

### 5th Grade FUESD Study Plan (May 25-29)

<b>Week 10</b> No School Happy Memorial Day!	Tuesday	Wednesday	Thursday	Friday
	<p><a href="#">Memory Book</a></p> <ul style="list-style-type: none"> <li>• What a Story</li> <li>• I Heart School</li> <li>• 5 Facts About Me</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Week 10</li> </ul> <hr/> <p>PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a></li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a></li> <li>• <a href="#">Write a Poem</a></li> <li>• Mindfulness Coloring</li> </ul>	<p><a href="#">Memory Book</a></p> <ul style="list-style-type: none"> <li>• Friends</li> <li>• The Challenging Times</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Week 10</li> </ul> <hr/> <p>PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a></li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a></li> <li>• <a href="#">Art Project</a></li> <li>• Mindfulness Coloring</li> </ul>	<p><a href="#">Memory Book</a></p> <ul style="list-style-type: none"> <li>• Distance Learning</li> <li>• Straight Out of Quarantine</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Week 10</li> </ul> <hr/> <p>PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a></li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a></li> <li>• <a href="#">Summer Bucket List</a></li> <li>• Mindfulness Coloring</li> </ul>	<p><a href="#">Memory Book</a></p> <ul style="list-style-type: none"> <li>• Top 10</li> <li>• Hope</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Week 10</li> </ul> <hr/> <p>PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a></li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a></li> <li>• <a href="#">Letter to Future 5th graders</a></li> <li>• Mindfulness Coloring</li> </ul>

## 5 Grado - Plan de Estudio Independiente de FUESD - 25 de mayo

<b>Semana 10</b> Lunes - No Hay Clases ¡Feliz Día Conmemorativo!	Martes	Miércoles	Jueves	Viernes
	<p><a href="#">Memory Book</a> /Libro de Recuerdos</p> <ul style="list-style-type: none"> <li>• ¡Qué Historia!</li> <li>• 1 Escuela con Corazón</li> <li>• 5 Hechos sobre mi</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Semana 10 ELD</li> </ul> <hr/> <p>Educación Física PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a> / Semana 10</li> </ul> <hr/> <p>SEL/El Líder en Mí</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a> /Bienestar FUESD</li> <li>• <a href="#">Write a Poem</a> / Escibe un Poema</li> <li>• Coloreando a Conciencia</li> </ul>	<p><a href="#">Memory Book</a> /Libro de Recuerdos</p> <ul style="list-style-type: none"> <li>• Amigos</li> <li>• Tiempo de Retos</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Semana 10 ELD</li> </ul> <hr/> <p>Educación Física PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a> /Semana 10</li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a> /Bienestar FUESD</li> <li>• <a href="#">Art Project</a> /Proyecto de Arte</li> <li>• Coloreando a Conciencia</li> </ul>	<p><a href="#">Memory Book</a> Libro de Recuerdos</p> <ul style="list-style-type: none"> <li>• Aprendizaje a Distancia</li> <li>• Directamente de la cuarentena</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Semana 10 ELD</li> </ul> <hr/> <p>Educación Física PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a> /Semana 10</li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a> /Bienestar FUESD</li> <li>• <a href="#">Summer Bucket List</a> /Lista de Deseo para el Verano</li> <li>• Coloreando a Conciencia</li> </ul>	<p><a href="#">Memory Book</a> /Libro de Recuerdos</p> <ul style="list-style-type: none"> <li>• Los 10 Mejores</li> <li>• Esperanza</li> </ul> <hr/> <p>ELD</p> <ul style="list-style-type: none"> <li>• Semana 10 ELD</li> </ul> <hr/> <p>Educación Física PE</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 10</a> /Semana 10</li> </ul> <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> <li>• <a href="#">FUESD Wellness</a> /Bienestar FUESD</li> <li>• <a href="#">Letter to Future 5th graders</a> Escribe una carta a un futuro estudiante de 5o. grado</li> <li>• Coloreando a Conciencia</li> </ul>



brave

interesting



memorable



unique



different

uncommon



another chapter



one day at a time

# the most UNFORGETTABLE YEAR

2019 - 2020

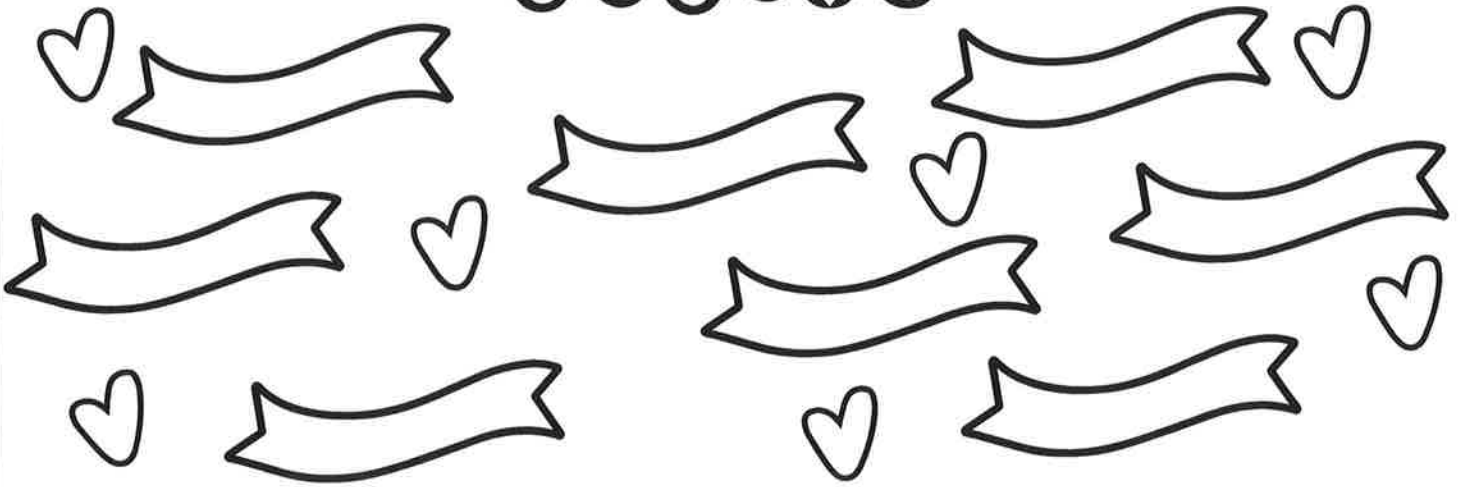
your name and grade

your teacher's name

your school

Memories are timeless treasures of the heart.





*the most*  
**UNFORGETTABLE YEAR**

**2019 - 2020**

your name and grade

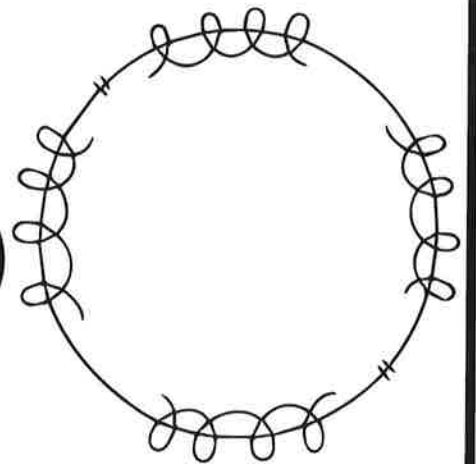
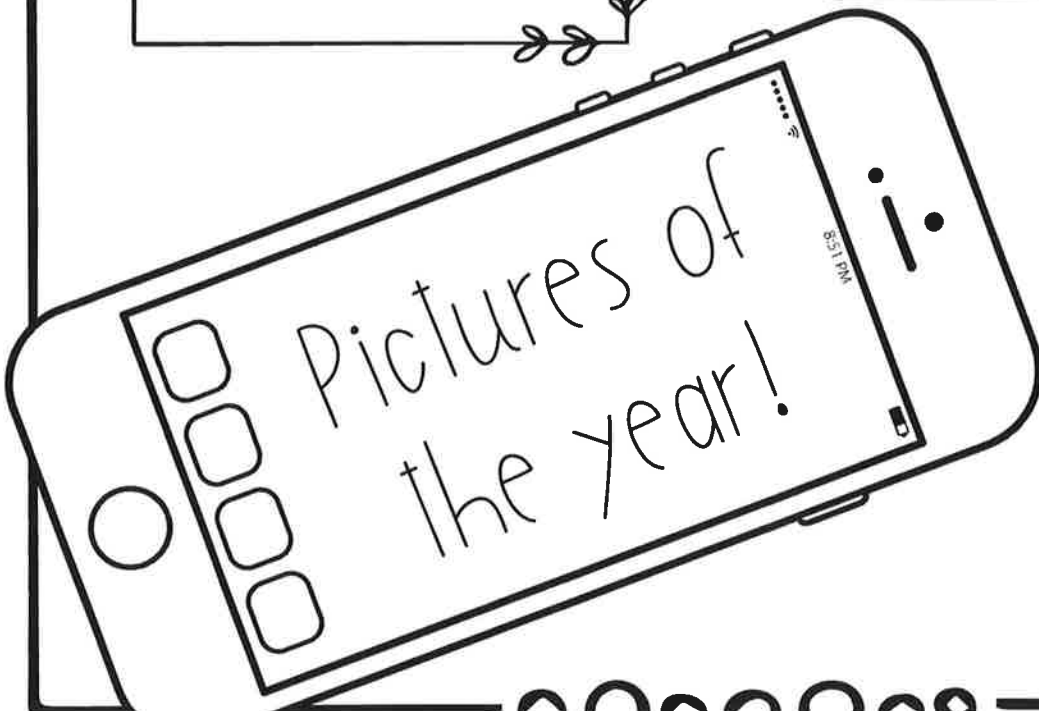
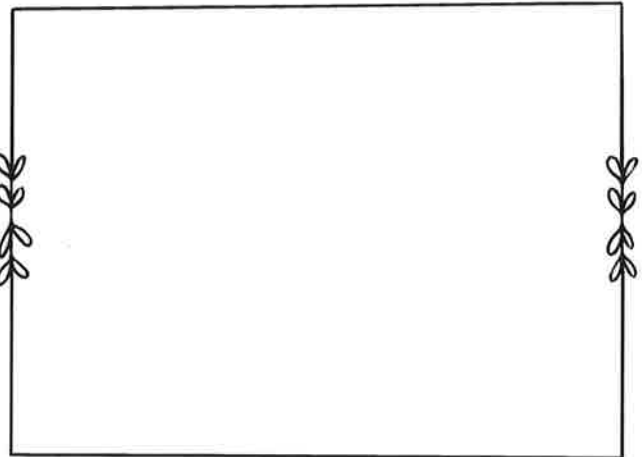
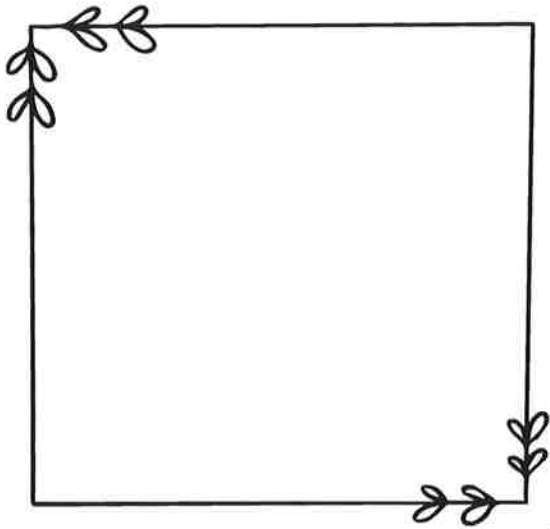
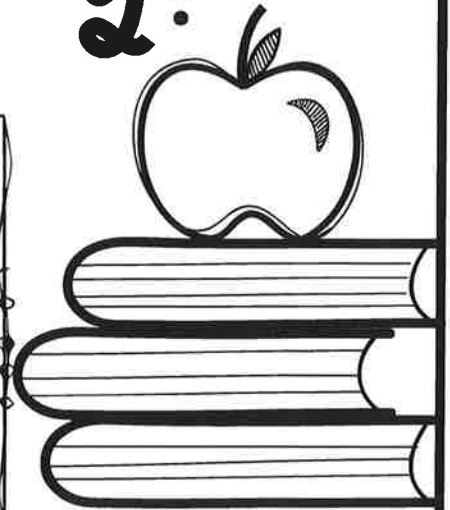
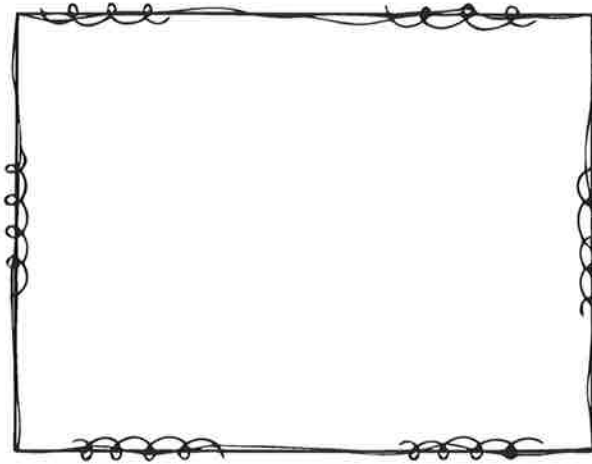
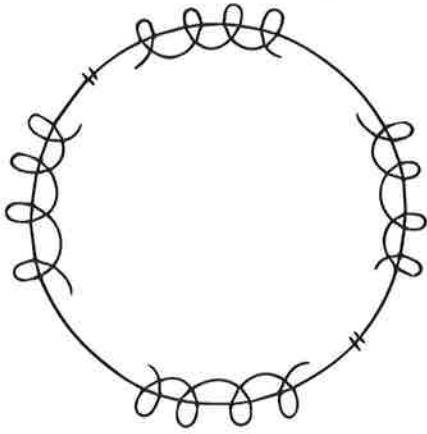
your teacher's name

your school

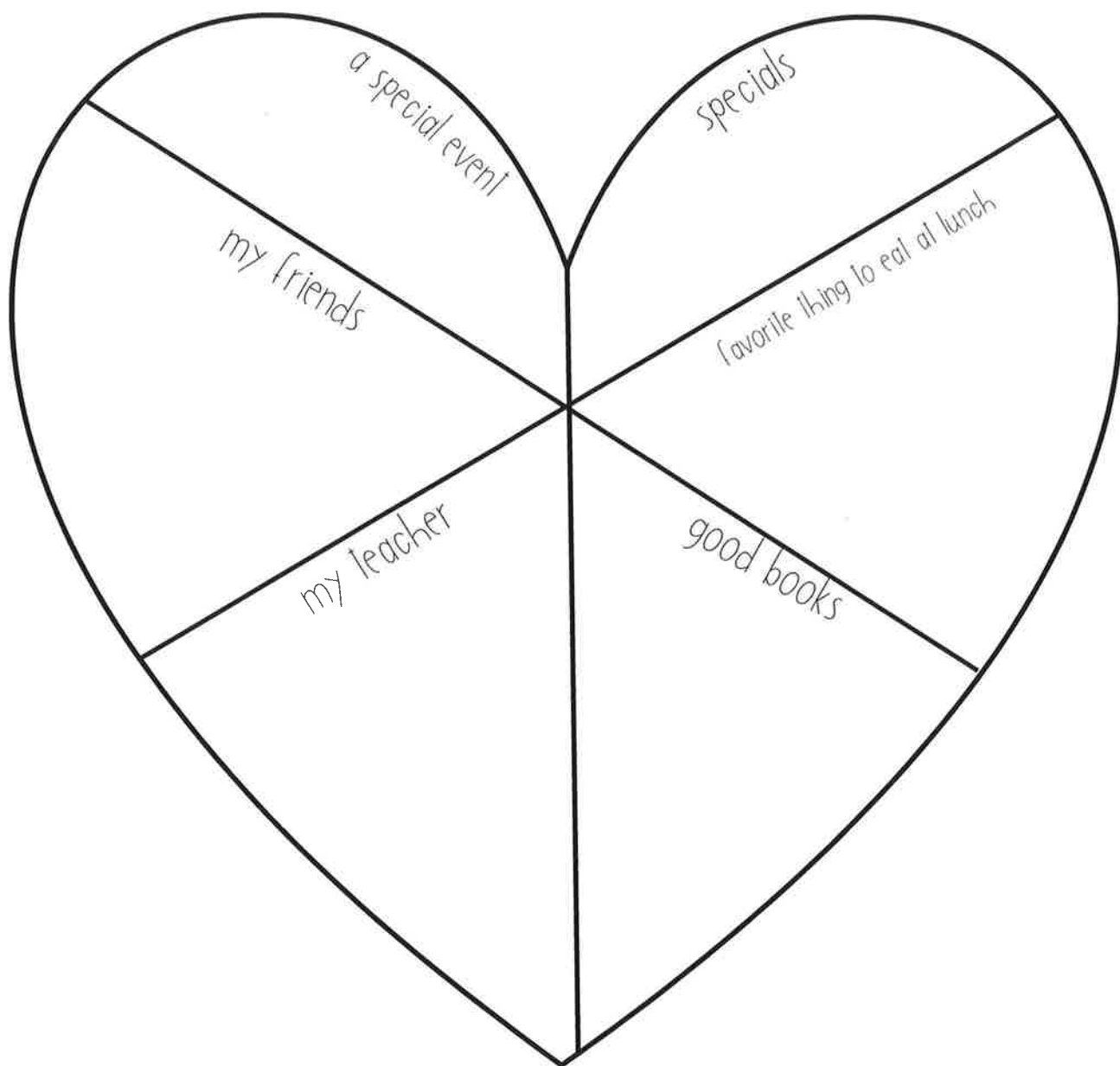
Memories are timeless treasures of the heart.



What a  
STORY!



I heart  
S C H O O L





# FIVE FACTS

about **ME** this year

1

2

3

4

5



00000000

# F.R.I.E.N.D.S

are the

best

Who?

Are your friends?

Where?

Did you go anywhere?

What?

Did you do?

When?

What time of the year was it?





# THE CHALLENGING *times*

What was challenging this year?

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# IN GRATITUDE

What are you grateful for?

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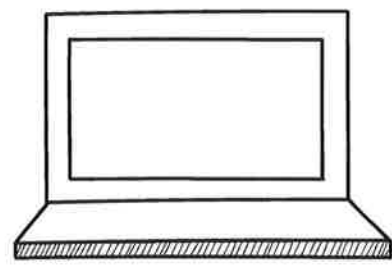
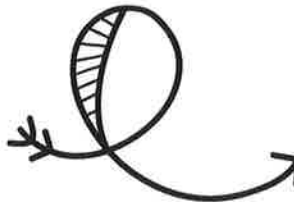
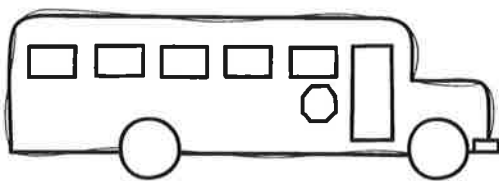
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symbols or pictures that make you happy



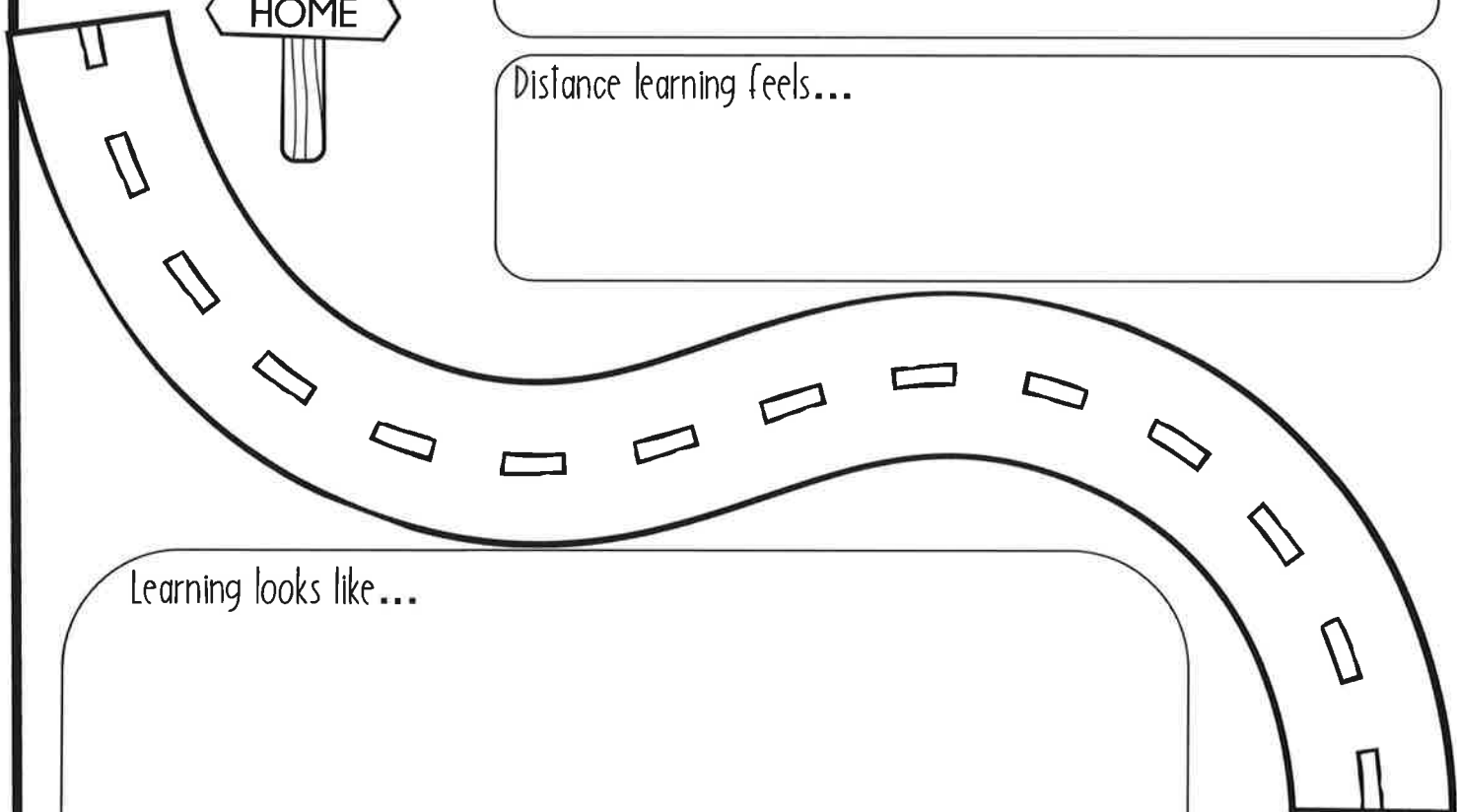


# DISTANCE LEARNING



When I heard the news I...

Distance learning feels...



Learning looks like...



Write words, sentences, phrases, or draw illustrations to share what your classes are like.





# STRAIGHT OUTTA

## quarantine memories

### THINGS I DID

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### MOVIES I watched

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### BOOKS I read

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### GAMES I played

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TOP TEN

Events, phrases, feelings...

to remember

10

9

8

7

6

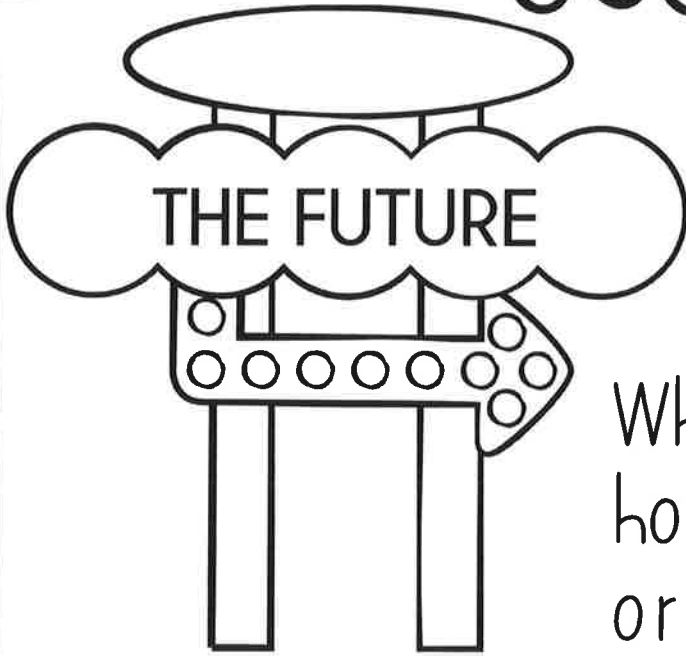
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4

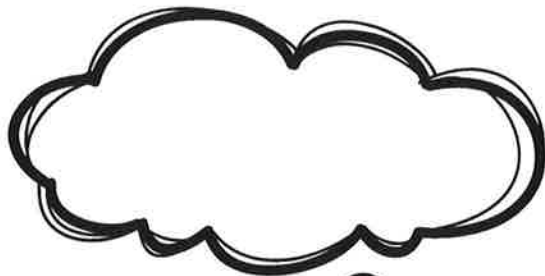
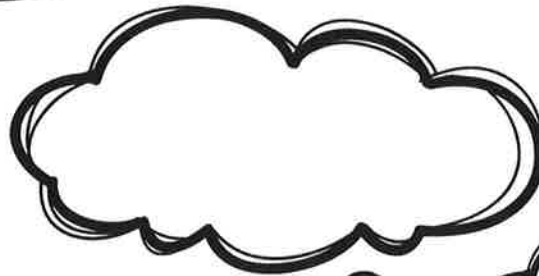
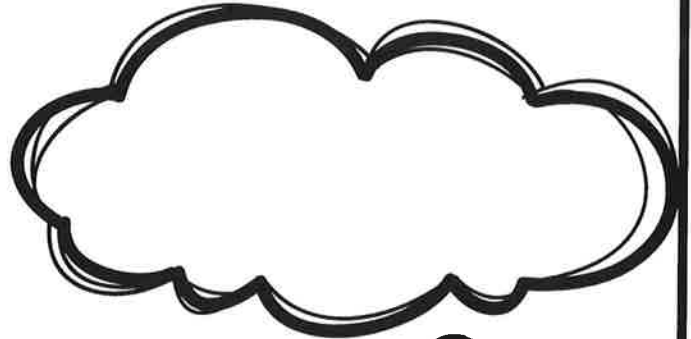
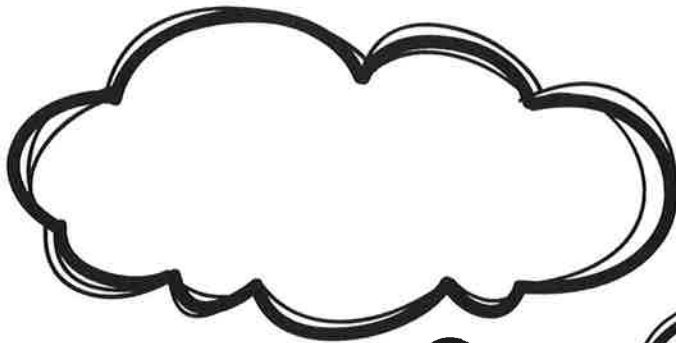
3

1





# H O P E

What are some things you hope to do during the summer or next school year?





# ESL at Home 3-5 Weeks 3-4

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

Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Read a book to your family, but don't let them see the title. Let them take turns to guess the title.</p>	<p>Make a T-chart. Make a list of opposites in your home.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">washer spoon</td> <td style="text-align: center;">dryer fork</td> </tr> </table>	washer spoon	dryer fork	<p>Find food in your house, like crackers or water bottles. Write or draw a word problem. <b>Omar has 36 crackers. Neveah ate twenty-three. How many are left?</b></p>	<p>Go outside. Write and draw what you see, hear, think, feel, and smell.</p>	<p>Choose two animals. Draw and label their body parts. Create a venn diagram to compare them.</p>
washer spoon	dryer fork					
Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Create a shadow puppet story on the wall. Write the title, characters, problem, solution, and ending to your story.</p>	<p>Use crackers or candy to write words you find in your home.</p> 	<p>Take a walk in your neighborhood. Use sticks, leaves, and rocks to leave messages for your neighbors.</p> 	<p>Think of someone you would like to interview. Write them a letter with your questions.</p>	<p>Use the food in your house to create a menu with prices. Use them to write word problems.</p> <p><b>Example:</b>  <b>Milk = \$2.00</b>  <b>Bananas = \$3.00</b>  <b>Ice cream = \$1.00</b></p>		

# ESL en Casa 3-5 Semanas 3-4

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

Lunes	Martes	Miercoles	Jueves	Viernes				
<p>Leer un libro a tu familia, sin decirles el titulo. Al final, deja que adivinen el titulo.</p>	<p>Crear una graficia T. Haz una lista de cosas opuestas en tu casa.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>lavadora</td> <td>secadora</td> </tr> <tr> <td>cuchara</td> <td>tenedor</td> </tr> </table>	lavadora	secadora	cuchara	tenedor	<p>Encontrar comida en tu casa, como galletas o botellas de agua. Escribe una historia de problema matematica. <b>Omar tiene 36 galletas. Neveah se comio vientitres.?</b></p>	<p>Ve afuera. Dibuja lo que ves, oyes, piensas, tocas y hueles.</p>	<p>Escoge 2 animals. Dibujalos y etiqueta los partes de su cuerpo. Crear una table para compararlos</p>
lavadora	secadora							
cuchara	tenedor							
Lunes	Martes	Miercoles	Jueves	Viernes				
<p>Crear un espectaculo de marioneta de sombras con tus manos y la pared. Escribe el titulo, personajes, problema, solucion y el fin de la historia.</p>	<p>Usar galletas o dulces para escribir palabras de cosas que encuentres en tu casa.</p> 	<p>Sal a caminar en tu vecindad. Usa palos, hojas y piedras para hacer palabras para que vean tus vecinos.</p> 	<p>Piensa en alguien a quien te gustaría entrevistar. Escríbeles una carta con tus preguntas.</p>	<p>Usa la comida que tienes en casa para crear un menu con precios. Usalos para escribir problemas.</p> <p><b>Ejemplo:</b>  <b>Leche = \$2.00</b>  <b>Platanos = \$3.00</b>  <b>Nieve = \$1.00</b></p>				

# DICE ROLL STRENGTH #1

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

**STRENGTH**

**Plank**

**Squats**

**Curlyups**

**Lunge**

**Pushups**

**Wall Sit**

REPS/TIME  
? 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**

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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


©Shaw Chemistry (Capt. Phil), 2018

# CHALLENGE COURSES

Choose one to complete or alternate between the two!

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

## NFL COMBINE DRILL



The diagram shows a circular area with a yellow border. At the bottom center is cone 1 (purple). To the left is cone 3 (yellow) and to the right is cone 2 (red). A cartoon runner is shown in the center. A stopwatch icon is on the left. Text in the center says: 'RUN TO 2 - BACK TO 1', 'RUN AROUND 2 AND 3', 'BACK TO 1'. A yellow dot is on the ground near cone 1. A '5 TIMES' badge is at the bottom right.

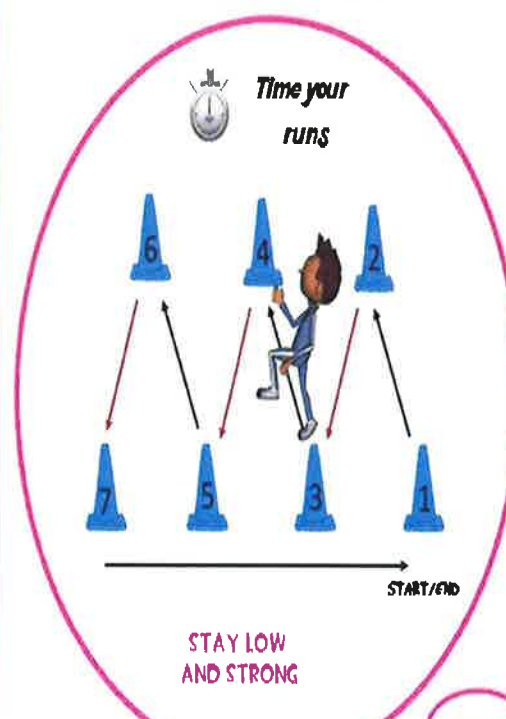
**Time your runs**

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

5 TIMES

5 CONES AND POLYSPOTS

## "W" RUN



The diagram shows a circular area with a pink border. Seven blue cones are arranged in a 'W' shape, numbered 1 to 7. Cone 1 is at the bottom right, 2 and 3 are above it, 4 and 5 are above those, and 6 and 7 are at the top. A cartoon runner is in the center. A stopwatch icon is at the top. Text says: 'STAY LOW AND STRONG'. A '5 TIMES' badge is at the bottom right.

**Time your runs**

STAY LOW AND STRONG

5 TIMES

7 CONES AND POLYSPOTS

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.

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.

©2012 Sports Illustrated Kids

# BALLOON OR BALL STRIKING

Challenge yourself with these self tapping skills!

Variation: Use a ball instead.

**BALLOON STRIKING**

**GOOD JOB!**

**P  
E  
S  
K  
I  
L  
L  
S**

**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**

**B  
A  
L  
L  
O  
O  
N  
S  
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P**

**SUPER CHALLENGES** **DAB**

© Peter Dabbert Ltd 2014

Write a poem about your experience in 5th grade. Add any pictures or art where you would like.

Poem Title

Poem written by:

Draw, paint, or collage a piece of art. Think about your year in 5th grade or all of the fun you will have this summer!

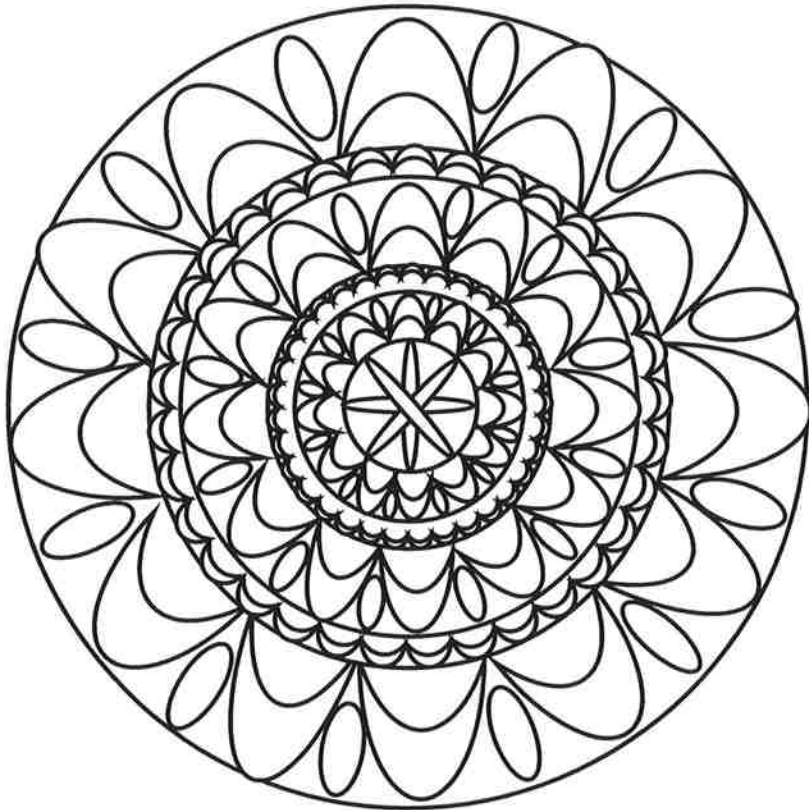
## My Summer Bucket List

Directions: Make a list of different activities that you want to do this summer. Write the activities under the correct category. Try to have at least two ideas for each category.

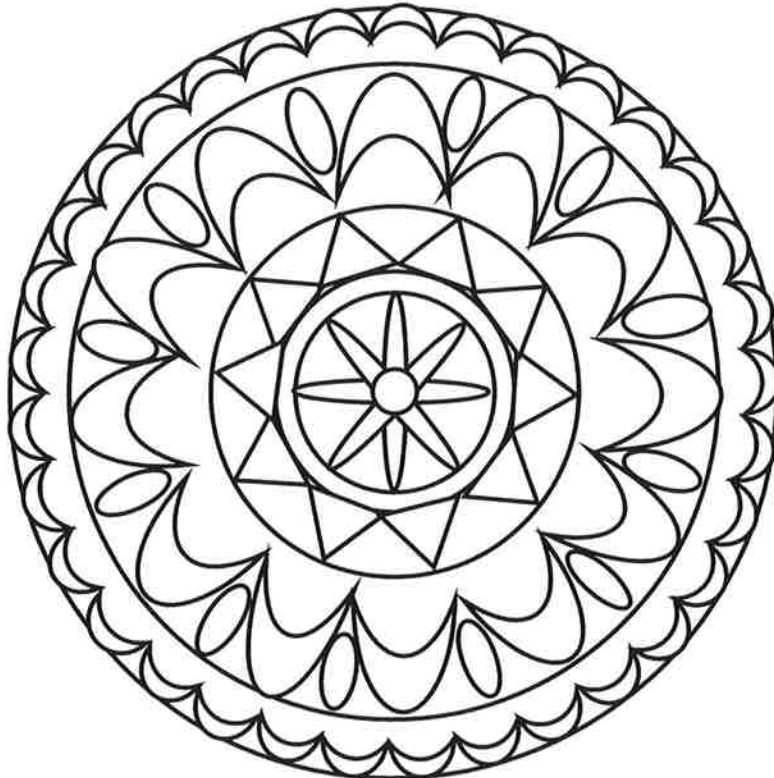
<b>With Friends and Family</b>	<b>Outside</b>	<b>Inside</b>	<b>To Be Helpful</b>

Write a letter to a future 5th grade. What do they need to know to be successful in 5th grade? What did you love about 5th grade? What will you miss about 5th grade? What wasn't so great about 5th grade?

Dear Future 5th grader,

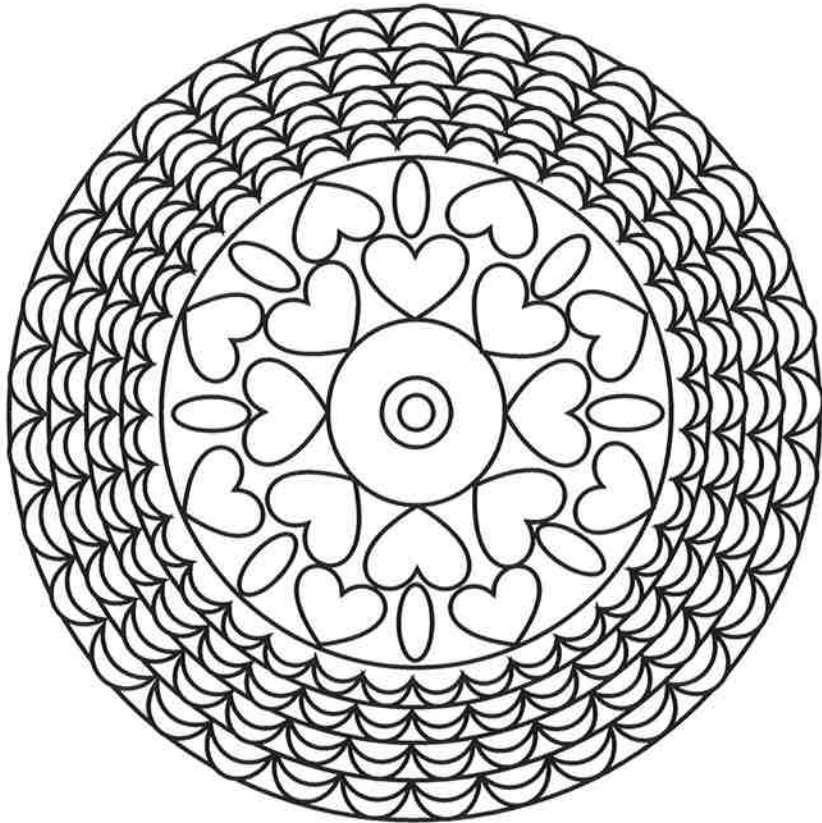


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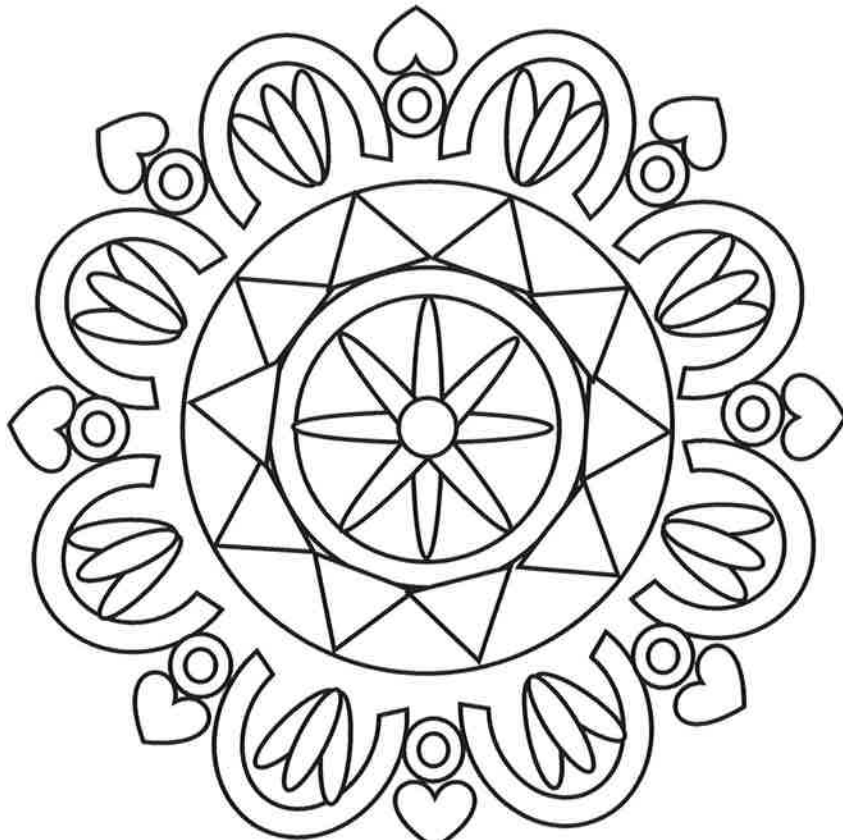


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