

5th Grade FUESD Study Plan (May 11-15)

Week 8 Monday	Tuesday	Wednesday	Thursday	Friday
<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log 1 Lexia/or Reading Plus Lesson Read <i>The Golden Mare</i> pg. 298 in Treasures Journal Entry <p>Writing</p> <ul style="list-style-type: none"> Narrative Writing <hr/> <p>ELD</p> <ul style="list-style-type: none"> Week 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Monday Homework Math Skills -Monday <hr/> <p>PE</p> <ul style="list-style-type: none"> Week 8 <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> FUESD Wellness Activity - Monday 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log 1 Lexia/or Reading Plus Lesson Read <i>The Golden Mare</i> pg. 298 in Treasures Journal Entry <p>Writing</p> <ul style="list-style-type: none"> Narrative Writing <hr/> <p>ELD</p> <ul style="list-style-type: none"> Week 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Tuesday Homework Math Skills -Tuesday <hr/> <p>PE</p> <ul style="list-style-type: none"> Week 8 <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> FUESD Wellness Activity - Tuesday Thrively Daily Dose of SEL 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log 1 Lexia/or Reading Plus Lesson Read <i>A Tale Told Around the World</i> pg. 318 in Treasures Journal Entry <p>Writing</p> <ul style="list-style-type: none"> Narrative Writing <hr/> <p>ELD</p> <ul style="list-style-type: none"> Week 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Wednesday Homework Math Skills- Wednesday <hr/> <p>PE</p> <ul style="list-style-type: none"> Week 8 <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> FUESD Wellness Activity - Wedn. 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log 1 Lexia/or Reading Plus Lesson Read <i>A Tale Told Around the World</i> pg. 318 in Treasures Journal Entry <p>Writing</p> <ul style="list-style-type: none"> Narrative Writing <hr/> <p>ELD</p> <ul style="list-style-type: none"> Week 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Thursday Homework Math Skills- Thursday <hr/> <p>PE</p> <ul style="list-style-type: none"> Week 8 <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> FUESD Wellness Activity - Thursday Thrively Daily Dose of SEL 	<p>ELA</p> <ul style="list-style-type: none"> Read 30 minutes independently Reading Log 1 Lexia/or Reading Plus Lesson Finish any stories or Journal Entries from this week. <p>Writing</p> <ul style="list-style-type: none"> Narrative Writing <hr/> <p>ELD</p> <ul style="list-style-type: none"> Week 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson <hr/> <p>PE</p> <ul style="list-style-type: none"> Week 8 <hr/> <p>SEL/Leader in Me</p> <ul style="list-style-type: none"> FUESD Wellness Activity -Friday

5 Grado - Plan de Estudio Independiente de FUESD - 11 de mayo

Semana 8 - lunes	martes	miércoles	jueves	viernes
<p>ELA</p> <ul style="list-style-type: none"> Lee 30 minutos de forma independiente: registro de lectura 1 Lexia/1 lección de Lexia Leer: <i>The Golden Mare</i> pg. 298 en el Libro de Treasures Journal Entry /entrada de diario <hr/> <p>Escritura</p> <ul style="list-style-type: none"> Escritura Narrativa <hr/> <p>ELD</p> <ul style="list-style-type: none"> Semana 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 lección de Dreambox o ST Monday Homework/tarea práctica de habilidades matemáticas -lunes <hr/> <p>PE</p> <ul style="list-style-type: none"> Semana 8 <hr/> <p>SEL/líder en mi</p> <ul style="list-style-type: none"> bienestar de FUESD Actividad - lunes 	<p>ELA</p> <ul style="list-style-type: none"> Lee 30 minutos de forma independiente: registro de lectura 1 Lexia/1 lección de Lexia Leer: <i>The Golden Mare</i> pg. 298 en el Libro de Treasures Journal Entry /entrada de diario <hr/> <p>Escritura</p> <ul style="list-style-type: none"> Escritura Narrativa <hr/> <p>ELD</p> <ul style="list-style-type: none"> Semana 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 lección de Dreambox o ST Tuesday Homework/ tarea práctica de habilidades matemáticas -martes <hr/> <p>PE</p> <ul style="list-style-type: none"> Semana 8 <hr/> <p>SEL/líder en mi</p> <ul style="list-style-type: none"> bienestar de FUESD Actividad - martes Thrively Dosis Diaria de Aprendizaje Social y Emocional (SEL) 	<p>ELA</p> <ul style="list-style-type: none"> Lee 30 minutos de forma independiente: registro de lectura 1 Lexia/1 lección de Lexia Leer: <i>A Tale Told Around the World</i> pg. 318 en el libro Treasures Journal Entry /entrada de diario <hr/> <p>Escritura</p> <ul style="list-style-type: none"> Escritura Narrativa <hr/> <p>ELD</p> <ul style="list-style-type: none"> Semana 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 lección de Dreambox o ST Wednesday Homework/ tarea práctica de habilidades matemáticas- miércoles <hr/> <p>PE</p> <ul style="list-style-type: none"> Semana 8 <hr/> <p>SEL/líder en mi</p> <ul style="list-style-type: none"> bienestar de FUESD Actividad -miércoles 	<p>ELA</p> <ul style="list-style-type: none"> Lee 30 minutos de forma independiente: registro de lectura 1 Lexia/1 lección de Lexia Leer: <i>A Tale Told Around the World</i> pg. 318 en el Libro de Treasures Journal Entry /entrada de diario <hr/> <p>Escritura</p> <ul style="list-style-type: none"> Escritura Narrativa <hr/> <p>ELD</p> <ul style="list-style-type: none"> Semana 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 lección de Dreambox o ST Thursday Homework/ tarea práctica de habilidades matemáticas- jueves <hr/> <p>PE</p> <ul style="list-style-type: none"> Semana 8 <hr/> <p>SEL/líder en mi</p> <ul style="list-style-type: none"> bienestar de FUESD Actividad - jueves Thrively Dosis Diaria de Aprendizaje Social y Emocional (SEL) 	<p>ELA</p> <ul style="list-style-type: none"> Lee 30 minutos de forma independiente: registro de lectura 1 Lexia/1 lección de Lexia * terminar cualquier historia o entrada de diario de esta semana <hr/> <p>Escritura</p> <ul style="list-style-type: none"> Escritura Narrativa <hr/> <p>ELD</p> <ul style="list-style-type: none"> Semana 8 ELD <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 lección de Dreambox o ST <hr/> <p>PE</p> <ul style="list-style-type: none"> Semana 8 <hr/> <p>SEL/líder en mi</p> <ul style="list-style-type: none"> bienestar de FUESD Actividad - viernes

5th Grade Reading Log Week 8

Monday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Tuesday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Wednesday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Thursday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Friday:

Book/Chapter(s) read:	
Minutes read:	
1 sentence comment about reading:	

Parent Signature: _____ Date: _____

Journal Entry 1
The Golden Mare, the Firebird and the Magic Ring
Treasures Pages 298-315

[Listen Here](#)

Answer the question using one of the sentence frames below.

Throughout the story, the Tsar demands that Alexi prove himself by performing impossible tasks. What quote from the text best supports the idea that the Tsar is a greedy leader?

Sentence Frame

The Tsar is a greedy leader because in the text it said "_____"

According to the text "_____" which proves that the Tsar is a greedy leader.

Journal Entry 2
The Golden Mare, the Firebird and the Magic Ring
Treasures Pages 298-315

Answer the question using one of the sentence frames below.

Reread page 309. Why does Alexi feel guilty about persuading Yelena the Fair to visit the Tsar? Make sure to use quotes from text to support your answer.

Sentence Frame

The author wrote “_____” which showed that Alexi felt guilty about persuading Yelena the Fair because _____.

Alexi felt guilt about persuading Yelena the Fair because according to the text it said “_____”. This shows that he _____.

Journal Entry 3
A Tale Told Around the World
Treasures pages 318-321

Answer the question using one of the sentence frames below.

Study the diagram on page 319. What are two details from the French Cinderella story that are different from details in the Chinese version?

Sentence Frames

In the French version of Cinderella _____ and _____ were different than the Chinese version.

The two details that are different in the French Version of Cinderella compared the Chinese version are _____ and _____.

Journal Entry 4
A Tale Told Around the World
Treasures pages 318-321

Answer the question below using one of the sentence frames below.

What are the main elements, or characteristics in all of the Cinderella stories from around the world?

Sentence Frame

The main elements in the Cinderella stories around the world are _____,
_____, _____, and _____.

All of the Cinderella stories around the world have the same characteristics;
_____, _____, _____ and _____.

Short Narrative Writing Directions

Attached you will find the beginning and part of the middle of a narrative titled “Only One Way to Win”. You will read (and reread if necessary) the story.

You will pick up writing where the story left off. You will write the rest of the middle and the end of the story.

Your story **MUST** include **DIALOGUE**, even if the main character talks to herself until she meets the other character in the story.

The **THEME** of the story is **THINK WIN-WIN**. Your story **MUST** focus on the characters **WORKING TOGETHER** to solve their problem.

The **LENGTH** of **YOUR** writing should be at least **FOUR PARAGRAPHS**. It **MAY BE LONGER**, but should not be pages and pages. **FIGURE ONE TO TWO PAGES**.

READ THE STORY FIRST!

THEN, RETURN HERE FOR SOME IDEAS TO CONSIDER TO HELP YOU WRITE. YOU DO NOT HAVE TO USE THESE IDEAS, BUT THEY ARE THERE TO HELP YOU.

IDEAS:

Jayna will have to make a fairly difficult trek (journey) to reach the Gruug ship. What might she encounter on the way? What might be lurking under the sand?

Once she gets to the Gruug ship, how will the Gruug treat her at first? How will Jayna treat the Gruug? They need each other, but how will they build trust? How will Jayna communicate with the Gruug that they have to work together if they hope to survive and leave the desert planet? Does she have some kind of translator device to help her talk to the Gruug?

Remember: they will need to take the Gruug’s one working engine back to Jayna’s ship. How will they transport something that heavy? This is a desert world, and there isn’t much around. Perhaps something on the Gruug ship?

What might Jayna and the Gruug encounter on their way back to Jayna’s ship that they might have to problem solve together? What problems/attacks/situations might they have to face together to help them build trust with one another?

YOU DO NOT HAVE TO RETYPE THE STORY YOU SEE BELOW! WHEN YOU ARE READY TO WRITE, OPEN A GOOGLE DOC, AND SIMPLY PICK UP WHERE THIS STORY LEAVES OFF.

Only One Way to Win

Jayna fought desperately at the controls of her WC-1 Starfighter to keep the small, one-person starfighter ship from plummeting to the distant planet below her. Looking over her left shoulder, she could see the World Conquerer One's left engine sputter and spark, letting her know the hits she had taken from the Gruug enemy fighter that was still on her tail had been serious.

"That's not good," she muttered under her breath. She had broken away from the main fight, now many miles away, when an enemy Gruug fighter had damaged her ship in combat, the same fighter that now tailed her, looking to finish her off. She pursed her lips in frustration. They were too far away for any of her fellow human ships to notice that she was in trouble. And the Gruugs were not exactly known for their mercy. Jayna was trapped, and she knew it. Sensors and alarms blared, letting her know that the enemy fighter was locking its weapons on her again as she struggled to keep the WC-1 from spiraling downward. The alarm was now shrieking in her ears, and she knew her time was nearly up. She squeezed her eyes tight, anticipating the end. Then she remembered what her friend Carter at the Space Flight Academy back on earth had taught her. His voice took over in her mind.

"When a Gruug enemy pilot is following too closely because it thinks it has an easy target, it will slow down a bit too much trying to line you up for the perfect shot. That's your chance," Carter had said. "Hit the brake on the engines, pull up on the stick, and flip up and over your opponent. Doing a complete loop, you'll be perfectly behind your very surprised enemy," Carter had laughed.

The sirens in her WC-1 shrieked at the maximum, and Jayna's eyes flew open. Her hand stabbed at the brake control, and she pulled back on the stick.

She almost vomited as her ship flipped up and behind the Gruug enemy. And just like that, she was behind the Gruug ship.

“How do you like that, lizard face,” she snarled, and pulled the trigger on the WC-1’s laser cannons. It wasn’t a perfect shot. At the last second, her ship’s left engine finally went out, throwing her shot off. But it was good enough. The Gruug’s right engine took a direct hit, and exploded. The ship was crippled, and began hurtling toward the planet below.

But Jayna’s victory was short-lived. The World Conquerer One’s engines finally failed, and her ship followed the Gruug ship, plummeting to the planet below. As her ship screamed through the planet’s atmosphere, she blacked out.

Darkness. Nothing. As she came to, she felt like she had wasps nesting in her mouth. Dry. Brittle. Thirst! So thirsty! The ship’s sensors, somehow still functioning, registered that the planet outside had a breathable atmosphere. That was a small miracle, she thought, as she unbuckled herself from the cockpit seat and climbed out of the WC-1 fighter.

“Uh oh,” she mumbled, staring out across the barren sands. There was nothing but sand for as far as the eye could see. Desert. No trees, no green, no water. Nothing but sand.

“This is not good,” she sighed heavily. She quickly checked the small water reserve she had in her suit. “One hundred percent,” she said, and quickly calculated that her water reserve would last her three days.

“The human body can last three days without water,” she said to herself. “So, I’ve got a total of maybe six days, at the most, before I’m dead. Great.” The ship still had some power, so she set the scanners to look for water. There was none. None, on this entire planet. Her ship was not going to fly again. That

left engine was gone. She was going to live out her last six days on this planet. And then that would be it.

“Wait a minute,” Jayna muttered aloud. “The rest of this ship is still in good shape. It’s just the engine. The Gruug ship still has one good engine left! I saw it when the its ship went down! If I can somehow convince....” her voice trailed off.

“No, I’m not working with a GRUUG! I’m not working with a walking lizard!” she snapped aloud to herself.

Then a little voice in the back of her mind spoke up. “Then you’ll die, here, alone, from thirst,” the voice in her mind whispered.

“Then I’ll just TAKE the Gruug’s engine!” she snarled back.

And the little voice inside her head answered back. “You need the Gruug. You will never be able to understand the alien engineering. You will have to work together. It won’t know your ship either so it can’t simply take the one good engine you’ve got. You’ve no choice. Work together, or you lose your lives.”

“That,” Jayna said to the voice in her head, “will not be easy. We’ve been at war with Gruug’s for a decade. Ten years is a lot of hate.” But the voice in her head was long gone. It had said what it had to say.

Jayna sighed. She walked back to the WC-1. It did have two seats.

“One for me, one for...the lizard,” she sighed. “I’m going to have to be very convincing. And hope it doesn’t try to destroy me first.” She activated the ship’s sensors. It located the crashed Gruug ship, several miles away. She had quite a journey and task ahead of her.

“Better get going,” Jayna mumbled. “Clock is ticking.”

Scoring – see the Rubric below

Dialogue indented/punctuated	1	2	3	4
Plot (problem)	1	2	3	4
Characters richly described	1	2	3	4
Setting richly described	1	2	3	4
Showing not “telling”	1	2	3	4
Sentence Structure/Caps/Spelling	1	2	3	4
Eliminating Run-ons	1	2	3	4
Clear Beg/Middle/End	1	2	3	4

ESL at Home 3-5 Weeks 1-2

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose any TV show or movie. Write the title, characters, setting, beginning, middle, and end.</p>	<p>Use things you can find in your house to invent something new. Illustrate and label it. Write about how you would use this invention to solve a problem.</p>	<p>Write a letter to your teacher about what you did today. Use words like first, next, then, last, and finally.</p>	<p>Find something in your house that starts with every letter of the alphabet. Example: A: airplane toy B: bread</p>	<p>Choose something in your house to use as a measuring tool, like a water bottle or a spoon. Measure 10 things with that tool and make a list. Example: My bed is 12 water bottles long.</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Find 30 objects in your home. Sort them into lists. Example: things that are red, things that are plastic, things that are magnetic.</p>	<p>Roll up three pieces of paper to make tubes. Stand them up. See how many things you can stack on top of the tubes. Make a list of all the things you were able to stack.</p>	<p>Create a scavenger hunt for your family. Hide things around your house, then write clues to help them search.</p>	<p>Write acrostic poems to describe each member of your family (even your pets!) Example: M - magical A - ambitious X - eXcellent</p>	<p>Think of two characters from two different books or shows. Write a story about what might happen if they met each other.</p>

ESL en Casa 3-5 Semanas 1-2

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

Lunes	Martes	Miercoles	Jueves	Viernes
<p>Escoge un programa de television y crear una lista de titulo, personajes, lugar, comienzo, medio y fin.</p>	<p>Usar cosas que puedas encontrar en tu casa para inventar algo nuevo. Dibujalo y etiquetalo. Escribe como este invento va hacer de ayuda.</p>	<p>Escribir una carta a tu maestro de como estuvo tu dia. Usar palabras como: primero, siguiente, despues , ultimo y finalmente.</p>	<p>Encontrar cosas en casa que empiecen con las letras del abecedario Ejemplo: A: anillo B: basura</p>	<p>Escoge algo en tu casa para usar de herramienta para medir, como una botella de agua o una cucharra. Medir 10 cosas con tu herramiento y hacer una lista. Ejemplo: Mi cama mide 12 botellas de agua de largo.</p>
Lunes	Martes	Miercoles	Jueves	Viernes
<p>Encontrar 30 cosas en tu casa. Acomodarlos por listas. Ejemplo: cosas que son rojas, cosas que son de plastico, cosas que tienen iman.</p>	<p>Enrollar 3 pedazos de papel para hacer tubos. Paralas y mira cuantas cosas puedes poner encima. Hacer una lista de todo lo que pusiste encima.</p>	<p>Crear una busqueda de tesoros para tu familia. Esconde cosas alrededor de tu casa y escribe pistas para que los demas los encuentren.</p>	<p>Escribe poemas acrostico de toda tu familia diciendo cosas buenas (hasta de tus mascotas)! Ejemplo: M - magico A - asombroso X - eXcelente</p>	<p>Piensa en dos diferentes personajes de distintos libros o peliculas. Escribe una historia de como pudieran llegar a conocerse.</p>

5th Grade Homework - Trimester 1

Trimester 1, Week 8

Name: _____ #: _____

Monday: Addition and Subtraction to the Millions

Find the sum or difference. Show your work on separate paper.

1.
$$\begin{array}{r} 418,851 \\ + 5,304,136 \\ \hline \end{array}$$

2.
$$\begin{array}{r} 8,225,763 \\ - 3,106,208 \\ \hline \end{array}$$

3. $7,204,443 - 2,643,891 =$

4. $1,635,964 - 1,210,743 =$

5. Heather's flower shop sold 687,431 flowers in 2013. In 2014, it sold 2,050,993. How many flowers did they sell altogether?

Tuesday: Equivalent Fractions

Write a fraction equivalent to the given one.

1. $\frac{1}{5} = \frac{\quad}{15}$

2. $\frac{3}{4} = \frac{\quad}{12}$

3. $\frac{2}{3} = \frac{\quad}{15}$

4. $\frac{5}{8} = \frac{\quad}{16}$

5. $\frac{3}{5} = \frac{\quad}{15}$

Wednesday: Two-Digit Multiplication

Find the product. Show your work on separate paper.

1.
$$\begin{array}{r} 82 \\ \times 30 \\ \hline \end{array}$$

2.
$$\begin{array}{r} 53 \\ \times 13 \\ \hline \end{array}$$

3.
$$\begin{array}{r} 49 \\ \times 11 \\ \hline \end{array}$$

4.
$$\begin{array}{r} 22 \\ \times 22 \\ \hline \end{array}$$

5. A box of chocolates has 30 chocolates. I have 19 boxes. How many chocolates do I have in all?

Thursday: Single Digit Division

Find each quotient.

1. $88 \div 8 =$

2. $45 \div 9 =$

3. $21 \div 7 =$

4. $65 \div 5 =$

5. 224 will be packed in bags of 4 shirts each. How many bags of 4 shirts each shirts can be packed?

ROUNDING NUMBERS

LEVEL 1

Monday-Week 8

Name: _____ Date: _____

Read the directions to complete the tasks in each box.

1. Round the number to the underlined place value.

15. 963 type _____



2. Round the number to the tenths place.

1,325.72 type _____



3. Use the number line to help you round 1.32 to the nearest whole number.



type _____

4. Use the number line to help you round 0.86 to the nearest tenths place.



type _____

ROUNDING DECIMALS

LEVEL 2

Name: _____ Date: **Tuesday -Week 8**
Read the directions to complete the tasks in each box.

1. Round 3.43 to the nearest whole number. Then write to explain or create a model to prove your answer.

type

2. Explain how 6.78 and 7.123 can both be rounded to 7.

type

3. Write to explain how 2,453.96 can be rounded to 2,454 and 2,450.

type

4. Use the number line to show 15.86 rounded to the tens place.



type

MULTIPLYING WHOLE NUMBERS

LEVEL 1

Wed. - Week 8

Name: _____ Date: _____

Read the directions to complete the tasks in each box.

1. Solve.

$$\begin{array}{r} 3,645 \\ \times 24 \\ \hline 1 \# 5 \# 0 \\ + \# 2 9 \# 0 \\ \hline \# \# \# \# \# \end{array}$$

2.

$$\begin{array}{r} 8,896 \\ \times 512 \\ \hline \# \# \# \# \# \\ \# \# \# \# \# \\ + \# \# \# \# \# \# \# \\ \hline \# \# \# \# \# \# \# \end{array}$$

3. Jackson's mom has 24 photo albums with family pictures in them. Each album contains approximately 367 pictures. How many pictures are in all the albums?

There are pictures in all the albums.

4. Jacob's father makes \$36 an hour as an electrician. How much money will he make after working 2,734 hours?

He will make \$ after working 2,734 hours.

MULTIPLYING WHOLE NUMBERS

LEVEL 2

Name: _____ Date: ~~Thursday-Week 8~~

Read the directions to complete the tasks in each box.

1. Solve. $9,645 \times 89 =$

type

2. Solve. $2,582 \times 703 =$

type

3. Jeffery works 45 hours the first and second week of September and 36 hours the third week. If he makes \$18 an hour, how much did he make after the three weeks of working?

type

4. A machine can bottle 765 bottles an hour. How many bottles will be bottled after the machine operates for 3,145 hours?

type



TABATA



1. PUSH-UPS



10 SEC REST

20 SEC MOVE

2. SKIER JUMPS



10 SEC REST

20 SEC MOVE

3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE

4. BURPEES



10 SEC REST

20 SEC MOVE

5. SQUATS



10 SEC REST

20 SEC MOVE

6. JOG IN PLACE



10 SEC REST

20 SEC MOVE

6

HIGH INTENSITY INTERVAL TRAINING

beginner circuit

WORKOUT

by DAREBEE

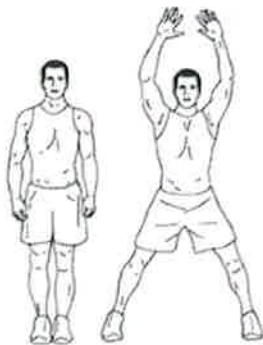
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



12 jumping jacks



6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations

100%

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec shoulder taps



20sec high knees



20sec shoulder taps



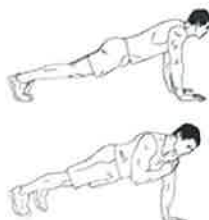
20sec plank hold



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec high knees

Week 8

Social Emotional / Leader in Me

Habit focus: Put first things first

Having a planner helps you know your schedule for the week and allows you to plan ahead. Use this weekly planner and type in your assignments for the week!

	ELA	Writing	ELD	Math	SEL/LIM	PE
Monday 5/11						
Tuesday 5/12						
Wed. 5/13						
Thursday 5/14						
Friday 5/15						



Assignments for Week 8:

- Monday (Be Proactive) - Complete your planner on slide 1
 - Tuesday (Think win-win) - Abundance Mentality
 - Wednesday (Think win-win) - Solve Problems
 - Thursday (Think win-win) - Courage and Consideration
 - Friday (Sharpen the Saw) - Sharpen the Body
-

HABIT 4

THINK
WIN-WIN

Abundance Mentality



HABIT 4: THINK WIN-WIN is a way of thinking. People who want everyone to win think abundantly.

Read each sentence and drag the circle over which number best represents the way you think.

1 = NEVER 2 = SOMETIMES 3 = USUALLY 4 = ALWAYS

- | | |
|-------------------------------|--|
| <input type="radio"/> 1 2 3 4 | 1. I am happy when good things happen to others. |
| <input type="radio"/> 1 2 3 4 | 2. I am able to share success. |
| <input type="radio"/> 1 2 3 4 | 3. I have a strong sense of self-worth. |
| <input type="radio"/> 1 2 3 4 | 4. I treat everyone with respect. |
| <input type="radio"/> 1 2 3 4 | 5. I am willing to accept new people. |
| <input type="radio"/> 1 2 3 4 | 6. I listen to others' ideas. |
| <input type="radio"/> 1 2 3 4 | 7. I want everyone to be successful. |
| <input type="radio"/> 1 2 3 4 | 8. I enjoy recognizing others' contributions. |



THINKING ABUNDANTLY TAKES PRACTICE,
SO HERE IS YOUR CHANCE...

One of the people in your group doesn't have confidence speaking in front of an audience. The group decides she can do the short introduction.

How is this an example of thinking abundantly?



Type here



Your friend won an award. You help her celebrate.

How is this an example of thinking abundantly?

Type here

You want to watch a movie but your friend wants to play ball. You decide to play ball for one hour and then watch a movie.

How is this an example of thinking abundantly?

Type here



HABIT 4

THINK
WIN-WIN

Solve Problems

HABIT 4: THINK WIN- WIN is an attitude toward life. When conflict arises, leaders use win-win thinking to reach solutions.

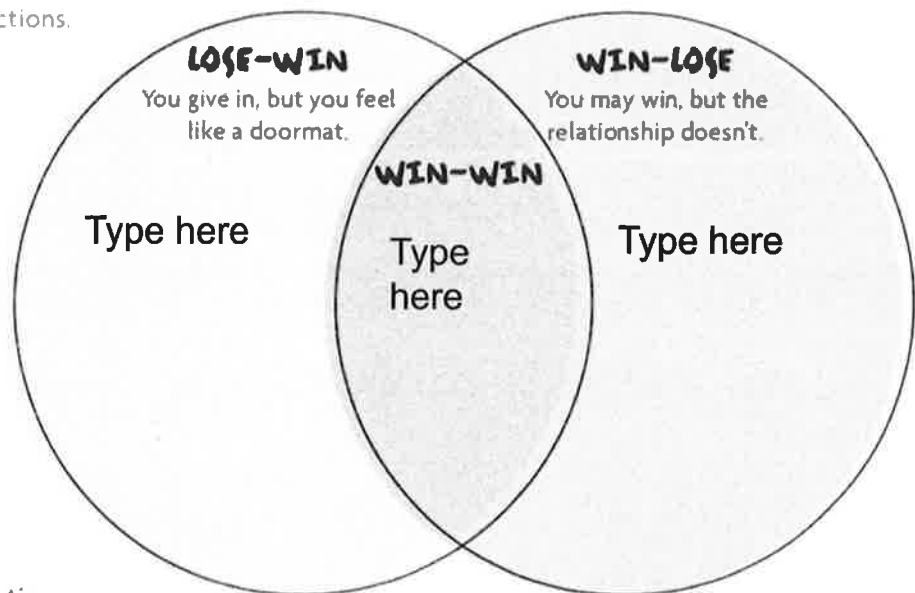
Thinking win-win takes courage and consideration. You need courage to stand up for your beliefs. At the same time, you need to be considerate of others' beliefs.

THINK ABOUT THIS...

You are outside at break time. You and a friend are playing with a ball. A couple of students from another class are trying to take the ball.

Read the possible reactions.

1. After shouting, you ignore them and continue to play.
2. You decide the game might be more fun with more people, so you invite them to play.
3. You give them the ball even though you really want to keep playing.



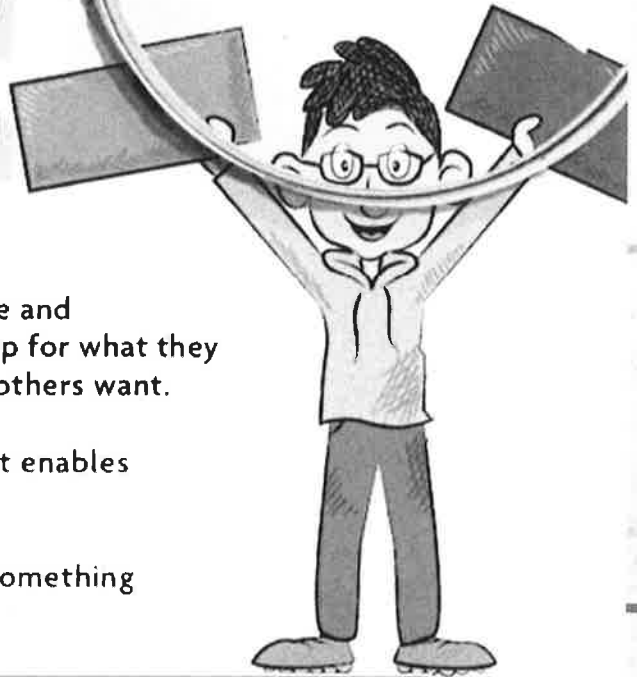
Write the **win-win solution** in the overlapping section of the Venn Diagram.

Write the **lose-win** and the **win-lose** solutions in the appropriate sections.

HABIT 4

Think Win-Win

Courage and Consideration



Leaders who Think Win-Win balance courage and consideration. They have courage to stand up for what they want, yet they have consideration for what others want.

Courage: the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc.

Consideration: a desire to avoid doing something that will make others sad, upset, angry, etc.

COURAGE	Win-Lose	Win-Win or No Deal
	Lose-Lose	Lose-Win
	CONSIDERATION	

Antonyms are opposites. What are some **antonyms** for "courage"?

Type here

Type here

Type here

Type here

What are some **antonyms** for "consideration"?

Type here

Type here

Type here

HABIT 7

SHARPEN THE SAW

Sharpen the Body



An important part of HABIT 7: SHARPEN THE SAW is keeping your body "sharp." A healthy body needs sleep, exercise, and nutrition.

Your body will serve you well if you take care of it.

Create a way to take care of your body for each of the letters in your name.

YOUR TURN...

EXAMPLE: JANE

JUMP



AVOCADOS

NAP

EIGHT HOURS OF SLEEP

Type here