Bienestar - Escoge por lo menos 2 estrategias relajantes de la página 1 (1-5) Educación Física - Haz una actividad de Educación Física	Lenguaje/Literatura - Leer 20 minutos, Registro de lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Trabaja en tu libro de Objetivos de Verano. ELD ESL en casa, Semana 4, miércoles Matemáticas 1 Dreambox o lección matemática de ST Tarea del Martes - Práctica de fluidez matemática: <i>Juega- Decenas van a pescar.</i> Bienestar - Escoge por lo menos 2 estrategias relajantes de la página 2 (6-10) Educación Física - Haz una actividad de Educación Física	Lenguaje/Literatura - Leer 20 minutos, Registro de lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Trabaja en tu libro de Objetivos de Verano. ELD ESL en casa, Semana 4, jueves Matemáticas 1 Dreambox o lección matemática de ST Tarea del Miercoles - Práctica de fluidez matemática: Juega Guerra de valor posicional Bienestar - Escoge por lo menos 2 estrategias relajantes de la página 3 (11-14) Educación Física - Haz una actividad de Educación Física	Lenguaje/Literatura - Leer 20 minutos, Registro de Lectura - Lexia - lección de Lexia - Practicar las palabras de uso frecuente Sight Words, Lista_____ - Trabaja en tu libro de Objetivos de Verano. ELD ESL en casa, Semana 4, viernes Matemáticas 1 Dreambox o lección matemática de ST Tarea del Jueves - Práctica de fluidez matemática: Escoge un juego de matemáticas para jugar de nuevo (Decenas van a pescar o Guerra de valor posicional) Bienestar - Escoge por lo menos 2 estrategias relajantes de la página 4 (17-23) Educación Física - Haz una actividad de Educación Física

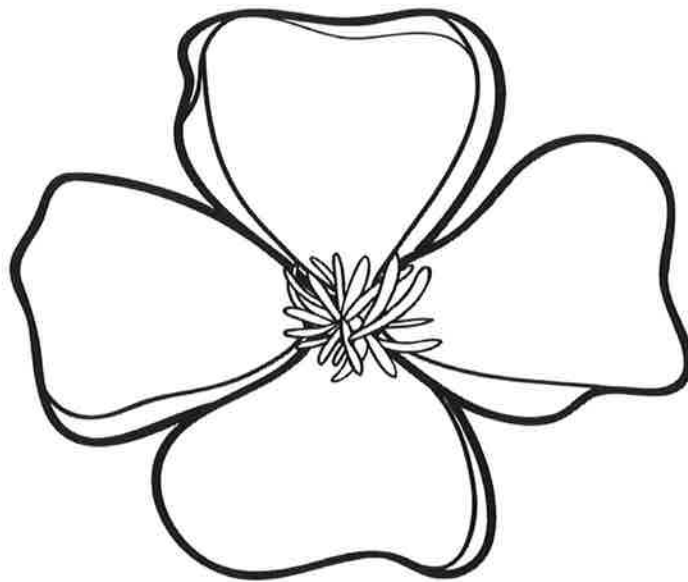
Memorial Day Remembrance: The Red Poppy

Memorial Day is a time to remember and honor the brave men and women who served our country and died to protect our freedom. The red poppy has become a symbol of this day because of a woman named Moina Michael. Here is part of a poem that inspired her to “keep the faith:”

*We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies.*

Directions:

Color the poppy red, cut it out, and wear it as a sign of remembrance.



Name _____

I am on sight word list # _____

Word List- Unit 3.5

strike

string

splash

split

scrub

scrap

nose

cute

does

girl

Reading Log

1) Read 20 mins a day

2) Write book title

1. _____

2. _____

3. _____

4. _____

First Grade Sight Words

1 <i>Red</i>	2 <i>Orange</i>	3 <i>Yellow</i>	4 <i>Green</i>	5 <i>Dark Blue</i>	6 <i>Purple</i>
a are can do for go has have he here I is like little look 15	me my play said see she the this to you was we what where with 30	jump not up it over too be ride run come good pull down help now 45	use very her our they two eat no of some who live many out place 60	again could make one then three all put show together under want away school today 75	way why call funny how more so there every from into people soon your after 90
7 <i>Pink</i>	8 <i>Light Green</i>	9 <i>Light Blue</i>	10 <i>Bright Blue</i>	11 <i>Peach</i>	12 <i>Gray</i>
done find new old work any boy by does friends girl water across carry eight 105	once saw upon walked about give pretty says were write better buy change move ball 120	head never should shout also because blue or other until another climbed full poor through 135	grew house knew would great know sound their warm against below fall orange sure yellow 150	air enough eyes learn open always father four love mother along early instead nothing thought 165	build goes laugh only before been gone searching around begin brought certain minutes straight idea 180



My Summer Goals

I will eat _____

I will read _____

I will play _____

I will help _____

I will visit _____

ESL at Home K-2 Weeks 3-4

Use notebook paper to complete these activities. Do one each day!

Monday	Tuesday	Wednesday	Thursday	Friday						
Read a book to your family. Take turns retelling the story.	Make a T-chart. Make a list of opposites, like big and small, yes and no. <table><tr><td>Big</td><td>Small</td></tr><tr><td>Yes</td><td>No</td></tr><tr><td>Happy</td><td>Sad</td></tr></table>	Big	Small	Yes	No	Happy	Sad	Find food in your house, like crackers or water bottles. Write or draw a math story problem. Omar has 6 crackers. Neveah ate three. How many are left?	Go outside. Tell someone what you see, hear, think, feel, and smell.	Choose an animal. Draw it and label its body parts. Write about how it moves.
Big	Small									
Yes	No									
Happy	Sad									
Monday	Tuesday	Wednesday	Thursday	Friday						
Create shadow shapes on the wall. How many different shapes can you make with your hands?	Use crackers or candy to write words you find in your home. 	Take a walk in your neighborhood. Use sticks, leaves, and rocks to make words. 	Sort your clothes or toys into rainbow order. Sort your clothes or toys into order, biggest to smallest.	Use the food in your house to create a menu with prices. Example: Milk = \$2.00 Bananas = \$3.00 Ice cream = \$1.00						

ESL en Casa K-2 Semanas 3-4

Usar una hoja de libreta para completar las actividades. Hacer uno por dia.

Lunes	Martes	Miercoles	Jueves	Viernes
Leer un libro a tu familia. Tomar turnos en Volver a contar la historia.	Hacer un grafico de T. Hacer una lista de opuestos, como grande y pequeño.	Encontrar comida en tu casa, como galletas o botellas de agua. Escribe o dibuja una historia de problema matematica. Omar tiene 6 galletas. Neveah comio tres. Cuantas galletas quedan?	Sal afuera. Dile a alguien lo que viste, escuchaste, pensaste, sentiste y oliste.	Escoje un animal. Dibujalo y marcar los partes de su cuerpo. Escribe como se mueve.
	Big Yes Happy Small No Sad			
Lunes	Martes	Miercoles	Jueves	Viernes
Crear figuras de sombras en la pared. Cuantas figuras puedes hacer con us manos?	Usar galletas o dulces para escribir una palabra de lo que encontraste en casa.	Sal a caminar en tu vecindad. Usa palos, hojas y piedras para hacer palabras.	Acomodar tu ropa o juguetes en orden del arcoiris. Acomodar tu ropa o juguetes en orden del mas grande al mas pequeño.	Usa la comida que tienes en casa para crear un menu con precios. Ejemplo: Leche = \$2.00 Platanos = \$3.00 Nieve = \$1.00
				

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First Grade Homework



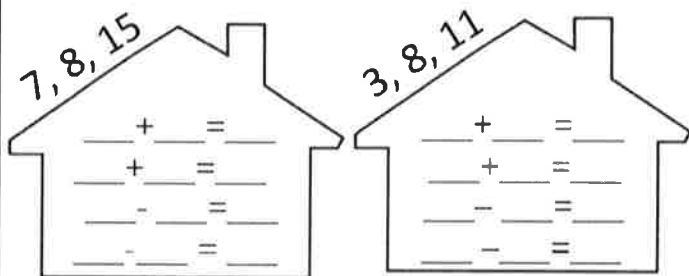
Name _____

FUESD 2016

Trimester 2, Week 10 : _____

1.OA.3, 1.OA.4, 1.OA.6, 1.OA.7, 1.OA.8

Monday: Complete the fact families.



Tuesday: Is the equation True or False?

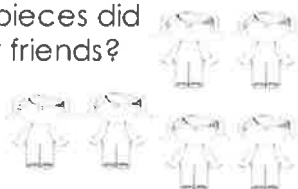
1. $10 = 5 + 5$ T or F
2. $8 + 8 = 0$ T or F
3. $7 + 8 = 15$ T or F
4. $12 = 18 - 6$ T or F
5. $18 - 2 = 14$ T or F

1.OA.1, 1.OA.5

Wednesday: Solve the story problems using drawings. Write an equation. How many groups of two?

A girl had gum. She shared her gum with six friends. She gave each friend 2 pieces of gum. How many pieces did she give away to her friends?

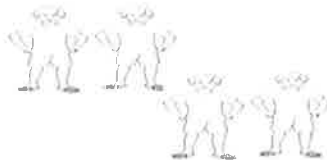
Write an equation:



_____ groups of 2

Dave gave each of his friends 2 stickers. How many stickers did he give away to 4 friends?

Write an equation:



_____ groups of two

I gave two puppies to each of my three friends. How many puppies did I give away?

Write an equation:



_____ groups of two

1.NBT.3

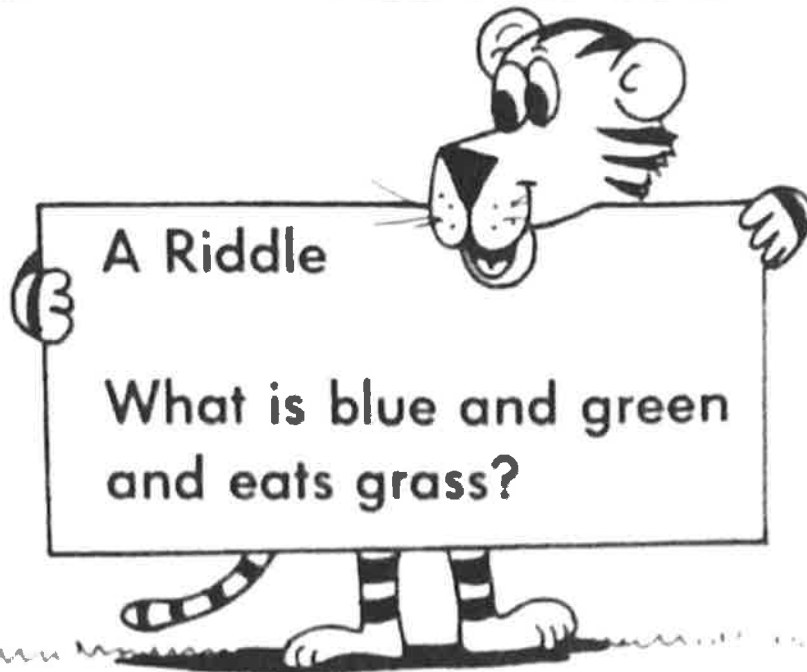
Thursday: Compare the numbers and use the correct symbol to make the equation true. $<$ $>$ $=$ Draw base ten blocks.

23 ○ 36

16 ○ 41

51 ○ 15

Name _____

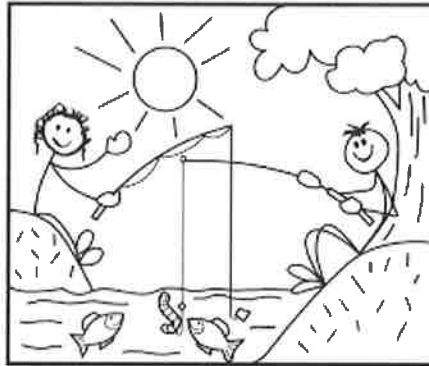


$\overline{14}$ $\overline{13}$ $\overline{16}$ $\overline{0}$ $\overline{17}$ $\overline{14}$ $\overline{18}$ $\overline{19}$ $\overline{12}$ $\overline{8}$ $\overline{17}$ $\overline{17}$ $\overline{18}$
 $\overline{12}$ $\overline{8}$ $\overline{14}$ $\overline{10}$ $\overline{10}$ $\overline{17}$ $\overline{14}$ $\overline{20}$ $\overline{17}$ $\overline{8}$!

A $\begin{array}{r} 6 \\ +8 \\ \hline \end{array}$	B $\begin{array}{r} 6 \\ +7 \\ \hline \end{array}$	D $\begin{array}{r} 10 \\ +9 \\ \hline \end{array}$	E $\begin{array}{r} 8 \\ +9 \\ \hline \end{array}$
G $\begin{array}{r} 7 \\ +5 \\ \hline \end{array}$	L $\begin{array}{r} 7 \\ +9 \\ \hline \end{array}$	N $\begin{array}{r} 9 \\ +9 \\ \hline \end{array}$	R $\begin{array}{r} 2 \\ +6 \\ \hline \end{array}$
S $\begin{array}{r} 3 \\ +7 \\ \hline \end{array}$	T $\begin{array}{r} 10 \\ +10 \\ \hline \end{array}$	U $\begin{array}{r} 0 \\ +0 \\ \hline \end{array}$	W $\begin{array}{r} 5 \\ +4 \\ \hline \end{array}$

10s Go Fish

You will need a deck of cards for this game



Directions:

1. The objective of the game is to collect the most pairs of ten as possible.
2. Players play "10s Go Fish" just like *regular* Go Fish, except players are trying to make a 10 (0+10, 1+9, 2+8, 3+7, 4+6, 5+5).
3. Players take turns asking their opponent for a number that will complete their number sentence to make a ten.
4. If the opponent does not have the number card that they were asked for, they respond, "Go Fish," and the other player must draw a new card from the deck. Then, it's the next person's turn.
5. Players can lay down their pairs of ten at any time during the game.

Extension:

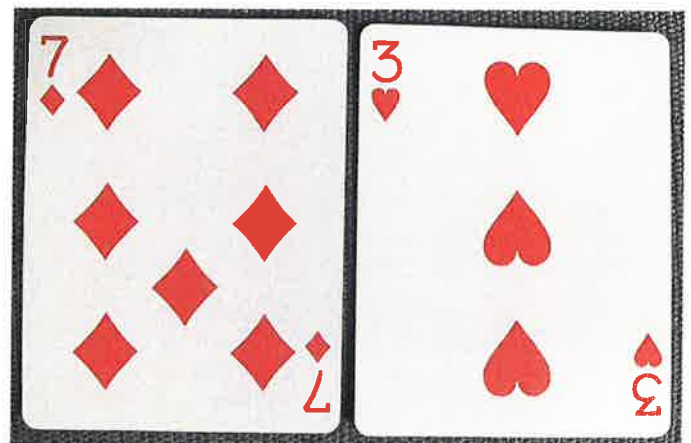
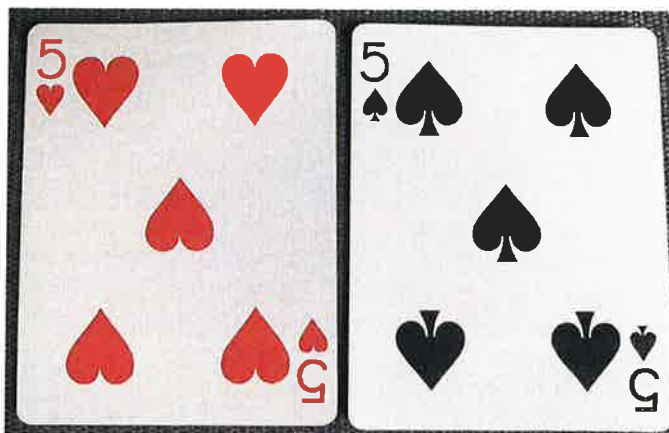
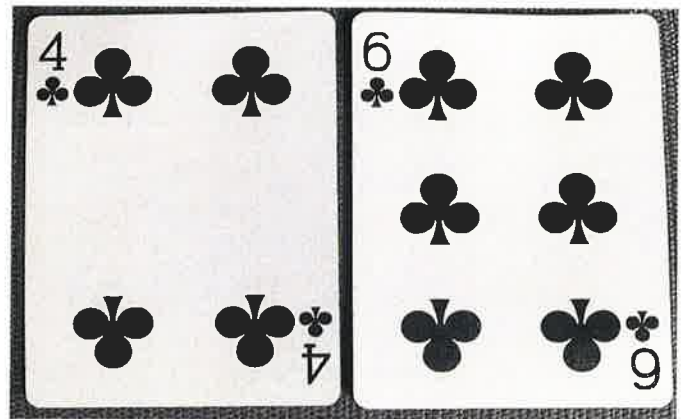
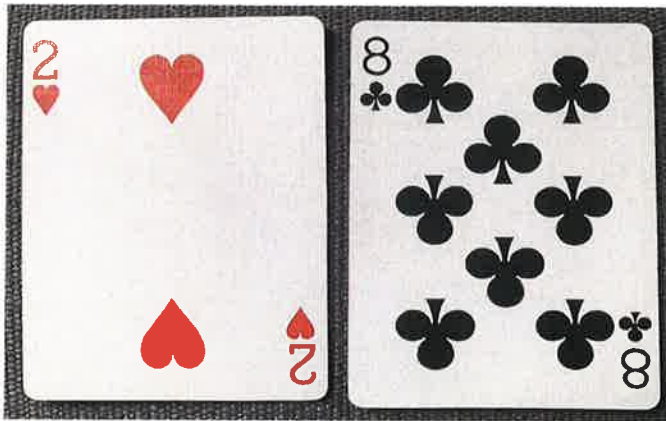
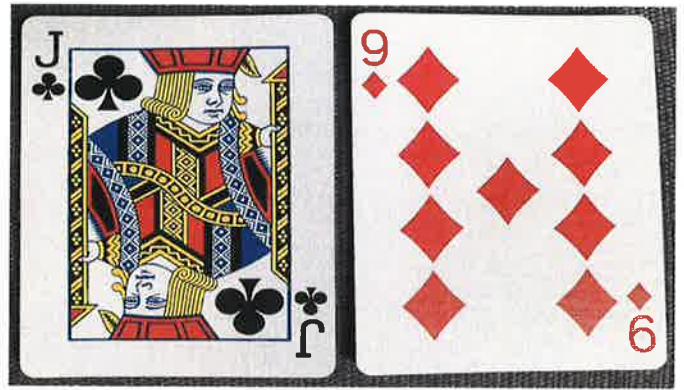
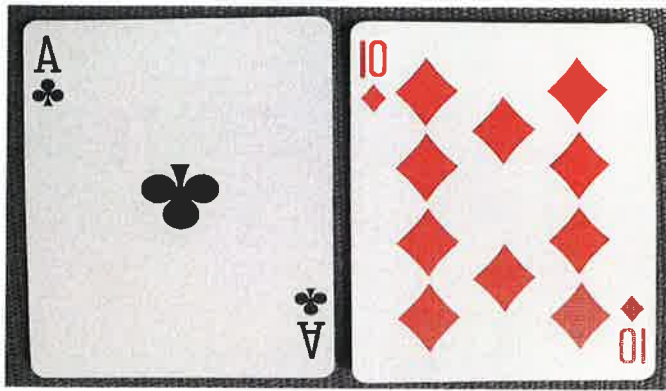
Try making a ten using three cards (1+2+7, 2+3+5, etc)

Card Values:

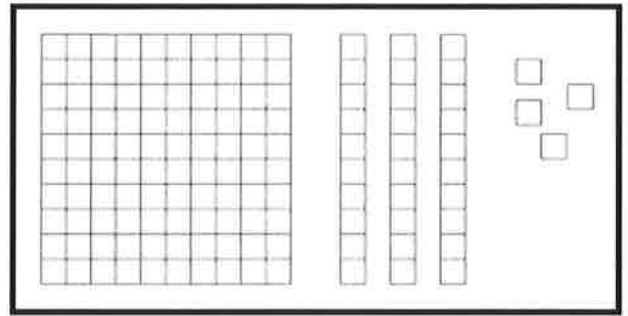
Ace= 0	5	9
Jack = 1	6	10
2	7	
3	8	
4		

****Remove Queens and Kings from the deck of cards**

Help:



Place Value War



Directions:

The objective of the game is to make the biggest number.

1. Player 1 rolls one die and then writes the number rolled in one of the boxes (hundreds, tens, ones, or discard).
2. Player two repeats this process on his/her side of the game board.
3. Take turns until all spaces are filled. The winner will have the largest number.
4. Write a comparison symbol to show who had the biggest number.

Player 1

< >

Player 2

Hundreds Tens Ones Discard		Hundreds Tens Ones Discard
--	---	--

Hundreds Tens Ones Discard		Hundreds Tens Ones Discard
--	---	--

Player 1

< >

Player 2

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Player 1

< >

Player 2

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

Hundreds	Tens	Ones		Hundreds	Tens	Ones
Discard				Discard		

DICE ROLL STRENGTH #1

Complete three rounds for each exercise, or more if possible!

STRENGTH

Plank

Squats

Curlups

Lunge

Pushups

Wall Sit

REPS/TIME
3 DICE ROLL

Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

1 DICE

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DICE ROLL CARDIO #2

Complete three rounds for each exercise, or more if possible!

CARDIO

REPS/TIME
4 DICE ROLL

Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

2 DICE

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CHALLENGE COURSES

Choose one to complete or alternate between the two!

(You could use cardboard boxes for cones and number them!)

NFL COMBINE DRILL



Time your runs

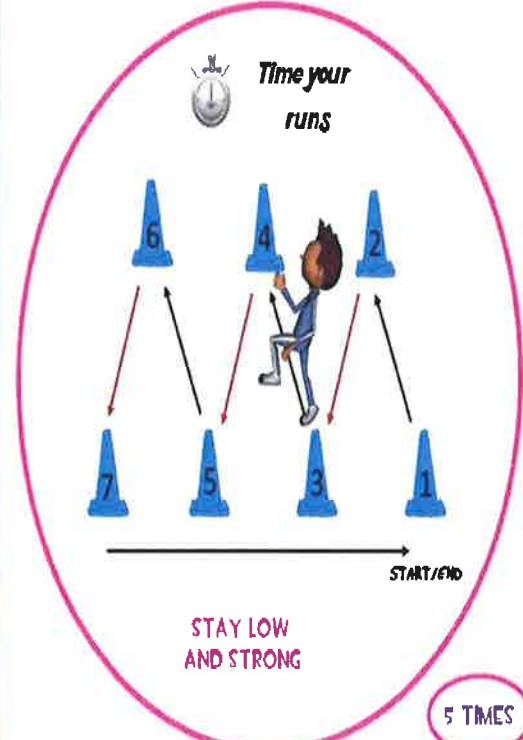
RUN TO 2 BACK TO 1
RUN AROUND 2 AND 3
BACK TO 1

5 TIMES

Start the drill at cone 1. A- Run to cone 2 and quickly turn back and run to cone 1. B- Turn quickly and run around cone 2 and head to cone 3. C- Go around the inside of cone 3 and head back to cone 2. D- Go around the outside of 2 and finish the drill at cone 1.

5 CONES AND POLYSPOTS

"W" RUN



Time your runs

STAY LOW AND STRONG

5 TIMES

Start at cone 1. Run Forward to cone 2. Back pedal to cone 3. Run Forward to cone 4. Back pedal to cone 5. Run Forward to cone 6. Back pedal to cone 7. Run back to the start.

7 CONES AND POLYSPOTS

BALLOON OR BALL STRIKING

Challenge yourself with these self tapping skills !

Variation: Use a ball instead.



BALLOON STRIKING

 1 TAP UP IN AIR USE FINGER TIPS 30 Times	 2 TAP UP IN AIR 1 HAND TO THE OTHER 30 Times
 3 LET BALLOON FLOAT LOW TAP UP FROM LOW POINT 20 Times	 4 JUMP UP HIGH TAP BALLOON UP IN THE AIR 20 Times
 5 VOLLEY BALLOON USE BUMPS AND SETS 30 Times	 6 HOLD BALLOON PULL STEM DOWN JUMP UP AND CATCH 15 Times

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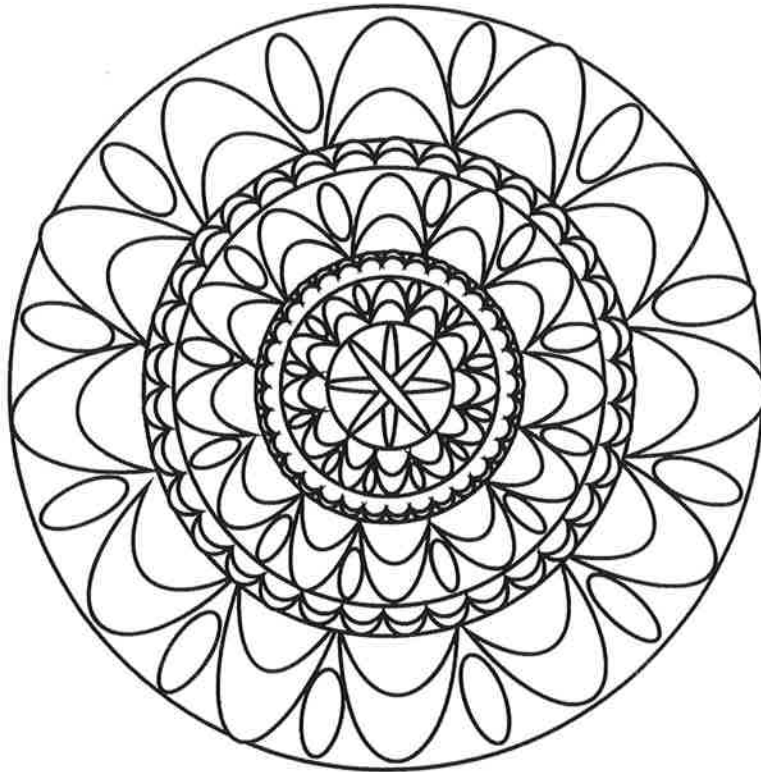
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SUPER CHALLENGES

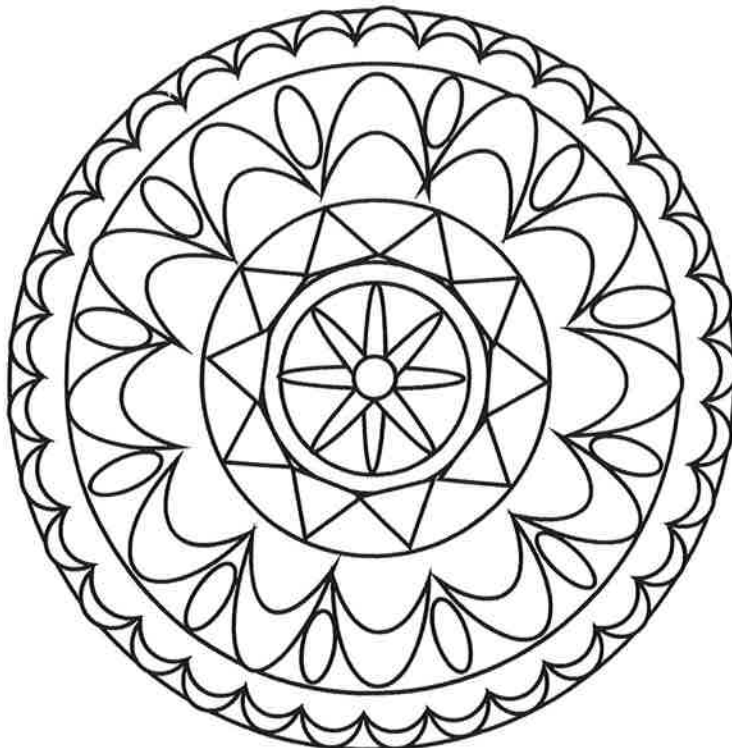
WhiteStarMedia (UK) Ltd's Patent 2008

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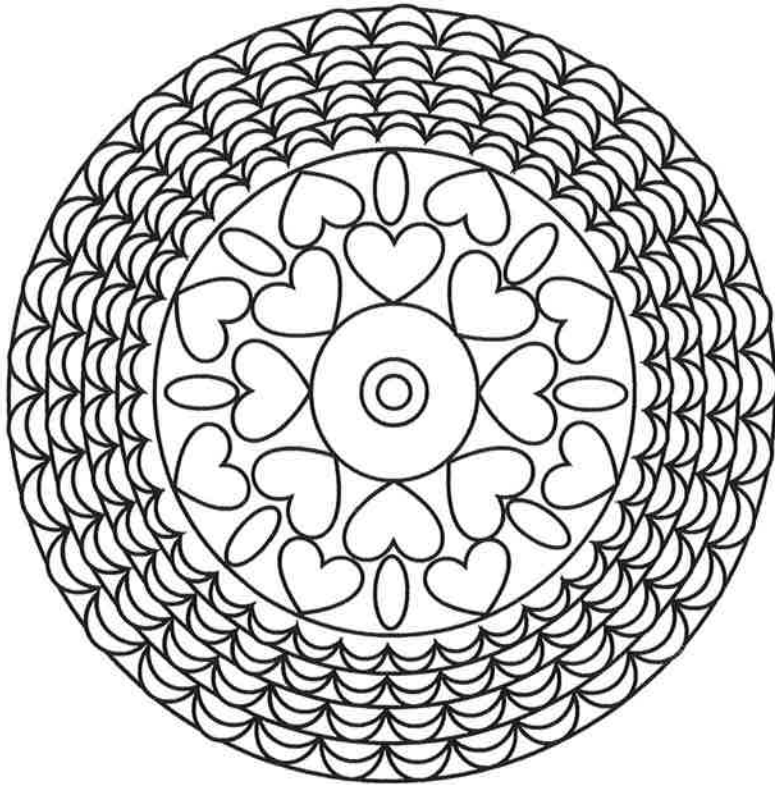




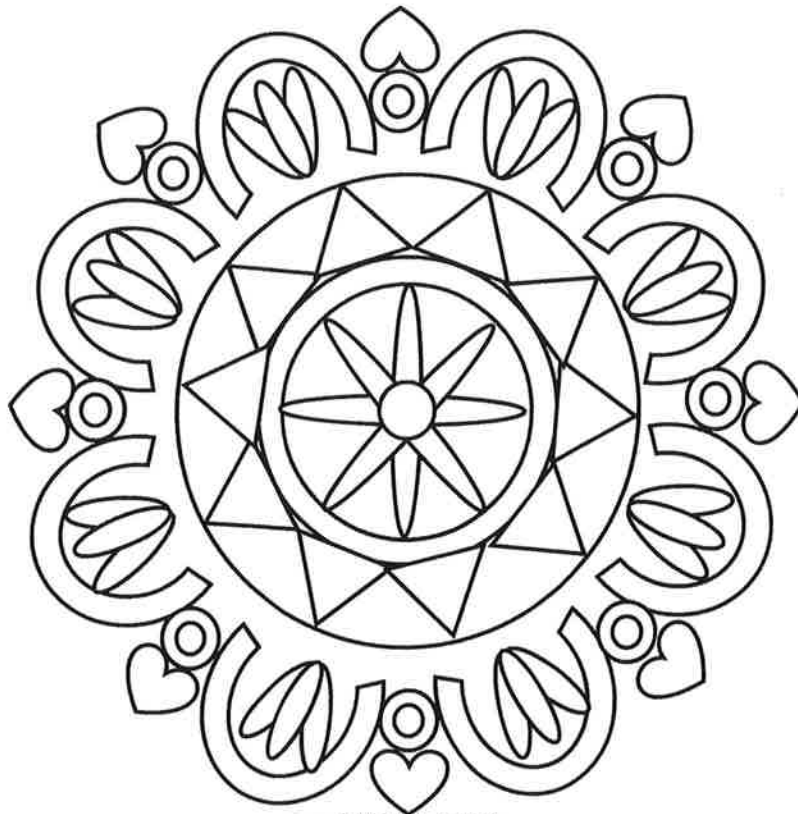
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