

# TK & Kindergarten Week 10

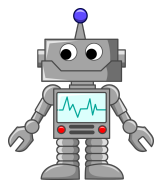
## May 26-May 29



View the Activity Videos/Resources at [bit.ly/FUESDsummer](https://bit.ly/FUESDsummer) or



| TUESDAY, MAY 26TH<br>FORT BUILDING DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY, MAY 27TH<br>ROBOT DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li><input type="checkbox"/> WATCH <u>FORT BUILDING TIME</u></li><li><input type="checkbox"/> MAKE A PLAN AND BUILD A FORT</li><li><input type="checkbox"/> BUILDING WITH SHAPES</li><li><input type="checkbox"/> WATCH <u>THIS IS MY FORT</u></li><li><input type="checkbox"/> CREATE AN INVITATION</li><li><input type="checkbox"/> DRAW A FORT</li><li><input type="checkbox"/> ELD ACTIVITY</li><li><input type="checkbox"/> CHOOSE A PE ACTIVITY</li></ul>                                                                 | <ul style="list-style-type: none"><li><input type="checkbox"/> WATCH <u>ROBOT READER</u></li><li><input type="checkbox"/> MAKE A PLAN AND BUILD A RECYCLED ROBOT</li><li><input type="checkbox"/> LISTEN TO THE SHAPE ROBOT SONG</li><li><input type="checkbox"/> WATCH <u>ROBOTS, ROBOTS EVERYWHERE</u></li><li><input type="checkbox"/> LEARN ABOUT ROBOTS</li><li><input type="checkbox"/> LEARN HOW TO DRAW A ROBOT</li><li><input type="checkbox"/> ELD ACTIVITY</li><li><input type="checkbox"/> CHOOSE A PE ACTIVITY</li></ul> |
| THURSDAY, MAY 28TH<br>HAWAIIAN DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | FRIDAY, MAY 29TH<br>PIRATE DAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <ul style="list-style-type: none"><li><input type="checkbox"/> WATCH <u>FROGGY GOES TO HAWAII</u></li><li><input type="checkbox"/> LEARN HOW TO HULA</li><li><input type="checkbox"/> MAKE A RECYCLED RAINSTICK</li><li><input type="checkbox"/> LEARN ABOUT HAWAII</li><li><input type="checkbox"/> LEARN ABOUT VOLCANOES</li><li><input type="checkbox"/> GO SNORKELING IN HAWAII</li><li><input type="checkbox"/> OPTIONAL: MAKE A VOLCANO MODEL</li><li><input type="checkbox"/> ELD ACTIVITY</li><li><input type="checkbox"/> CHOOSE A PE ACTIVITY</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> WATCH <u>PIRATES LOVE UNDERPANTS</u></li><li><input type="checkbox"/> GO NOODLE'S THE PIRATE LIFE</li><li><input type="checkbox"/> LEARN ABOUT A COMPASS</li><li><input type="checkbox"/> LEARN HOW TO TIE KNOTS</li><li><input type="checkbox"/> WATCH AND LISTEN TO BLACKBEARD, BLUEBEARD</li><li><input type="checkbox"/> DRAW A PIRATE MAP</li><li><input type="checkbox"/> ELD ACTIVITY</li><li><input type="checkbox"/> CHOOSE A PE ACTIVITY</li></ul>           |



# Decima Semana de TK y Kindergarten

## 26-29 de mayo



Ve los videos de actividades/Recursos en [bit.ly/FUESDsummer](https://bit.ly/FUESDsummer) o



| MARTES, 26 DE MAYO<br>DÍA PARA CONSTRUIR UN FUERTE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | MIÉRCOLES, 27 DE MAYO<br>DÍA DE ROBOT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li><input type="checkbox"/> MIRA <u>FORT BUILDING TIME</u></li><li><input type="checkbox"/> HAZ UN PLAN Y CONSTRUYE UN FUERTE</li><li><input type="checkbox"/> CÓMO CONSTRUIR CON FORMAS</li><li><input type="checkbox"/> MIRA <u>THIS IS MY FORT</u></li><li><input type="checkbox"/> HAZ UNA INVITACIÓN</li><li><input type="checkbox"/> DIBUJA UN FUERTE</li><li><input type="checkbox"/> ACTIVIDAD DE ELD</li><li><input type="checkbox"/> ELIGE UNA ACTIVIDAD DE EDUCACIÓN FÍSICA</li></ul>                                                                                                        | <ul style="list-style-type: none"><li><input type="checkbox"/> MIRA <u>ROBOT READER</u></li><li><input type="checkbox"/> HAZ UN PLAN Y CONSTRUYE UN ROBOT RECICLADO</li><li><input type="checkbox"/> ESCUCHA LA CANCIÓN DE ROBOT SOBRE FORMAS</li><li><input type="checkbox"/> MIRA <u>ROBOTS, ROBOTS EVERYWHERE</u></li><li><input type="checkbox"/> APRENDE SOBRE ROBOTS</li><li><input type="checkbox"/> APRENDE COMO DIBUJAR UN ROBOT</li><li><input type="checkbox"/> ACTIVIDAD DE ELD</li><li><input type="checkbox"/> ELIGE UNA ACTIVIDAD DE EDUCACIÓN FÍSICA</li></ul>                          |
| JUEVES, 28 DE MAYO<br>DÍA HAWAIANO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | VIERNES, 29 DE MAYO<br>DÍA DE PIRATA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li><input type="checkbox"/> MIRA <u>FROGGY GOES TO HAWAII</u></li><li><input type="checkbox"/> APRENDE A JUGAR HULA-HULA</li><li><input type="checkbox"/> HAZ UN INSTRUMENTO MUSICAL "PALO DE AGUA" RECICLADO</li><li><input type="checkbox"/> APRENDE SOBRE HAWÁI</li><li><input type="checkbox"/> APRENDE SOBRE LOS VOLCANES</li><li><input type="checkbox"/> BUCEA CON ESNÓRQUEL EN HAWÁI</li><li><input type="checkbox"/> OPCIONAL: HAZ UN VOLCÁN EN MINIATURA</li><li><input type="checkbox"/> ACTIVIDAD DE ELD</li><li><input type="checkbox"/> ELIGE UNA ACTIVIDAD DE EDUCACIÓN FÍSICA</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> MIRA <u>PIRATES LOVE UNDERPANTS</u></li><li><input type="checkbox"/> CANTA Y BAILA LA CANCIÓN THE PIRATE LIFE DEL VIDEO GONOODLE</li><li><input type="checkbox"/> APRENDE QUE ES UNA BRÚJULA</li><li><input type="checkbox"/> APRENDE A HACER NUDOS</li><li><input type="checkbox"/> MIRA Y ESCUCHA BLACKBEARD, BLUEBEARD</li><li><input type="checkbox"/> DIBUJA UN MAPA DEL TESORO DE LOS PIRATAS</li><li><input type="checkbox"/> ACTIVIDAD DE ELD</li><li><input type="checkbox"/> ELIGE UNA ACTIVIDAD DE EDUCACIÓN FÍSICA</li></ul> |



# Plan Your Fort



**What will you use?**

**What will it look like?**

**Dear** \_\_\_\_\_,

**I made a fort with** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

**Will you please join me in my fort to**

\_\_\_\_\_

\_\_\_\_\_?

**Your friend,**

\_\_\_\_\_

**Watch the video and learn how to  
draw a fort.**



# 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

©Pete Charrette (Cap'n Pete), 2019

# DICE ROLL CARDIO #2

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

## CARDIO

**Knee to Elbow**

**Bounce**

**Jumping Jacks**

**Skier Jump**

**Flutter Kick**

**Jump and Twist**

**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**

©Peta Charrette (Cap'n Peta), 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 background. A cartoon boy is running from cone 1 (purple) towards cone 2 (red). Cone 3 (yellow) is to the left of cone 2. A stopwatch icon is next to the text "Time your runs". The text "RUN TO 2-BACK TO 1 RUN AROUND 2 AND 3 BACK TO 1" is in the center. A yellow disc is on the ground near cone 1. A purple cone labeled "1" is at the bottom. A red cone labeled "2" is to the right. A yellow cone labeled "3" is to the left. A stopwatch icon is next to the text "Time your runs".

Time your runs

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

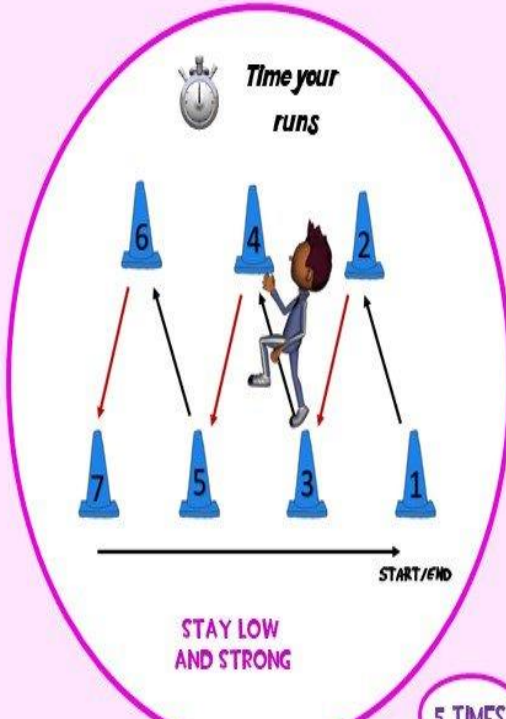
5 TIMES

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

©Philly Chess Co's Inc. 2010

## "W" RUN



The diagram shows a circular area with a pink background. A cartoon boy is running in a "W" pattern between seven blue cones numbered 1 through 7. A stopwatch icon is next to the text "Time your runs". The text "STAY LOW AND STRONG" is at the bottom. A horizontal arrow points from cone 1 to the right, labeled "START/END". A purple cone labeled "1" is at the bottom. A blue cone labeled "2" is to the right. A blue cone labeled "3" is to the left of cone 2. A blue cone labeled "4" is to the left of cone 3. A blue cone labeled "5" is to the left of cone 4. A blue cone labeled "6" is to the left of cone 5. A blue cone labeled "7" is to the left of cone 6. A stopwatch icon is next to the text "Time your runs".

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

©Philly Chess Co's Inc. 2010

# 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**

**B A L L O O N S E L F T A P**

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

**SUPER CHALLENGES**

**DAB**

© Peter Dharrett (Dab'n'Pep), 2018





# Plan Your Robot



What will you use?

What will it look like?

**Watch the video and learn  
how to draw a robot.**



**Watch the video and learn  
how to draw a pineapple.**



# Ideas for your pirate map

## Key

Treasure Chest



Sand



Pirate Ship



Mountains



Lake



Island



# Pirate Map