

Extra Kindergarten Resources can be found at: bit.ly/KFUESDresources



Kinder FUESD Study Plan: Week 8 May 11-15

Monday/ lunes	Tuesday/ martes	Wednesday/ miércoles	Thursday/ jueves	Friday/viernes
<p>ELA Read 15 minutes independently Complete today's reading log. 1 Lexia Lesson Practice letter names orally Do the Monday reading sheet. Read " Pick It".</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Do the Monday Opposites activity. <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Monday Homework Monday Math Sheets <hr/> <p>PE</p> <ul style="list-style-type: none"> Choose from PE Set 1-3. <hr/> <p>Well-being</p> <ul style="list-style-type: none"> Habit #2 Begin with the end in mind. Make a plan for your week. You can find more ideas for well-being at bit.ly/FUESDwellbeing 	<p>ELA Read 15 minutes independently Complete today's reading log. 1 Lexia Lesson Practice sight word flashcards Do the Tuesday reading sheet. Read "Pick It". Writing: What would you grow in a garden?</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Do the Tuesday Opposites activity. <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Tuesday Homework Tuesday Math Sheets <hr/> <p>PE</p> <ul style="list-style-type: none"> Choose from PE Set 1-3. <hr/> <p>Well-being</p> <ul style="list-style-type: none"> Practice a calming strategy from the hand-out. 	<p>ELA Read 15 minutes independently Complete today's reading log. 1 Lexia Lesson Practice letter sounds Do the Wednesday reading sheet. Play <i>Where Are You?</i></p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Do the Wednesday Opposites activity. <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Wednesday Homework Wednesday Math Sheets <hr/> <p>PE</p> <ul style="list-style-type: none"> Choose from PE Set 1-3. <hr/> <p>Well-being</p> <ul style="list-style-type: none"> Habit #4: Think Win-Win Help your family by tidying up your home. 	<p>ELA Read 15 minutes independently Complete today's reading log. 1 Lexia Lesson Practice writing CVC words: can, tip, red, pop, sun Do the Thursday reading sheet. Read "I Like This Flower".</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Do the Thursday Opposites activity. <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Thursday Homework Thursday Math Sheets <hr/> <p>PE</p> <ul style="list-style-type: none"> Choose from PE Set 1-3. <hr/> <p>Well-being</p> <ul style="list-style-type: none"> Work on "Ways to calm my worry." 	<p>ELA Read 15 minutes independently 1 Lexia Lesson Complete today's reading log. Do the Friday reading sheet. Read "I Like This Flower". Writing: What would you like to take a picture of?</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Do the Friday Opposites activity. <hr/> <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Lesson Friday Math Sheets Practice counting to 100 orally <hr/> <p>PE</p> <ul style="list-style-type: none"> Choose from PE Set 1-3. <hr/> <p>Leader in Me</p> <ul style="list-style-type: none"> Think about the Leader in Me, Habit #7: Sharpen the Saw. Do something relaxing and fun!

Plan de Estudio de Kindergarten de FUESD : Octava Semana - 11 al 15 de Mayo en Español


Lunes	Martes	Miércoles	Jueves	Viernes
<p>Lengua/Literatura Lee 15 minutos independientemente Completa el registro de lectura de hoy. Haz 1 lección de Lexia Practica los nombres de las letras oralmente Haz la hoja de lectura del lunes. Lee "Pick It".</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Haz la actividad de lunes <i>Opposite Activity</i>. <hr/> <p>Matemática</p> <ul style="list-style-type: none"> Una lección de Dreambox o ST Tarea del lunes Hojas de trabajo de matemática del lunes <hr/> <p>Educación Física</p> <ul style="list-style-type: none"> Escoge de la serie 1- 3 de educación física. <hr/> <p>Bienestar Actividad de palabras positivas. Puedes encontrar más ideas de bienestar en bit.ly/FUESDwellbeing</p>	<p>Lengua/Literatura Lee 15 minutos independientemente Completa el registro de lectura de hoy. Haz 1 lección de Lexia Práctica las tarjetas mnemotécnicas con las palabras reconocidas a primera vista Haz la hoja de lectura del martes. Lee "Pick It". <i>Escritura:</i> ¿Qué cultivarlas en un jardín?</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Haz la actividad de martes <i>Opposite Activity</i>. <hr/> <p>Matemática</p> <ul style="list-style-type: none"> Una lección de Dreambox o ST Tarea del martes Hojas de trabajo de matemática del martes <hr/> <p>Educación Física</p> <ul style="list-style-type: none"> Escoge de la serie 1- 3 de educación física. <hr/> <p>Bienestar</p> <ul style="list-style-type: none"> Pratique una estrategia calmante del folleto. 	<p>Lengua/Literatura Lee 15 minutos independientemente Completa el registro de lectura de hoy. Haz 1 lección de Lexia Haz la hoja de lectura del miércoles. Haz <i>Where Are You?</i></p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Haz la actividad de de miércoles <i>Opposite Activity</i>. <hr/> <p>Matemática</p> <ul style="list-style-type: none"> Una lección de Dreambox o ST Tarea del miércoles Hojas de trabajo de matemática del miércoles <hr/> <p>Educación Física</p> <ul style="list-style-type: none"> Escoge de la serie 1- 3 de educación física. <hr/> <p>Bienestar</p> <ul style="list-style-type: none"> Hábito n. ° 4: Piense en ganar-ganar Ayude a su familia a ordenar su casa. 	<p>Lengua/Literatura Lee 15 minutos independientemente Completa el registro de lectura de hoy. Haz 1 lección de Lexia Practica el escribir las palabras de consonante-vocal-consonante: <i>sad, hit, get, not, hug</i> Haz la hoja de lectura del jueves. Lee "I Like This Flower".</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Haz la actividad de jueves <i>Opposite Activity</i>. <hr/> <p>Matemática</p> <ul style="list-style-type: none"> Una lección de Dreambox o ST Tarea del jueves Hojas de trabajo de matemática del jueves <hr/> <p>Educación Física</p> <ul style="list-style-type: none"> Escoge de la serie 1- 3 de educación física. <hr/> <p>Bienestar</p> <ul style="list-style-type: none"> Trabaja en "Formas de calmar mi preocupación". 	<p>Lengua/Literatura Lee 15 minutos independientemente Haz 1 lección de Lexia Completa el registro de lectura de hoy. Haz la hoja de lectura del viernes. Lee "I Like This Flower". <i>Escritura:</i> ¿ ¿De qué te gustaría tomar una foto?</p> <hr/> <p>ELD</p> <ul style="list-style-type: none"> Haz la actividad de viernes <i>Opposite Activity</i>. <hr/> <p>Matemática</p> <ul style="list-style-type: none"> Una lección de Dreambox o ST Hojas de trabajo de viernes Practica contar hasta 100 oralmente <hr/> <p>Educación Física</p> <ul style="list-style-type: none"> Escoge de la serie 1- 3 de educación física. <hr/> <p>El Líder en Mí</p> <ul style="list-style-type: none"> Piensa en el Líder en mí, hábito # 7: Afilar la sierra ¡Haz algo relajante y divertido!

CA TREASURES Kindergarten Unit 8, Week 3

Color the pictures that begin with the sound **Kk** 

 Color the pictures that begin with the sound **Bb** 

Color the pictures that begin with the sound **Ll** 

Color the pictures that begin with the short sound **Uu** 

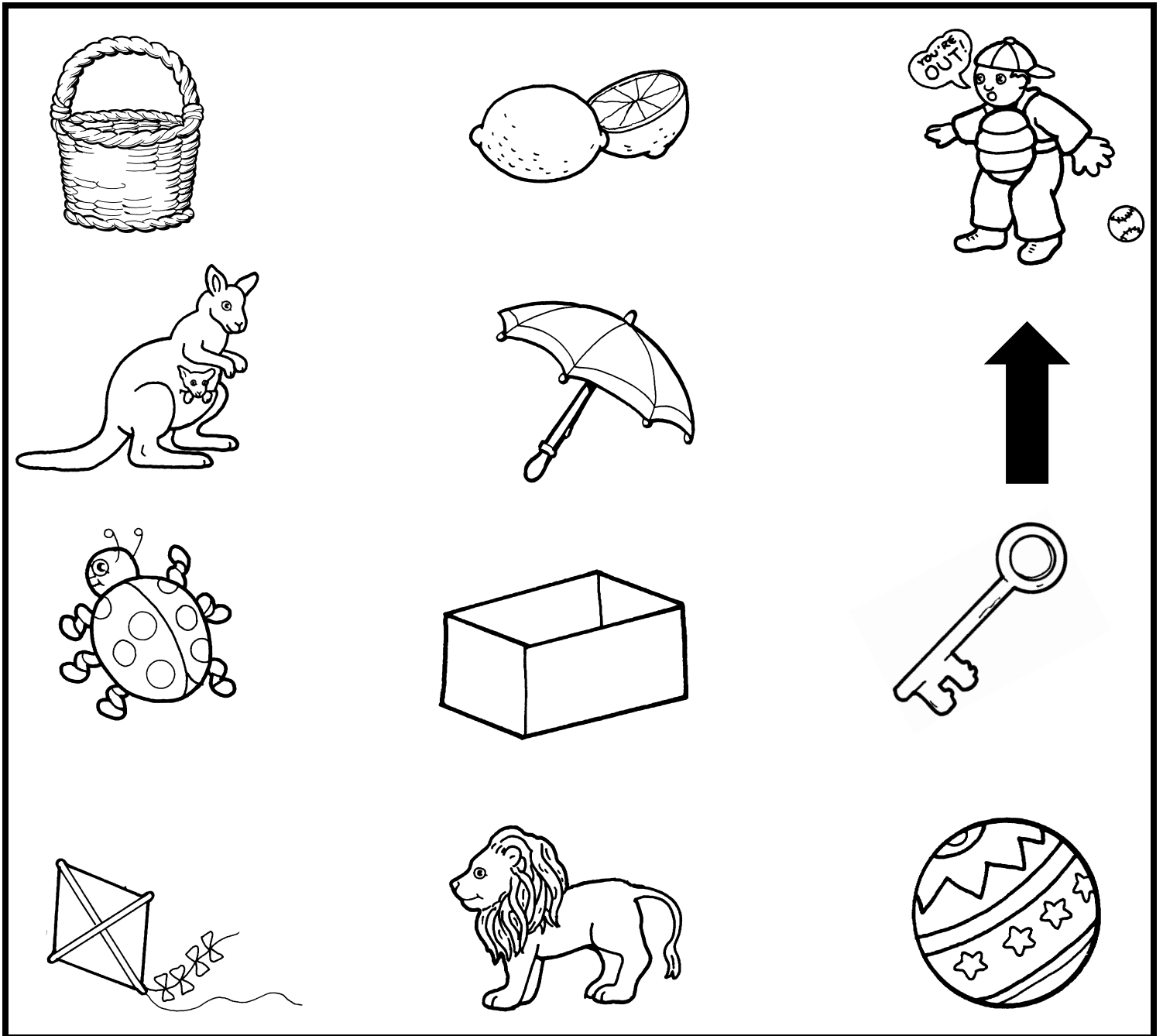
Kk

Uu



Ll

Bb



Pick It!



by Amy Helfer
illustrated by Nathan Jarvis



It is a red bud.
Do not pick it.

2



It is not red.
Can I pick it?

3



Do not pick it.
Let it sit.

4



It is a sick pod.
Can I pick it?

5



Hop to it.
Pick the sick pod.

6



Kick the rock.
I can not pick it up.

7



I can tip it up a lot.
It can pop up.

8

Opposites

Opposites Game

Sit opposite (across from) your child. Explain that you are going to say a word and that he/she will say the opposite. For example, if you say "tall" your child will say "short." Accept any reasonable answer. Continue with day/night, in/out, on/off, wet/dry. When you've played for a while, switch roles and let your child lead the game!

Draw a Picture of the Opposite.

Discuss each picture and read the word. Draw a picture of the opposite.



Open

Closed





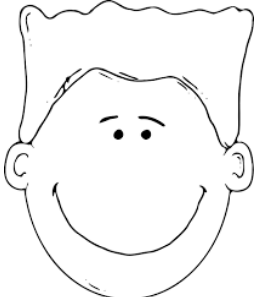
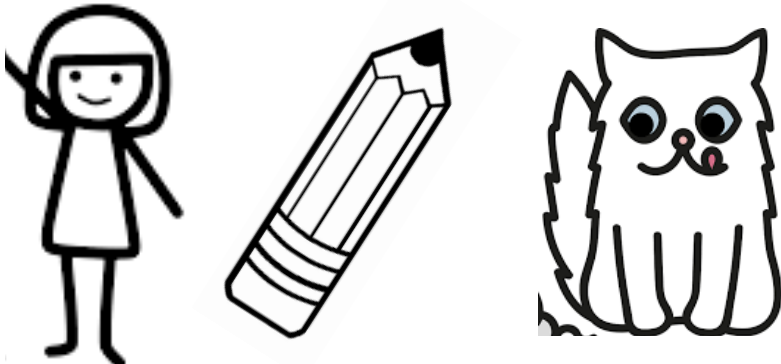
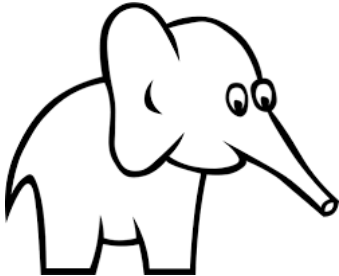
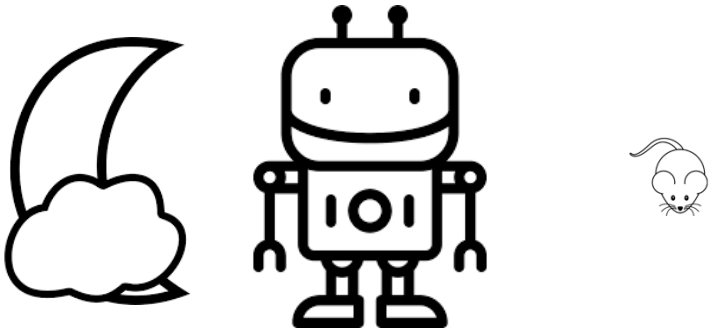
Tall

Short

OPPOSITES

Circle the Opposite.


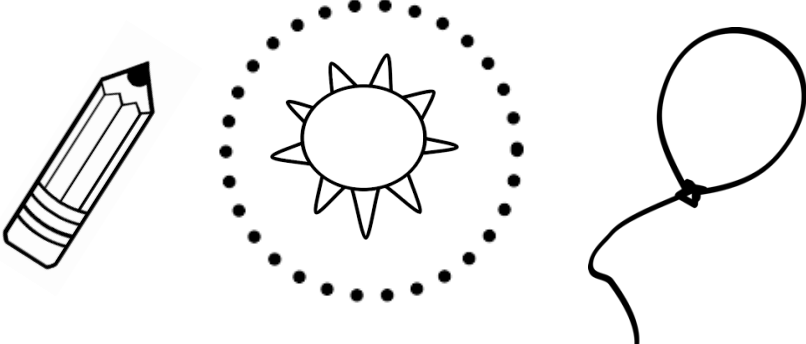


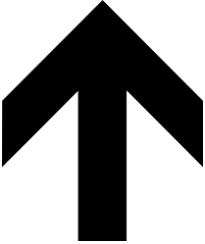
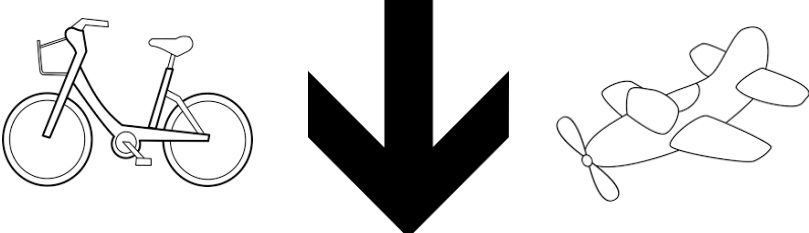
Talk about it! What are the opposites? Tell an adult.

 <p>full</p>	
 <p>boy</p>	
 <p>big</p>	

OPPOSITES

Circle the Opposite.

Talk about it! What are the opposites? Tell an adult.

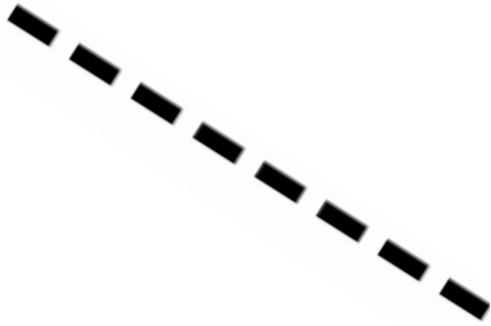
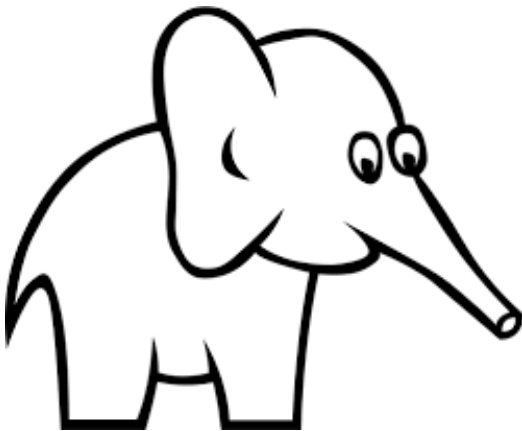
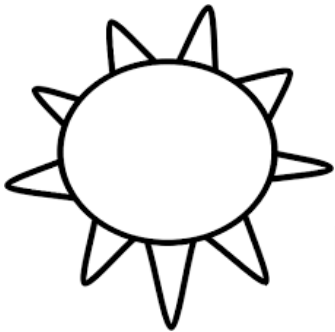
 <p>night</p>	
 <p>cat</p>	
 <p>up</p>	

Thursday/jueves

OPPOSITES

Color and draw a line matching opposites.

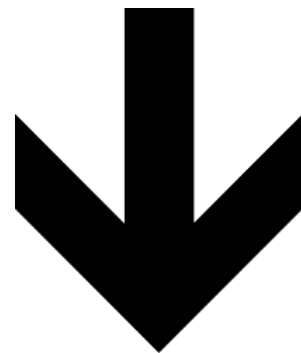
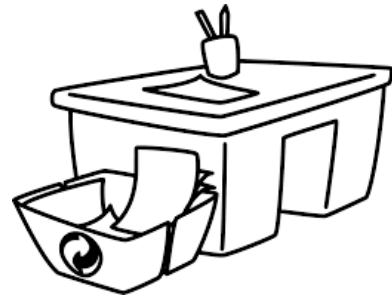
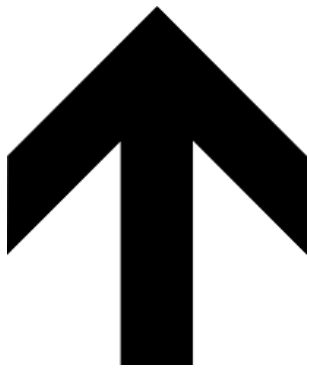
Talk about it. What are the opposites? Tell an adult.



Friday/viernes

OPPOSITES

Color and draw a line matching opposites.
Talk about it! What are the opposites? Tell an adult.



Kindergarten
Homework



Trimester 3, Week 10 : _____

Complete the following:

Monday: Complete the fact families.

4, 5, 9

$\underline{\quad} + \underline{\quad} = \underline{\quad}$
 $\underline{\quad} + \underline{\quad} = \underline{\quad}$
 $\underline{\quad} - \underline{\quad} = \underline{\quad}$
 $\underline{\quad} - \underline{\quad} = \underline{\quad}$

1, 8, 9

$\underline{\quad} + \underline{\quad} = \underline{\quad}$
 $\underline{\quad} + \underline{\quad} = \underline{\quad}$
 $\underline{\quad} - \underline{\quad} = \underline{\quad}$
 $\underline{\quad} - \underline{\quad} = \underline{\quad}$

Tuesday: Is the equation True or False?

1. $10 = 5 + 5$ T or F
2. $8 + 8 = 0$ T or F
3. $7 + 1 = 5$ T or F
4. $10 = 8 - 2$ T or F
5. $10 - 2 = 8$ T or F

Wednesday: Solve the story problems using drawings. Write an equation.

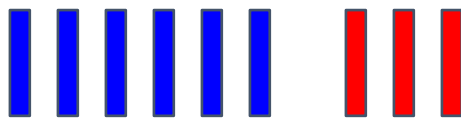
A girl had 5 pieces of gum. She gave 3 of them away to her friends. How many pieces does she have left?

$5 - 3 = \underline{\quad}$

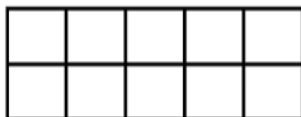


Dave had 6 blue pencils. His friend gave him 3 more. How many pencils does he have now?

$\underline{\quad} + \underline{\quad} = \underline{\quad}$



Sarah has to bring 8 cupcakes to a party. She has 6 made so far. How many more does she need?



$6 + \underline{\quad} = 8$

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

$5 \bigcirc 3$

$6 \bigcirc 4$

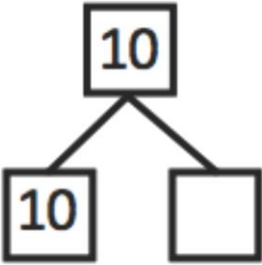
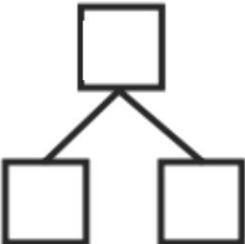
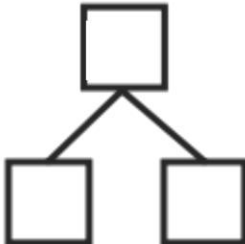

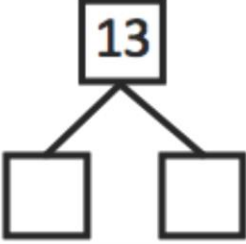

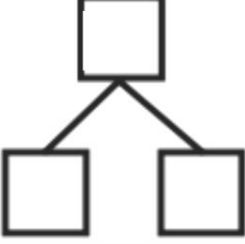

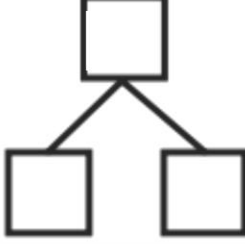
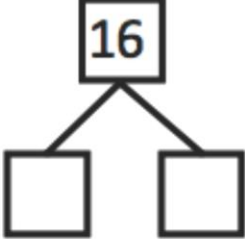

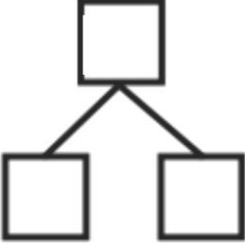
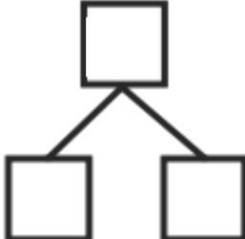
$4 \bigcirc 4$

Monday/lunes

Name _____

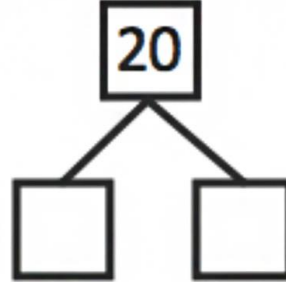
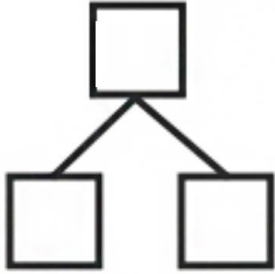
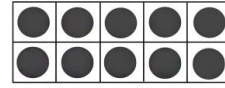
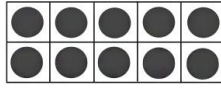
Date _____

Look at the Hide Zero cards or the 5-group cards. Use your cards to show the number. Write the number as a number bond.

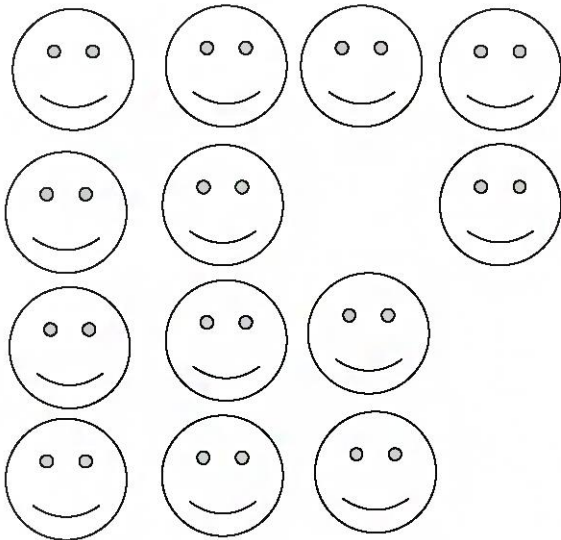
<div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-bottom: 10px;">1 0</div> 	<div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-bottom: 10px;">1 0</div> <div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-left: 40px; margin-bottom: 10px;">1</div> 	<div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-bottom: 10px;">1 0</div> <div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-left: 40px; margin-bottom: 10px;">2</div> 
<hr/>		
 	 	 
<hr/>		
<div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-bottom: 10px;">1 0</div> <div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-left: 40px; margin-bottom: 10px;">6</div> 	 	<div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-bottom: 10px;">1 0</div> <div style="background-color: #cccccc; padding: 5px; display: inline-block; margin-left: 40px; margin-bottom: 10px;">8</div> 

Monday/lunes

1 0 9



Circle 10 smiley faces. Draw a number bond to match the total number of faces.





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



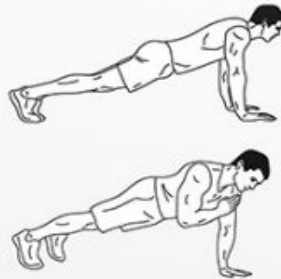
6 squats



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



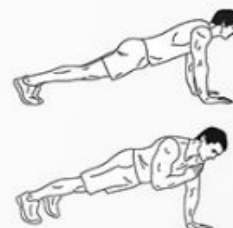
20sec high knees



20sec shoulder taps



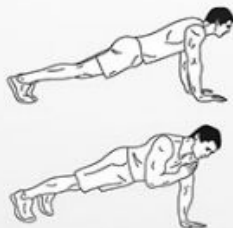
20sec plank hold



20sec shoulder taps



20sec high knees

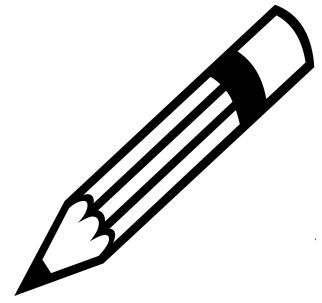


20sec shoulder taps



20sec high knees

My Plan



A large, empty rectangular area defined by a thick, dashed black border. The border consists of alternating long dashes and short dashes, creating a frame for writing. The interior of the frame is completely blank, intended for the user to write their plan.

Name: _____ Date: Tuesday/martes

CA TREASURES Kindergarten Unit 8, Week 3



 Practice writing the letter below in your very best handwriting. Say the sound as you write the letter. 

Handwriting practice for uppercase letter K. The first row shows a solid 'K' with stroke order arrows (1: vertical down, 2: diagonal down-right, 3: diagonal up-right) and a dashed 'K' for tracing. The second row is a blank line for independent practice.

Handwriting practice for lowercase letter u. The first row shows a solid 'u' with stroke order arrows (1: counter-clockwise curve, 2: vertical down) and a dashed 'u' for tracing. The second row is a blank line for independent practice.

Handwriting practice for uppercase letter l. The first row shows a solid 'l' with stroke order arrows (1: vertical down, 2: horizontal right) and a dashed 'l' for tracing. The second row is a blank line for independent practice.

Handwriting practice for lowercase letter o. The first row shows a solid 'o' with stroke order arrows (1: vertical down, 2: counter-clockwise curve) and a dashed 'o' for tracing. The second row is a blank line for independent practice.

 Write the sight words  below one letter at a time in the boxes below:

Word box for 'little': l i t t l e [] [] [] [] [] []

Word box for 'said': s a i d [] [] [] [] [] [] [] []

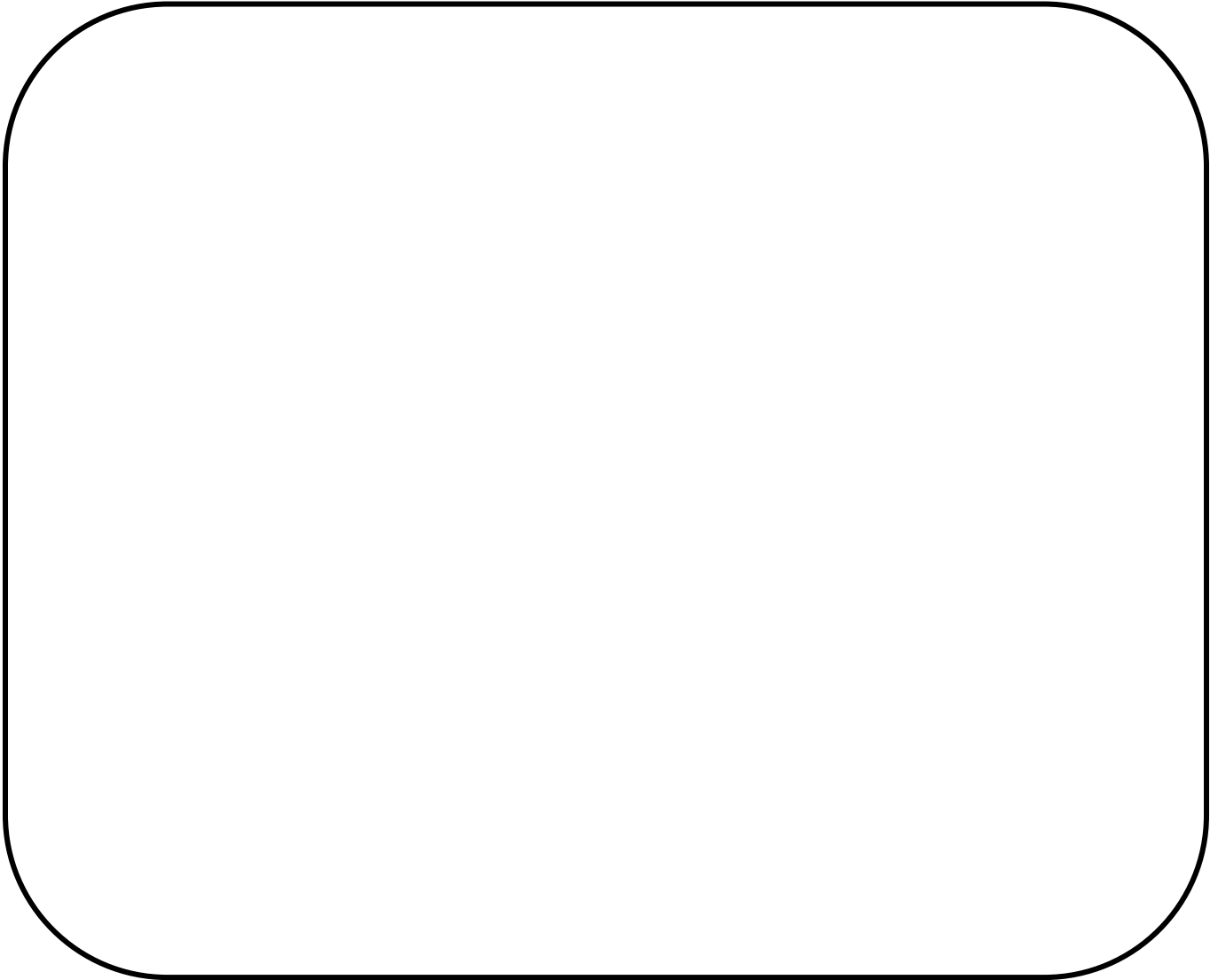
Word box for 'here': h e r e [] [] [] [] [] [] [] []

Word box for 'was': w a s [] [] [] [] [] [] [] [] []

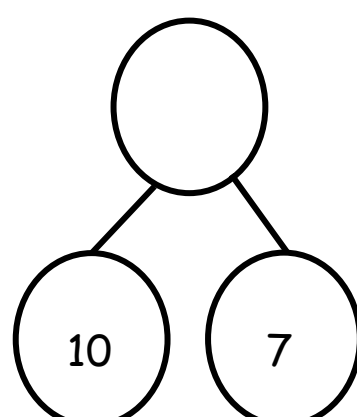
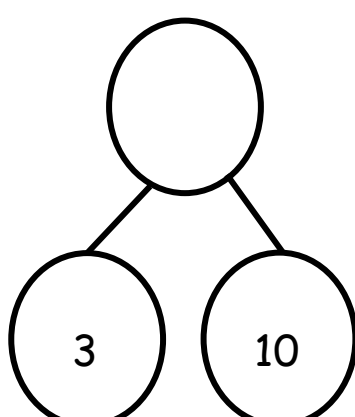
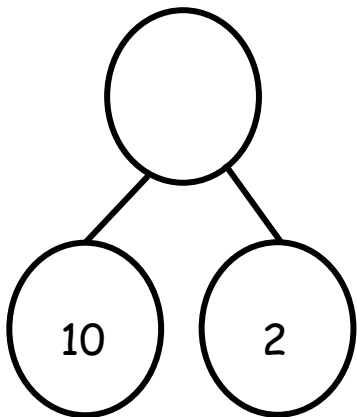
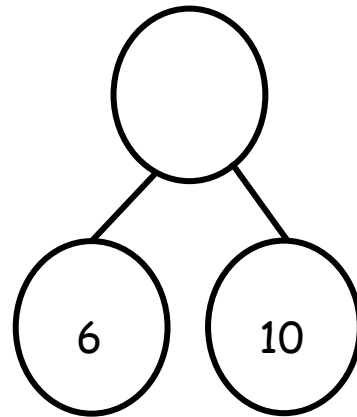
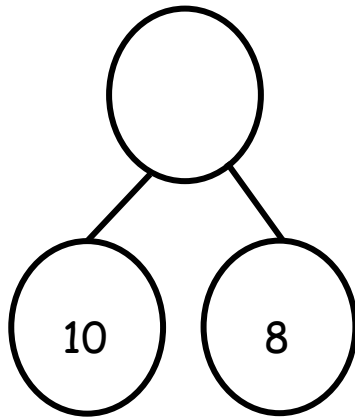
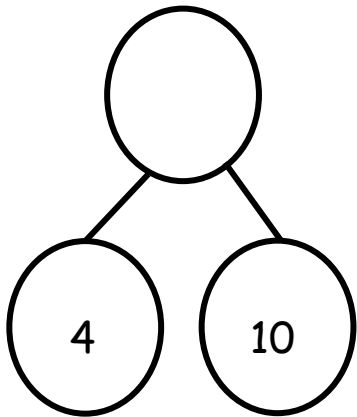
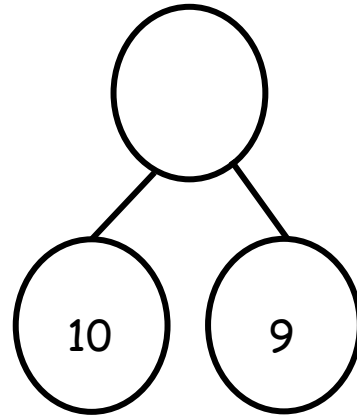
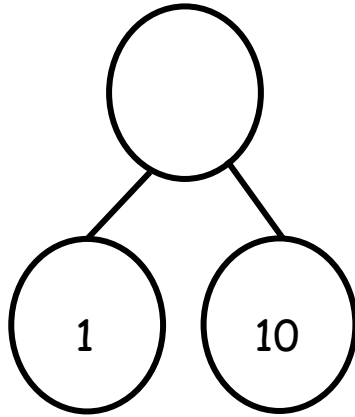
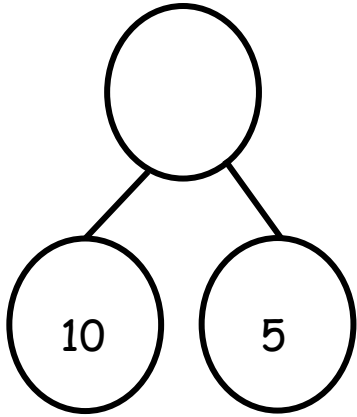
What would you grow in a garden?

In a garden, I would grow _____.

tomatoes flowers carrots lettuce roses sunflowers



Tuesday/martes



number bond cards

CA TREASURES Kindergarten Unit 8, Week 3

Draw a line from the letter on the left to a picture on the right that begins with the letter's sound.

Uu

Kk



Bb

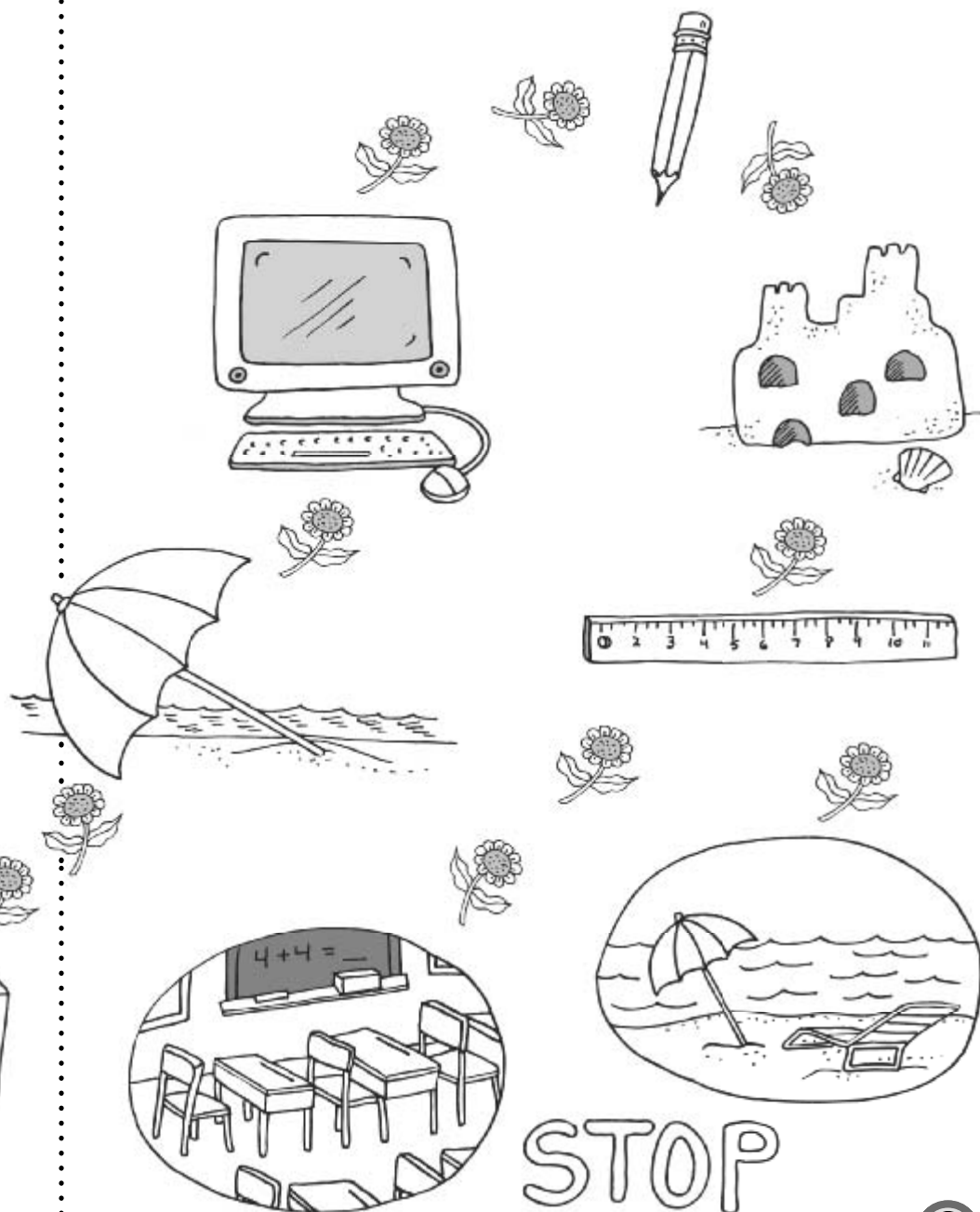
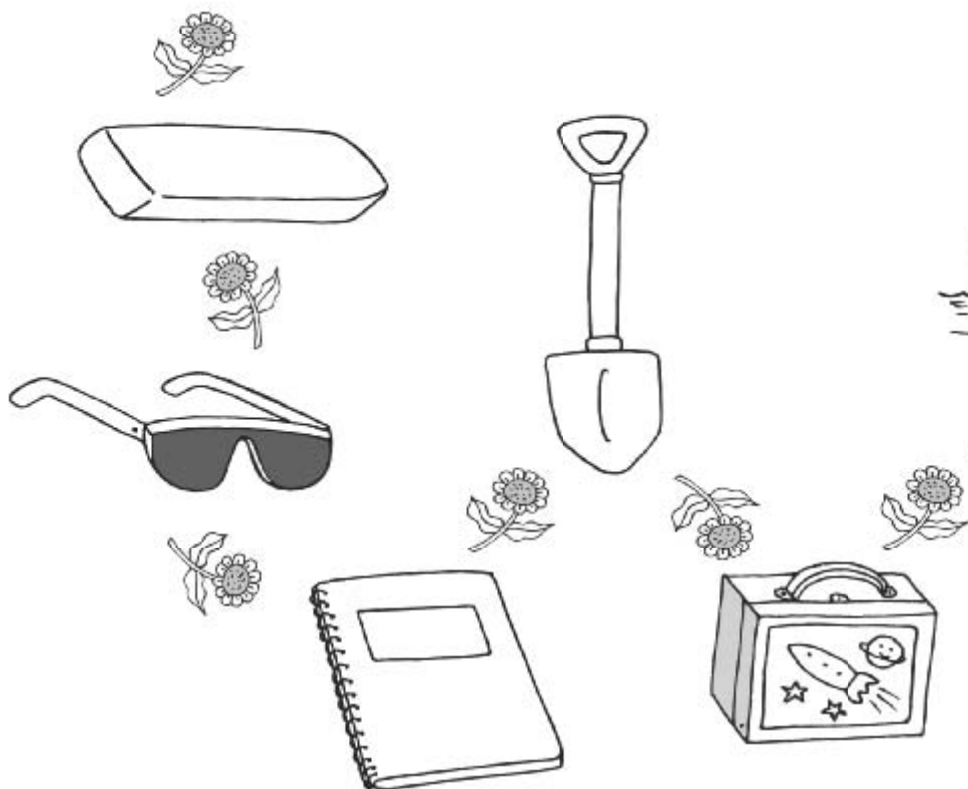
Ll

u	_____	
k	_____	
b	_____	
l	_____	
u	_____	
k	_____	
b	_____	
l	_____	

Where Are You?

Play a game with your child. Write the numbers one and two on cards, and put the cards in a bag. Use two different coins as markers. Take turns picking a number and moving that many spaces. Tell if you would use the pictured object at school or at the beach. The first one to reach "Stop" wins.

GO

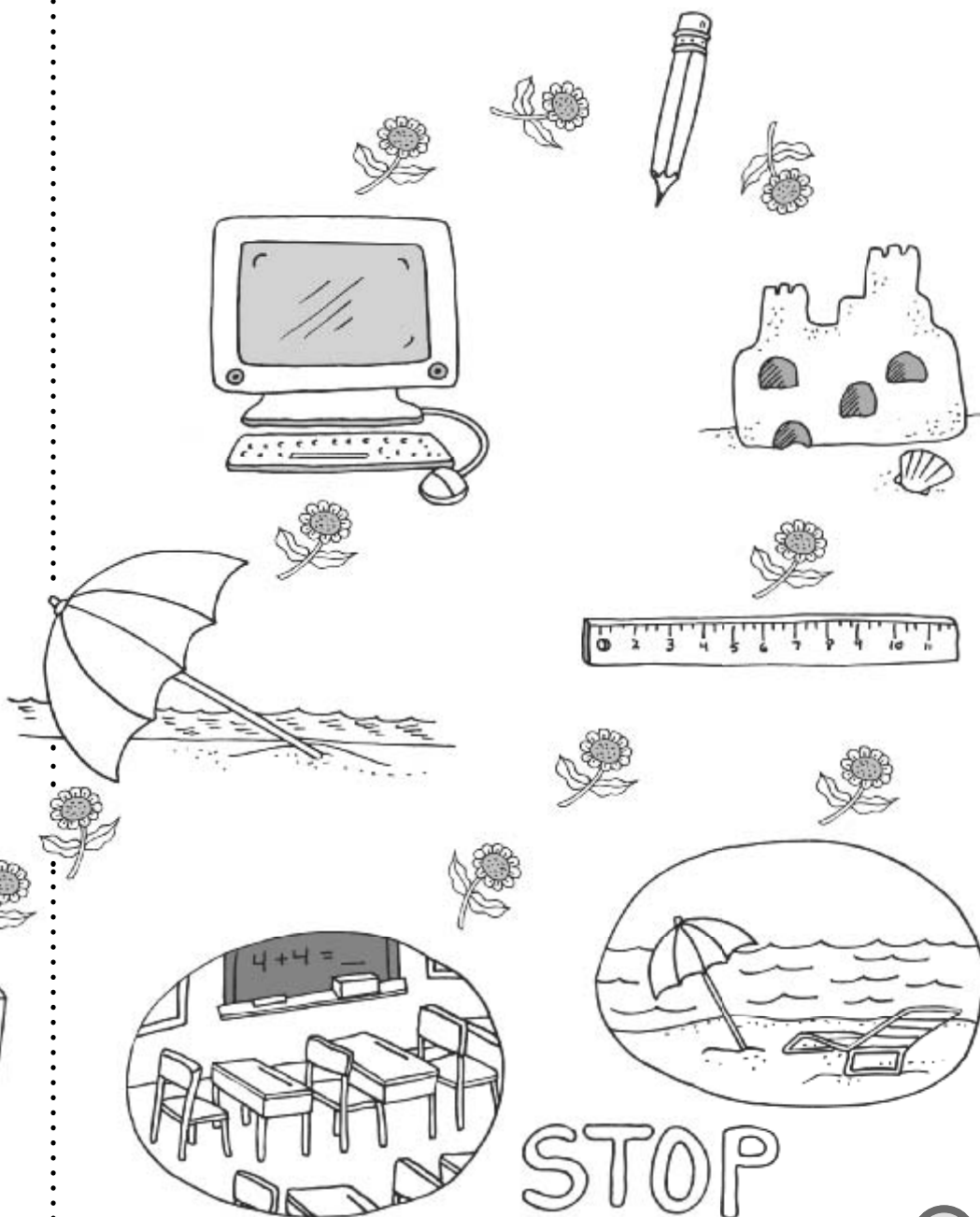
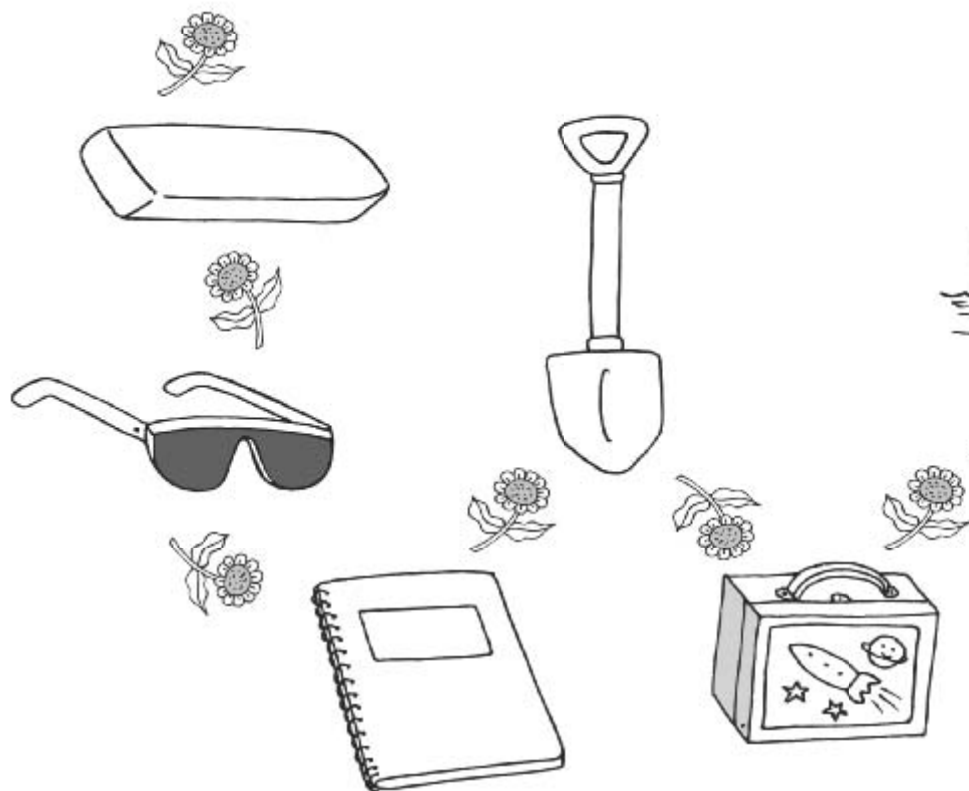


STOP

¿Dónde estás?

Juegue este juego con su niño: Escriba los números uno y dos en tarjetas y ponga las tarjetas en una bolsa. Use dos monedas distintas como marcadores. Túrnense para sacar un número y avanzar el número de espacios indicados. Diga si usaría el objeto ilustrado en el casillero de la escuela o en la playa. Gana el primero que llegue a "Stop".

GO



STOP

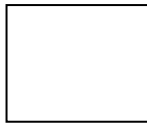
Wednesday/miércoles

Draw and circle 10 ones and some more ones to show each number.

20

11

Choose a teen number to draw. Circle 10 ones and some ones to show each number.



Wednesday/miércoles

Name _____

Date _____

Show the number by filling in the 10-frames with circles.

15

19

Draw circles to show the number. Circle 10 ones.

18

14

CA TREASURES Kindergarten Unit 8, Week 3



Write the beginning sounds of the picture using the letters below:

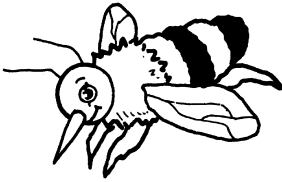
Uu

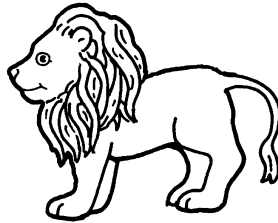
Kk

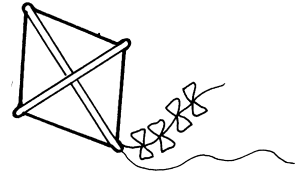


Bb

Ll

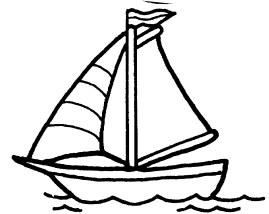






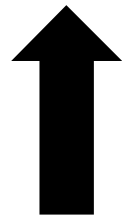




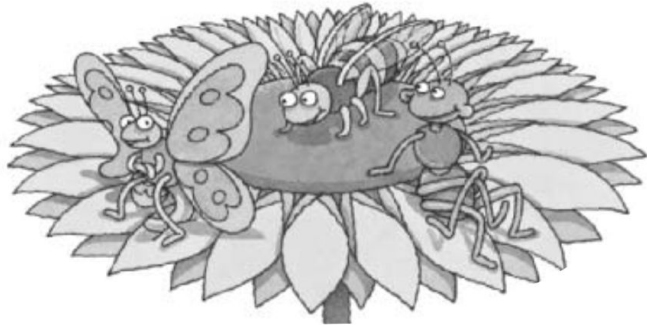








I Like This Flower



by Marie Stone illustrated by Brian Cody



"I like flowers,"
said Little Ant.
"I will sit here."



"I like flowers,"
said Butterfly.
"Little Ant and
I will sit here."



"I like flowers,"
said Honey Bee.
"Little Ant, Butterfly,
and I will sit here."



Click! Click! Click!
"What was that?"
said Little Ant.

5



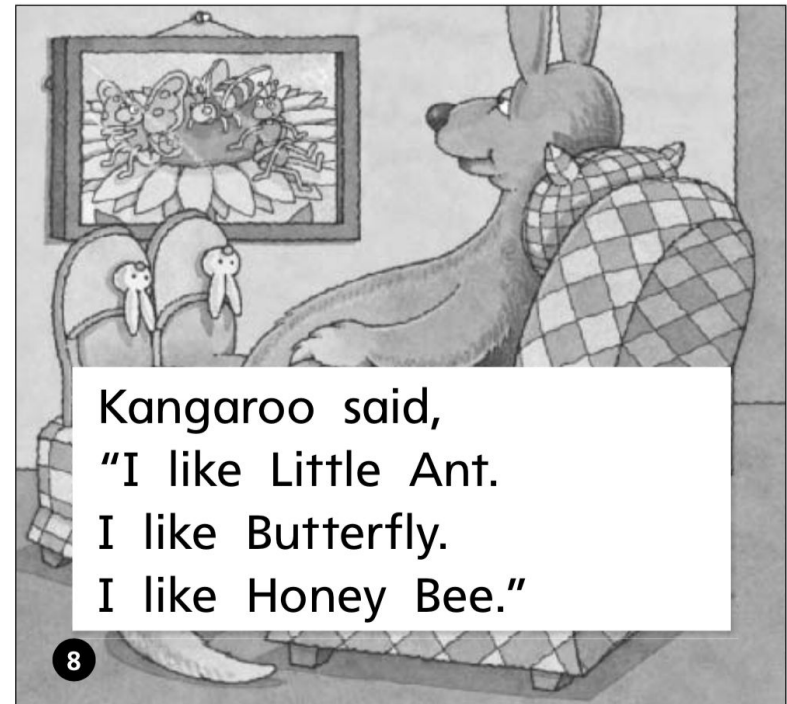
"I like flowers,"
said Kangaroo.
"But I can not sit here."

6



Kangaroo said,
"I like Little Ant.
I like Butterfly.
I like Honey Bee."

7



Kangaroo said,
"I like Little Ant.
I like Butterfly.
I like Honey Bee."

8

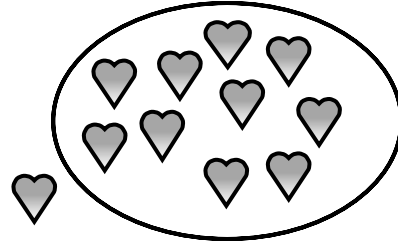
Thursday/jueves

Name _____

Date _____

For each number, make a drawing that shows that many objects.
Circle 10 ones.

11




16

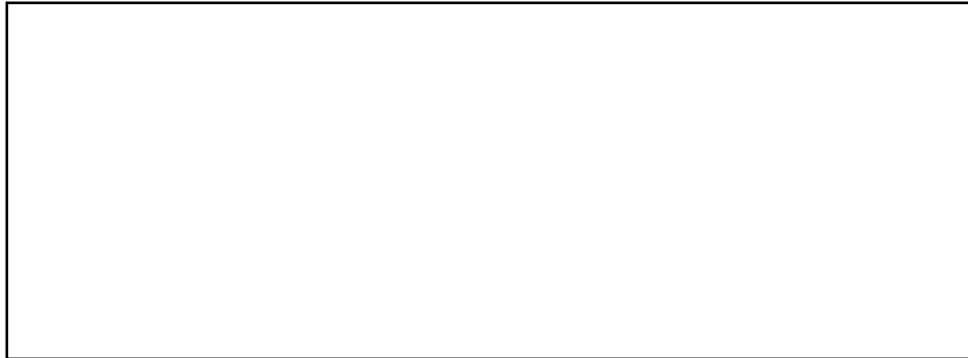
20

Thursday/jueves

19



14



12







CA TREASURES Kindergarten Unit 8, Week 3

Practice writing the letter below in your best handwriting. Say the letter sound as you write it. 

Handwriting practice lines for letters B, b, U, u, K, k, and H, h. Each letter is shown with stroke order arrows and numbers (1, 2, 3) on a set of three horizontal lines (top, middle, bottom). The letters are followed by dashed versions for tracing.

Follow the directions for the sight words on the chart below:

 Read	 Trace	 Write	 Color
little	little	_____	little
said	said	_____	said
was	was	_____	was
here	here	_____	here

What do you want to take a picture of?

I want to take a picture of _____.

my family a dog my mom my dad a cat

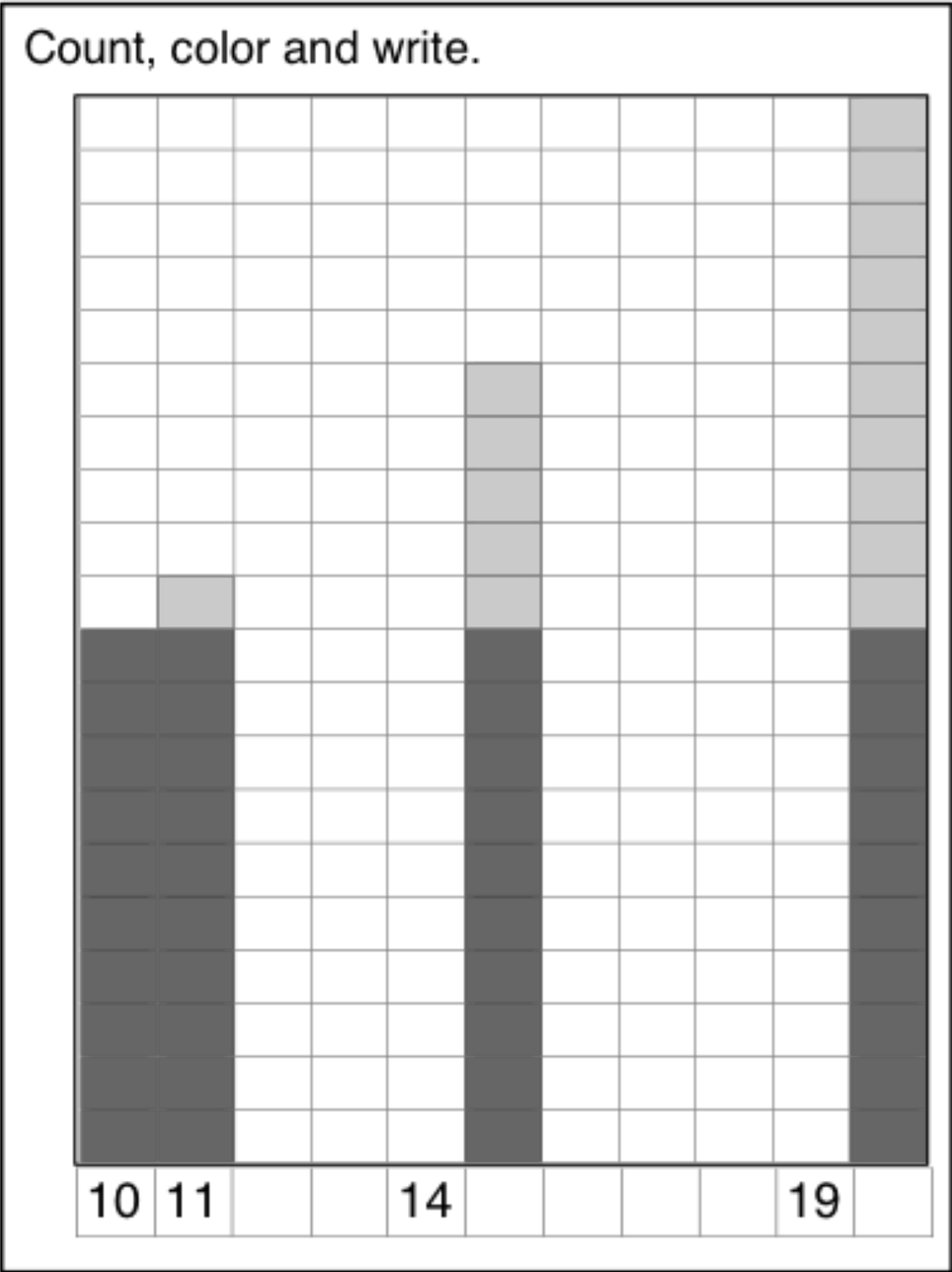
my teacher the ocean puppies flowers



Four sets of horizontal lines for writing, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

Name _____

Date _____



Name _____

Date _____

Start at the bottom. Draw lines to put the numbers in order on the tower. Then, write the numbers in the tower. Say each number the regular way and the Say Ten way as you work.

12 ●

19 ●

16 ●

14 ●

17 ●

