

3G Learning Packet Week 5 Checklist

This checklist is how we are taking attendance during these weeks of distance learning. Be sure to note who your homeroom teacher is, so we can make sure your work is going to the correct teacher! Also, please remember to write your name on your checklist so we can count you as “present” for attendance! The attached learning packet is your homework for the week. ***Your main focus each day is reading, math, and math facts.*** Titles of assignments, as well as page numbers in parenthesis (), are on the checklist to help you work on the correct assignments each day. Please read all directions on the checklist before contacting your teachers. If you still have questions after reading directions, please contact your homeroom teacher and she can help you!

You have two options for completing your packet by next Friday: 1) Complete Monday’s work when new packets are delivered on Friday so that you have four days of work Monday through Thursday and you’re done by next Friday; OR 2) Divide Friday work up between Monday through Thursday.

Please note that all Audio Recordings and Video Recordings of lesson information can be accessed on the 3G Teacher Website at: www.parnassusteachers.com **Password: Pegasus** These are updated weekly with new recordings for each week being added under the subject tabs. We encourage you to get familiar with the website and utilize these additional teacher materials weekly to assist your scholars with their learning tasks.

Parents, please sign this checklist at the end of the week. Signing off on this checklist lets us know that your child completed his/her schoolwork for the week and also allows us to count them “present” for attendance. Completed packets can be sent to your child’s homeroom teacher via email (scanning in, or taking pictures, and attaching those images to an email), or they will be picked up by Parnassus busses on Friday morning.

Homeroom Teacher: _____ **Scholar Name:** _____

Assignments marked with an asterisk (*) are required. For Reading, only do the homework for your reading teacher. We encourage you to complete as many of the other assignments you are able to.

Monday: No School - Staff Work Day

Tuesday:

Subject	Assignments	Checkoff
Reading	<p>*Reading Mastery 2 (Ms. Penn): Complete L127 Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. Ms. Penn will email these to you daily. Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 5-7). Be sure to label RM2 and number your answers.</p> <p>*Reading Mastery 3 (Ms. Miller/ Ms. Stutzman): Complete L115 Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. (Audio Files will be emailed to you for the entire week on Fridays prior to the week - so refer to email for these- these are also posted on the teacher website at www.parnassusteachers.com Password: Pegasus) Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 7-8) . Be sure to label RM3 and number your answers.</p> <p>*Novels - The Railway Children (Ms. Bluemke/ Ms. Hasner): <i>The Railway Children</i>: Read Ch. 14 (pages 265-272) Complete Questions 5-8 for Chapter 10 (use worksheet in packet on page 10) (Audio recording for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the “Novels”</p>	

	tab.) Optional - Enrichment Activities: Use Study Island to practice Reading Skills or complete supplemental activities provided by your teacher. Use Epic to Read or complete supplemental assignments provided by your teacher.	
Math	*Complete Lesson 93: On pages 433-434, read the lesson and complete Lesson Practice on a piece of loose leaf paper, then on pages 434-436 complete Mixed Practice problems: 5, 6, 7, 10, 11, 12, 14, 15, 17, 29. Use the Math Grid paper provided in the packet (pages 12-13) Optional - Enrichment Activities: Use Xtra Math or Study Island to practice Math skills or complete supplemental activities assigned by your teacher.	
Math Facts	*Timed Test A (100 Addition Facts) 5 Minutes (Page 14)	
Penmanship	Cursive Capital Letter “K” (Worksheet - Page 15)	
Art	*Draw and color a food cart (see your art packet for details)	
Spanish	*Chapter 3A Vocabulary Worksheet (in your Spanish packet) -First page: write the letter for the picture that corresponds with each vocabulary word, and then write the appropriate vocabulary word. Vocabulary words are at the end of the second worksheet -Second page: translate the sentences. Use the vocabulary at the bottom to help. Also, make sure that you read the information at the top of the page regarding the placement of always and never.	
Latin	*Lesson 16 (in your Latin packet) -Noun review: decline <i>filia</i> (daughter, 1st declension) and <i>ventus</i> (wind, 2nd declension masculine) -porto and oro in the imperfect tense. You did this last week with paro. Use the example of voco on your grammar sheet as a model.	

Wednesday:

Reading	<p>*Reading Mastery 2 (RM2) (Ms. Penn): Complete Lesson 128: Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. Ms. Penn will email these to you daily. Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 19-20). Be sure to circle the label RM2 and number your answers.</p> <p>*Reading Mastery 3 (RM3) (Ms. Miller/ Ms. Stutzman): Complete Lesson 116: Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. (Audio files for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the “Reading Mastery” tab) Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 21-22). Be sure to circle the label RM3 and number your answers.</p> <p>*Novels - The Wizard of Oz (Ms. Bluemke/ Ms. Hasner): “<i>The Wizard of Oz</i>”: Read Chapter 1 (pages 1-6). Complete Questions for Chapter 1 (use worksheet in packet on pages 23-25) (Audio recording for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the “Novels” tab.)</p>	
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	Optional - Enrichment Activities: Use Study Island to practice Reading Skills or complete supplemental activities provided by your teacher. Use Epic to read or complete supplemental assignments provided by your teacher.	
Math	<p>*Complete Lesson 94: Read the lesson and complete Lesson Practice on a piece of loose leaf paper (pages 437-438), then on pages 438-440 complete Mixed Practice problems: 1, 2, 8, 9, 10, 11, 12, 13, 14, 23. Use the Math Grid paper provided in the packet (pages 26-27). (Math instruction videos for MOST of this week's lessons can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the "Math" tab.)</p> <p>Optional - Enrichment Activities: Use Xtra Math or Study Island to practice Math skills or complete supplemental activities assigned by your teacher.</p>	
Math Facts	*Timed Test A (100 Addition Facts) 5 Minutes (page 28)	
Penmanship	Cursive Capital Letter "U" (Worksheet - page 29)	
Science	<p>The Skeletal System: The Human Body: Building Blocks and Systems - Watch the Read Aloud for "<i>The Human Body: Building Blocks and Systems</i>" This is an overview of the Human Body Systems. (Audio recordings are found on the 3G website at www.parnassusteachers.com Password: Pegasus under the "History" tab.)</p> <p>Optional - Enrichment Activity: Watch the Read Aloud "<i>The Skeletal System: Axial Bones</i>" Then view the hand out in your packet on the Human Body Skeleton (page 30) and fill in the labels for the skeleton.</p>	
Physical Ed.	*Warm Up Dribble Card, Jump Shot, Quick Feet and Quarter Turns (pages 31-36)	

Thursday:

Reading	<p>*Reading Mastery 2 (RM2) (Ms. Penn): Complete Lesson 129: Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. Ms. Penn will email these to you daily. Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 39-40). Be sure to circle the label RM2 and number your answers.</p> <p>*Reading Mastery 3 (RM3) (Ms. Miller/ Ms. Stutzman): Complete Lesson 117: Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. (Audio files for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the "Reading Mastery" tab) Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 41-42). Be sure to circle the label RM3 and number your answers.</p> <p>*Novels - The Wizard of Oz (Ms. Bluemke/ Ms. Hasner): "<i>The Wizard of Oz</i>": Read Chapter 2 (pages 7-16). Complete Questions for Chapter 2 (use worksheet in packet on pages 43-45)(Audio recording for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the "Novels" tab.)</p> <p>Optional - Enrichment Activities: Use Study Island to practice Reading Skills or complete supplemental activities provided by your teacher. Use Epic to Read or complete supplemental assignments provided by your teacher.</p>	
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Math	<p>*Complete Lesson 95: Read the lesson and complete Lesson Practice on a piece of loose leaf paper (pages 441-442), then on pages 443-444 complete Mixed Practice problems: 1, 2, 3, 5, 6, 8, 11, 17, 23, 29. Use the Math Grid paper provided in the packet (pages 46-47). (Math instruction videos for MOST of this week's lessons can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the "Math" tab.)</p> <p>Optional - Enrichment Activities: Use Xtra Math or Study Island to practice Math skills or complete supplemental activities assigned by your teacher.</p>	
Math Facts	*Timed Test A (100 Addition Facts) 5 Minutes (page 48)	
Penmanship	Use cursive penmanship to write the first 10 words on spelling list 86-90 (3 times each - list is on pages 49-53) on the penmanship paper provided on pages 55-56 (save this spelling list at home for future use each week.)	
Music	*In your Music packet: Please write in the note names on the two sheets. PLEASE keep the first sheet for future use.	
Spanish	<p>*Chapter 3A Translation Worksheet (in your Spanish packet) Translate the sentences. Use the vocabulary at the bottom to help. Also, make sure that you read the information at the top of the page regarding the placement of always and never.</p> <p>Optional - Enrichment Activities: Watch the Brandon Brown dice la verdad read aloud videos at Parnassusteachers.com > Spanish > 3G tab > Distance Learning, Extras column.</p>	
Latin	<p>*Lesson 16 (in your Latin Packet) -Translate the sentences. Do as much as you can, watch your endings carefully for verb tense and to see if your nouns are singular or plural!</p> <p>Optional - Enrichment Activities: Not required. Follow directions on the worksheet.</p>	

Friday:

Reading	<p>*Reading Mastery 2 (RM2) (Ms. Penn): Complete Lesson 130: Today you will complete the Written Test portion of questions in your textbook. Ms. Penn will connect with scholars for a reading fluency check individually (checkout is on pages 61-62). Be sure to answer the textbook questions on the paper provided in your packet (pages 59-60). Be sure to circle the label RM2 and number your answers.</p> <p>*Reading Mastery 3 (RM3) (Ms. Miller/ Ms. Stutzman): Complete Lesson 118: Use the audio recording to assist you in practicing the vocabulary column like we do each day in class. (Audio files for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the "Reading Mastery" tab) Follow teacher cues in the audio recording for this while tracking in your textbook. Next: read the story along with the audio recording for your first reading. Then practice re-reading the story to yourself or a family member for fluency practice. Lastly: answer the textbook questions on the paper provided in your packet (pages 63-64). Be sure to circle the label RM3 and number your answers.</p> <p>*Novels - The Wizard of Oz (Ms. Bluemke/ Ms. Hasner): "<i>The Wizard of Oz</i>": Read Chapter 3 (pages 17-25). Complete Questions for Chapter 3 (use worksheet in packet on pages 65-67) (Audio recording for this reading can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the "Novels" tab.)</p>	
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	Optional - Enrichment Activities: Use Study Island to practice reading skills or complete supplemental activities provided by your teacher. Use Epic to read or complete supplemental assignments provided by your teacher.	
Math	<p>*Complete Lesson 96: Read the lesson and complete Lesson Practice on a piece of loose leaf paper (pages 445-446), then on pages 446-448 complete Mixed Practice problems: 1, 3, 6, 7, 9, 10, 11, 26-28. Use the Math Grid paper provided in the packet (pages 68-69). (Math instruction videos for MOST of this week’s lessons can be found on the 3G Teacher webpage at www.parnassusteachers.com Password: Pegasus under the “Math” tab.)</p> <p>Optional - Enrichment Activities: Use Xtra Math or Study Island to practice math skills or complete supplemental activities assigned by your teacher.</p>	
Math Facts	*Timed Test A (100 Addition Facts) 5 Minutes (page 70)	
Penmanship	Use cursive penmanship to write the next 10 words on spelling list 86-90 (3 times each) on the penmanship paper provided on pages 71-72. Use spelling lists provided in earlier packet (pages 49-53 -- save this spelling list at home for future use each week.)	
History	<p>Story of the World: Listening to Chapter 3, Part A: Listen to the audio recording, “James and His Enemies.” Answer questions 1-3 on the worksheet (page 73). Follow directions on the worksheet and remember to write in complete sentences. (Audio recordings are found on the 3G website at www.parnassusteachers.com Password: Pegasus under the “History” tab.)</p> <p>Optional - Enrichment Activities: Story of the World: Finish answering questions 4-6 on the worksheet from Ch. 3 Part A Monday. Next, listen to Chapter 3, Part B Audio Recording “King James’s Town” and answer all questions on the worksheet for Ch 3 Part B. Follow directions on the worksheet and remember to write in complete sentences. (Audio recordings are found on the 3G website at www.parnassusteachers.com Password: Pegasus under the “History” tab.)</p>	
Character Development	Use the Citizenship character pillar reflection sheet. Follow the directions on the worksheet (page 75). Think about how you have seen the character pillar of citizenship shown in the world, in your community, or in your home this week. After using your best cursive to write out the definition, use complete sentences to write two or three examples of citizenship that you have seen demonstrated this week.	

Parent Signature: _____

Date: _____

3G Distance Learning Guide Sheet for Parents

Teacher Information:

Ms. Bluemke: bluemke@parnassusprep.com

Google Voice Number: (612)354-6261

Ms. Hasner: hasner@parnassusprep.com

Google Voice Number: (612)405-4142

Ms. Miller: miller2@parnassuprep.com

Google Voice Number: (612)354-6314

Ms. Stutzman: stutzman@parnassusprep.com

Google Voice Number: (612)361-1591

Note when calling our Google Voice numbers

We may not always be able to answer your call, but please leave a message. This helps us prepare a response to any questions or concerns you may have when we return your call. We will respond to your voicemails within 24 hours as we may not be able to respond the same day you leave a message. Thank you for your patience in this!

Suggested Distance Learning Schedule:

Daily:

Reading: 30 minutes

Math: 30 minutes

Math Facts: 5 Minutes

Penmanship: 10 minutes

Monday:

Science: 15 minutes

History: 15 minutes

Tuesday:

Spanish: 10 minutes

Latin: 10 minutes

Art: 20 minutes

Wednesday:

Science: 30 minutes

Physical Education: 20 minutes

Thursday:

Spanish: 10 minutes

Latin: 10 minutes

Music: 20 minutes

Friday:

History: 30 minutes

Character Development: 20 minutes

(Do not be overwhelmed by the schedule above. Have your child do as much of the packets each week that he/she can. Start with Reading, Math and Math Facts, and do what you can for the remaining subjects. Your child WILL NOT be penalized for an incomplete packet.)

*There are two options for completing 5 days of work in 4 days:

Option 1) Complete Monday work when your new packet is delivered on Friday, then complete Tuesday through Friday work Monday through Thursday.

Option 2) Divide up Friday work between Monday through Thursday.

Please note that all Audio Recordings and Video Recordings of lesson information can be accessed on the 3G Teacher Website at: www.parnassusteachers.com **Password: Pegasus These are updated weekly with new recordings for each week being added under the subject tabs. We encourage you to get familiar with the website and utilize these additional teacher materials weekly to assist your scholars with their learning tasks.

TUESDAY

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery **2** or 3

Lesson #  _____

Handwriting practice lines consisting of 18 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____

Handwriting practice lines consisting of 15 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery 2 or **3**

Lesson # ████ _____

Handwriting practice lines consisting of 18 rows. Each row has a solid top line, a dashed middle line, and a solid bottom line.

Name: _____

Handwriting practice lines consisting of 15 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____

The Railway Children

Chapter 14 – The End

1. What is the one secret that the author is keeping from the readers?

2. Draw a straight line from each child to his or her favorite subject.

Phyllis

Arithmetic

Peter

Latin

Bobbie

History

3. Aside from taking care of him, what did mother do for Jim?

4. On page 264, what month is it?

Name: _____

5. Who tells Bobbie about the newspaper?

6. Who arrived on the 11.54 train?

7. On pages 272 and 273, who makes up the “we” that the author is talking about?

8. In the vary last line of the book, the author states, “we may just take one last look, over out shoulders, at the white house where neither we nor anyone else is wanted now.” Why do you think no one else is wanted at the Three Chimneys now?

Name: _____

A N S W E R F O R M

Mixed Practice Solutions

Show all necessary work. Please be neat.

Name _____

Date _____

Lesson _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

26.

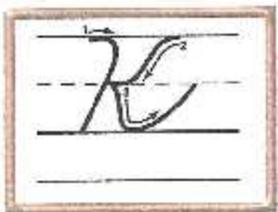
27.

28.

29.

30.

Name: _____



Write the letter and the words.

K K K K K

K K K K K K K

Kosovo Kent Kemmer

Kevin Kirk Kiki

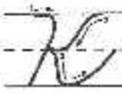
Write the sentences.

Kit is from Kentucky.

Kris lived in Knoxville.



Stroke
Description



1. Curve forward; slant. Lift.
2. Doublecurve.
3. Curve forward and down; undercurve.

WEDNESDAY

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery **2** or 3

Lesson # ████ _____

Handwriting practice lines consisting of 18 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____



A series of horizontal lines for handwriting practice. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line. There are 15 such sets of lines arranged vertically down the page.

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery 2 or **3**

Lesson # _____

Handwriting practice lines consisting of 18 rows. Each row has a solid top line, a dashed middle line, and a solid bottom line.

Name: _____

Handwriting practice lines consisting of 18 rows. Each row contains a solid top line, a dashed middle line, and a solid bottom line.

The Wizard of Oz

Chapter One: The Cyclone

Directions: Answer questions using your best cursive, complete sentences and page numbers.

Vocabulary:

Cyclone: tornado

Garrett: attic, a part of the house just under the roof

Cyclone cellar: a small room under the house to go to during a tornado

Write each character you meet and a description of him/her (you might not fill in all the blanks):

1. What were some of the colors used to describe the setting so far?

2. Where did they need to run for safety?

3. Why didn't Toto fall through the hole?

4. What moved the house?

Name: _____ Number: _____

Figurative Language is a special form of writing that makes interesting comparisons to allow the reader to think more about a topic in a new way. Write one quote from the book where you found figurative language on the lines below:

A N S W E R F O R M

Mixed Practice Solutions

Show all necessary work. Please be neat.

Name _____

Date _____

Lesson _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

26.

27.

28.

29.

30.

Name: _____



Write the letter and the words.

U U U U U

U U U U U U U

Urbana Ulster Union

Usha Udine Umberto

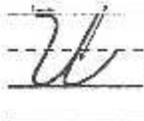
Write the sentences.

Uncle Hal is in Utica.

Uma is in Ukraine.



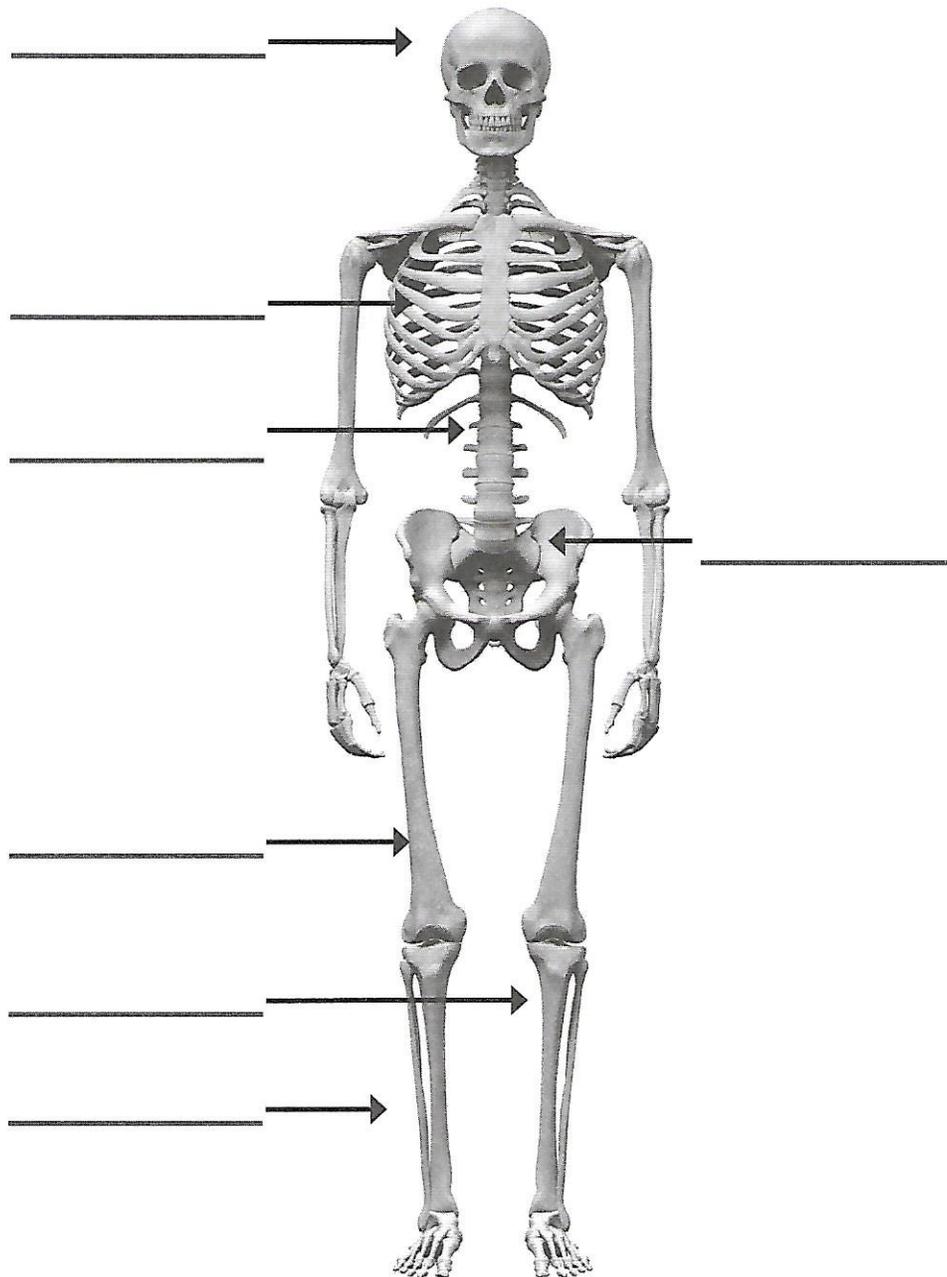
Stroke
Description



1. Curve forward; slant; undercurve.
2. Slant; undercurve.

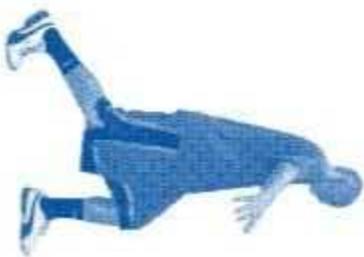
Name: _____

spinal column	skull	femur
pelvis	tibia	rib cage
	fibula	



Directions: Fill in the missing labels of the skeletal system.

FITNESS BREAKS **SLAM DUNK**



Dribble IN PLACE

To dribble, push the ball down by spreading the fingers and flexing the wrist. Keep legs flexed and back straight.

FITNESS BREAKS **SLAM DUNK**



Jump SHOT

Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

FITNESS BREAKS MVP

quick

Feet



Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

FITNESS BREAKS MVP

QUARTER

Turns



While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.

SOG PE Basketball / Taekwondo Distance Learning Plan

Mr. Olson, Mr. Mangold, and Mr. Cole

Week 1 : Warm Up

Week 2: Warm Up and Dribble Card

Week 3: Warm Up, Dribble Card, and Jump Shot

Week 4: Warm Up Dribble Card, Jump Shot and Quick Feet

Week 5: Warm Up Dribble Card, Jump Shot, Quick Feet and Quarter Turns

Week 6: All of the above plus Speed Dribble

Week 7: All of the above and Spin Dunk

Week 8 All of the above and Side Slide (Shuffle)

Week 9 All of the Above and Line Drill

Week 10 Just do the HIIT Card

SOG Work PE / Taekwondo Routine:

Warm Up / Cool Down – Do Twice Once at Beginning and Once at End (All stretches should be to the count of 10)

Stand in Focus Position 1, Do a Sun Breath, Hand above your head like you on a roller coaster, now keeping feet on the floor, lean as far as you can to one side, now the other side, touch your toes, and now jog in place for the count of ten (try in Spanish and Latin if you can), sit on the floor and make a V with your legs, reach as far down the middle now you're a W! Now touch your toes make sure you do each side. Stand up and do 10 Jumping Jacks, 10 Burpees, 10 Sit Ups and 10 Push Ups.

Right hand low block, left hand low block, right hand high block, left hand high block, right hand inside block, left hand inside block, right hand outside block, left hand outside block, right hand punch, left hand punch, right leg front kick, right leg round kick, left leg axe kick, turn back kick.

Basketball Routine:

Now without a ball please follow the cards below. You will need to keep the imagined ball below your waist and under control. Please only do one new card a day. Please do the old cards for the count of 20 once (remember you should be counting in English, Spanish, and Latin) and new cards for the count of 20, three times.

If your parents are free tonight ask them if they will take a walk with you or play a little catch. Please start your game of catch with underhand throwing in a tick tock motion (parents think a Grandfather Clock).

Thank you and stay safe.

1
TASK CARDS

BASKETBALL
Equipment Needed:
1 ball for each student

- Dribble with right hand: 8 times
- Dribble with left hand: 8 times
- Dribble alternating hands: 5 each hand
- Dribble in a straight line: 10 steps
- Dribble zig-zag pattern: 10 steps

HealthierGeneration.org 

2
TASK CARDS

BASKETBALL
Equipment Needed:
1 ball for each student

- Basketball around head: 5 times
- Basketball around waist: 7 times
- Basketball around knees: 9 times
- Basketball around body: 11 times
- Figure eight around legs: 3 times

HealthierGeneration.org 

FITNESS BREAKS SLAM DUNK



**Dribble
IN PLACE**

To dribble, push the ball down by spreading the fingers and flexing the wrist. Keep legs flexed and back straight.

HealthierGeneration.org 

FITNESS BREAKS SLAM DUNK



**Jump
SHOT**

Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

HealthierGeneration.org 

FITNESS BREAKS MVP



QUICK Feet

Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

FITNESS BREAKS MVP



QUARTER Turns

While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.

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ALLIANCE FOR A HEALTHIER GENERATION

FITNESS BREAKS SLAM DUNK



SPEED Dribble

Pretend to push the ball down by spreading the fingers and flexing the wrist in double time. Keep legs flexed and back straight.

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ALLIANCE FOR A HEALTHIER GENERATION

FITNESS BREAKS SLAM DUNK



360 TURN AND Dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

FITNESS BREAKS MVP



SIDE Slides

Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. *Repeat.* Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. *Repeat.*

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ALLIANCE FOR A HEALTHIER GENERATION

FITNESS BREAKS OVERTIME



LINE Drill

With toes on line, step over, over, back, back. *Repeat 30 times.* Switch to lead with the other foot. *Repeat 30 times.* With one foot in front of the line and the other behind, jump and switch feet (scissors). *Repeat 30 times and switch lead foot.* With both feet parallel, jump over and back. *Repeat 30 times.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

Please fill out the check list on the front of your packet and send it back.

THURSDAY

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery **2** or 3

Lesson #  _____

Handwriting practice lines consisting of 18 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____

The page contains 15 sets of handwriting lines. Each set consists of three horizontal lines: a solid top line, a dashed middle line, and a solid bottom line. These lines are spaced evenly down the page to provide a guide for letter height and placement.

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery 2 or **3**

Lesson #  _____

Handwriting practice lines consisting of 18 rows. Each row has a solid top line, a dashed middle line, and a solid bottom line.

Name: _____

Handwriting practice lines consisting of 15 sets of three horizontal lines (top solid, middle dashed, bottom solid).

The Wizard of Oz

Chapter Two: The Council with the Munchkins

Directions: Answer questions using your best cursive, complete sentences and page numbers.

Write each character you meet and a description of him/her (you might not fill in all the blanks):

1. What were some of the colors used to describe the setting in this chapter?

2. How are these new people dressed?

3. Who was killed? How?

Handwriting practice lines for question 3, consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).

4. What color are the shoes?

Handwriting practice lines for question 4, consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).

5. How many witches are there in Oz? Which witches are good witches?

Handwriting practice lines for question 5, consisting of eight sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____ Number: _____

6. Where does Dorothy need to go? Who will help her there?

Handwriting practice lines consisting of three sets of solid top and bottom lines with a dashed middle line.

A N S W E R F O R M

Mixed Practice Solutions

Show all necessary work. Please be neat.

Name _____

Date _____

Lesson _____

1.

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Study Lists

1-5

build
building
care
cheap
cheapest
child
childless
cloud
cloudless
equal
glory
happy
light
lightest
lighting
listen
listening
lock
misquote
people
quote
rebuild
repack
research
resource
review
right
search
sign
sleep
sleepless
sort
source
spell
spelling
straight
straightest
stretch
stretching
study
unequal
uneven

unhappy
view
wander
wandering
write

6-10

answer
author
boldness
break
careless
caught
charge
charging
choice
choking
clouded
curable
darkness
farmer
fight
finest
grudge
helped
helplessness
hopeless
largest
likable
likeness
listened
longer
lovable
might
mistake
nicer
picture
please
port
portable
present
preserving
preview

prewash
question
quiet
quieter
quietest
quietness
quoting
rebuilding
remarkable
repainted
ripeness
ripest
school
searching
serve
shining
sleeping
sleeplessness
soreness
sorted
staging
story
stretchable
stretched
style
styled
thought
thoughtlessness
timeless
together
unbreakable
unending
unwashable
usable
useless
voice
washable
world
writing
wrong

11-15

authoring

bench
biggest
blissful
busy
chalk
coldly
darken
define
defined
delight
delightful
depart
departed
different
dragging
final
fitness
flopping
formal
freshen
helpful
helpfully
here
hopelessly
hopelessness
hoping
lighten
lightly
madly
madness
misshaped
noise
notable
note
package
passage
person
pinch
prove
pure
purest
quietly
quotable
refined

rental
replaced
resourceful
runner
running
saddest
sadly
sailboat
serving
several
sketch
speak
starred
stopped
straighter
swimming
thoughtful
thoughtlessly
through
twice
unequally
unlikely
unproven
verbal
watering
widely
widest
worthless
wreck
wreckage

16-20

brownish
carelessly
carry
childish
choppy
cloudy
dressy
dripped
fancy
farming
finely

Study Lists

foolish
frosty
furry
global
golden
grabbed
gummy
hole
jumpy
length
misspell
misspelling
noisy
normal
personal
planning
presented
preserved
puppy
rainy
reformed
refreshed
reserve
rosy
sadness
selfish
selfishly
selfishness
shiny
shopper
skate
sleepy
speaker
spinning
starring
stony
storable
straighten
strength
strengthen
sturdy
sunny
swimmer
thoughtfulness

tribal
unnneeded
usage
valuable
value
warmest
whole
wiry
wrapper

21-25

bared
baring
biggest
cared
carefully
childishly
coat
copied
copying
deserved
designer
dined
diner
dining
equally
faultless
fired
float
fudge
funny
goat
graceful
hopeful
lately
lengthy
mighty
misjudge
nice
pitiful
playful
pleasing
proven

proving
purely
really
related
rented
renter
renting
researcher
restlessness
safely
sail
served
server
shopping
skating
spotless
stately
stepping
stylish
teacher
throat
trace
unplanned
vary
winner
wonderfully
worldly

26-30

arms
boats
box
brushes
bushes
careful
carried
catches
classes
coats
conform
confront
consign
crashes

crier
dealer
delighted
denied
design
disease
dishes
dresses
dried
dropping
drying
easy
fanciest
fanciful
farms
fighter
finally
formally
formless
forms
fox
friendliness
friends
glasses
goats
gracefully
happiness
harmlessly
hopefully
hurried
inform
informal
inland
intake
lights
likeliest
lunches
matches
messes
mistaken
motors
nicely
nights
pinches

plants
player
points
predated
presses
previewed
questions
reporter
restful
restfully
restless
restlessly
rooms
sadden
schools
scratch
shops
speeches
stars
stayed
stretches
studied
studying
sturdier
sturdiness
tails
tax
trips
trying
unpreserved
useful
uselessly
very
washes
wishes
worried

31-35

benches
boxes
boxing
changing
children

Study Lists

civilly
claim
claims
confine
conforming
constrict
crying
defining
degrade
denial
depressing
deserve
fail
foxes
girlishness
happiest
happily
hotly
informer
inhuman
inside
leave
likeliness
lone
lucky
maddest
main
motoring
move
nail
neat
neatly
normally
patches
pitied
planned
planner
preplanned
reaches
reinstate
resign
sick
signs
snail

sprayed
stitches
taxes
trail
trapper
tried
turn
unclaimed
undrinkable
unlikeliness
varied
whose
worrying
worthy

36-40

blow
breakable
carrying
conserve
depressed
easily
flow
foolishly
forcefully
grow
incurable
invaluable
know
loan
lonely
low
misplaced
nails
pointless
rail
refine
remain
remaining
reserved
show
sturdiest
throw

tricky
unclear
uninformed
voltage
weather

41-45

clapping
confining
confirmed
confusing
contest
context
contract
dosage
fatally
flatten
flattest
fluid
flying
hoped
inflaming
instated
instilled
leader
leakage
loneliness
moving
played
races
reacting
removal
retract
ruin
slammed
snugness
spray
stylishly
text
tract
undefeated
unlucky
unreadable

whether

46-50

bloomed
boyishness
cause
cloudiness
confinement
consent
darkness
department
earliest
early
flowers
informed
lengthening
madden
movement
our
pause
payment
personally
placement
plain
playfully
poison
relate
ruined
scratches
spotted
statement
strange
strangely
stranger
strangest
toughest
trailer
watches
winners
wonderful
yellow

51-55

barred
basement
choicest
cloudiest
consignment
contracted
detract
drain
earlier
forceful
gain
hasn't
he's
investment
investments
it's
luckily
mothering
questionable
rain
refreshment
resigned
safest
sale
shouldn't
signal
sources
sprain
stain
stained
strangeness
taken
unconfirmed
unmistakable
wasn't
you'll

56-60

aren't
babyish
boyish

Study Lists

breathe
 can't
 carrier
 confined
 couldn't
 didn't
 doesn't
 drainage
 flier
 hard
 haven't
 heavy
 he'll
 intended
 isn't
 I've
 joyful
 latest
 let's
 light
 load
 make
 misprinted
 painter
 prewrap
 raging
 refinement
 removed
 removing
 rewrap
 she'll
 she's
 shipment
 speediest
 strained
 sure
 they'll
 they're
 touched
 trial
 uncivilly
 unsnapped
 unvaried
 we're

weren't
 we've
 what's
 wouldn't
 wrapping
 you've

61-65

busiest
 business
 busyness
 cried
 defacing
 denying
 exchange
 export
 express
 friendliest
 greatest
 helplessly
 I'll
 it's
 let's
 loneliest
 packaging
 remark
 reserving
 rightfully
 saddening
 sadder
 scratched
 she's
 soundly
 strengthening
 their
 unequally
 unrefined
 unrelated
 unsteady
 we'll
 worrier
 you're

66-70

brown
 count
 exclaim
 explained
 exported
 ground
 heaviest
 hottest
 income
 loudly
 mainly
 mover
 noisiness
 proud
 prowl
 quest
 quick
 quiz
 recently
 regained
 rising
 round
 soundness
 sounds
 south
 town
 undeserving
 verbally

71-75

athlete
 beauty
 before
 conformed
 confronted
 counting
 danger
 defeated
 else
 everyone
 finished

former
 it's
 let's
 nudging
 one
 peace
 racing
 reformer
 reinform
 reformed
 replacement
 request
 sudden
 that's
 wondered

76-80

beautiful
 brief
 chief
 contacted
 exchanging
 first
 govern
 grief
 gripping
 house
 largely
 niece
 nightly
 peaceful
 peacefully
 reason
 requesting
 restricted
 roughest
 slightly
 suddenly
 thief
 type
 unquotable
 unrecoverable

81-85

active
 babies
 beautifully
 boys
 briefest
 briefly
 carries
 chiefly
 copies
 cries
 especially
 exciting
 explain
 flies
 government
 joys
 passive
 plays
 proclaim
 profile
 profoundly
 prolong
 prolonged
 relative
 second
 sprays
 stays
 stories
 studies
 surprise
 threw
 toys
 trapped
 tries
 uncovered
 untyped
 worries

86-90

action
 actively

Study Lists

blackness
cities
expressive
glories
hotter
inactive
nastier
nastiest
nastily
proverb
react
reaction
reasonable
reasons
repression
station
sturdily
they'd
thoughts
watching

91-95

breath
conquest
dangerous
depression
doubt
doubtless
expression
fair
famous
fashion
fitting
globe
guide
joyous
name
neatness
power
powerful
price
relation
replace

rich
slipping
solve
stepped
they've
thoughtfully
thoughtless
tribe
various
what's

96-100

athletes
carriage
changes
contraction
derailed
doubtfully
dripping
dropped
exercised
fashionable
fright
glorious
hardened
intensive
joyfully
loose
morning
namely
nineteen
notion
poisoning
poisonous
probing
profound
provision
quickest
resolve
restore
rightful
roominess
scribe

short
skidded
store
tension
throughout
tough
tripped
unfairly
worthiness

101-105

agree
crease
creative
driving
furious
hurries
interested
nervous
photograph
plans
proclaimed
proportion
ration
relatively
script
settle
shrink
snapping
spirit
strict
studious
tense
thirst
tone
treat

106-110

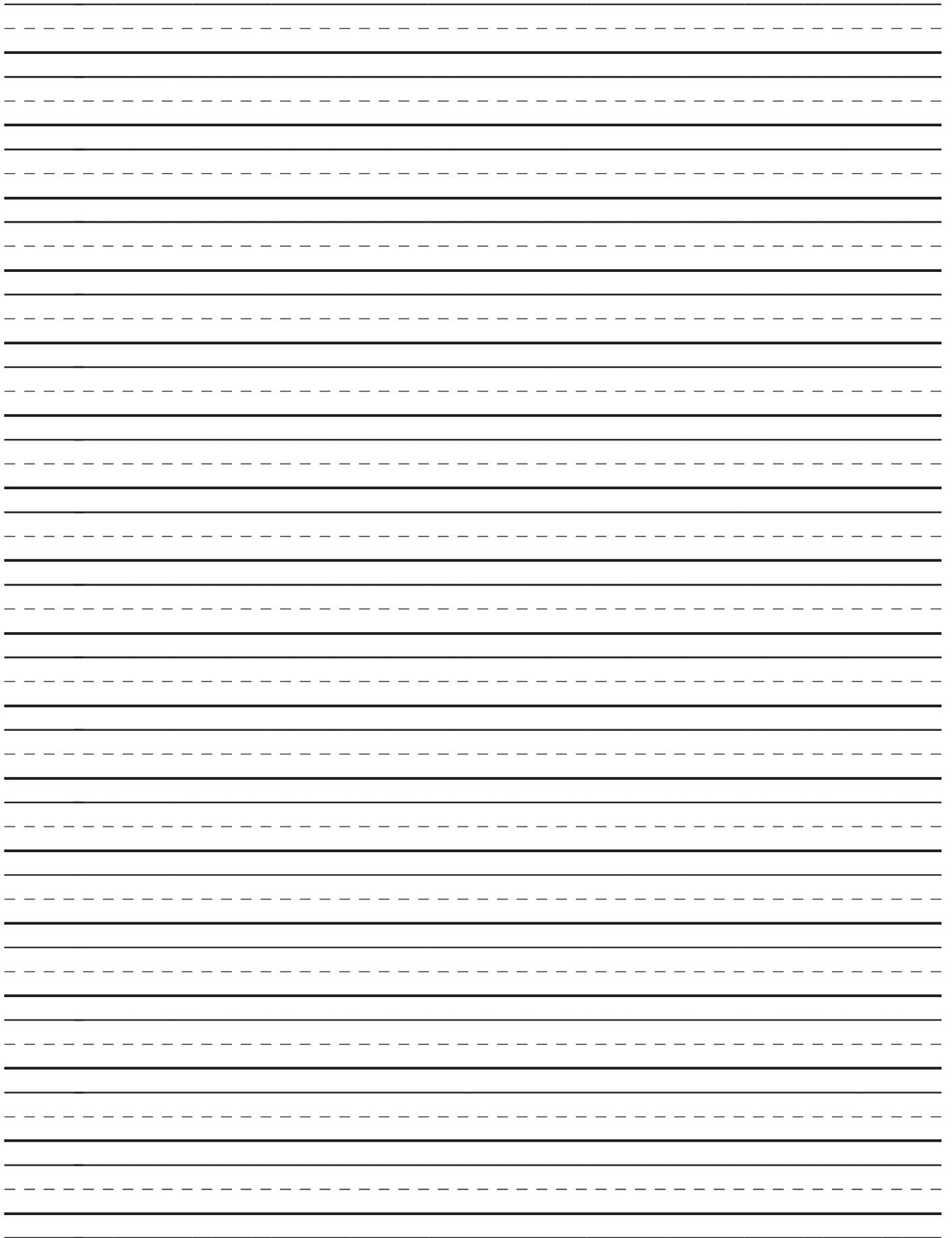
anybody
buzzes
concept
conjecture

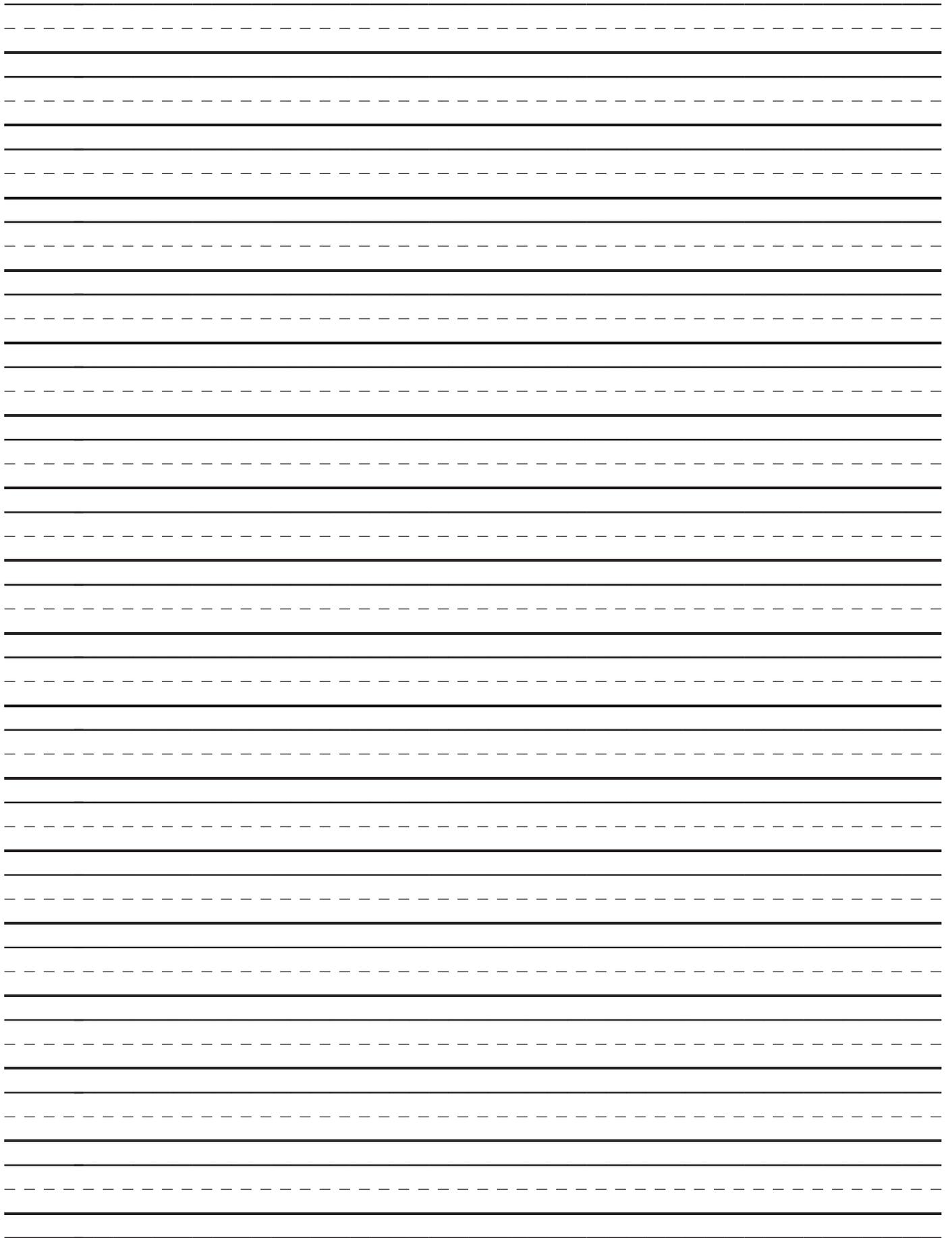
deceptive
deforming
dejected
detect
detecting
detective
duty
edgy
except
expressed
feature
flawed
fury
healthy
injection
instead
lower
misconception
passes
playing
poisoned
pressure
progress
progressed
progression
progressive
project
protect
protection
proudly
rather
reception
receptive
regress
regressing
reject
rejecting
rejection
repressive
rich
riches
runny
scripts
seize

seizure
snapped
speedy
texture
thirsty
treatment
unexcepted

111-115

berries
contain
deception
detrain
detection
development
duties
exception
exercise
featuring
helpless
injected
logic
maintain
major
passion
physical
pleasure
poisons
preserve
projecting
projection
protective
retain
refreshing
science
scripture
shaping
sport
trucks
union
where





FRIDAY

Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery **2** or 3

Lesson #  _____

Handwriting practice lines consisting of 18 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Name: _____



A series of horizontal lines for handwriting practice. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line. There are 15 such sets of lines arranged vertically down the page.

Name: _____

Time: _____

Date: _____

Number of Errors: _____

Reading Mastery Expectations

PASS		DID NOT PASS
100%= 0 errors in 1 minute or less		86%= 2 or less errors in less than 1 minute 15 seconds
96%=1 error in 1 minute or less		71% =3 errors or over 1 min. 15 sec
93%= 2 errors in 1 minute or less		57%=4 errors
		43%= 5 or more errors

Al’s mind felt heavy in school that day. It was too filled with facts and thoughts about the things the old man had shown him. His mind was so filled with information that he didn’t feel as if he was ready to learn more. In fact, he said, “Oh No” to himself when his teacher announced that on Monday the class would have a test on the human body.

Al didn’t know much about the human body, and he really didn’t want to learn about it. And, he kept thinking about Christmas.

After school, he walked with Angela to Anywhere Street. They walked down the street until they came to the store with the familiar sign in the window. As soon as they entered, the * old man stepped out of the darkness.

SC = self-correction: Student read word incorrectly, noticed the mistake and immediately corrected it

OM = omitted a word, line, sentence or phrase

AD = added a word or conjunction to a word

IC = incorrect word used

RP = repeated a word, line, sentence or phrase

Next work on: _____



Name: _____

Directions: Please circle the correct level of Reading Mastery. Remember to write the lesson number and number your answers.

Reading Mastery 2 or **3**

Lesson #  _____

Handwriting practice lines consisting of 18 rows. Each row has a solid top line, a dashed middle line, and a solid bottom line.

Name: _____

The page contains 15 sets of horizontal lines for handwriting practice. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are arranged vertically down the page, providing a guide for letter height and placement.

Name: _____ Number: _____

The Wizard of Oz

Chapter Three: How Dorothy Saved the Scarecrow

Directions: Answer questions using your best cursive, complete sentences and page numbers.

Write each character you meet and a description of him/her (you might not fill in all the blanks):

1. What does Dorothy change into?

2. Who set the Munchkins free from bondage?

3. Why do they think she is a great sorceress?

4. What does the scarecrow do while Dorothy is staring at him

5. Why can't the scarecrow get down?

6. What does the scarecrow want from the Wizard of Oz?

7. Why would a scarecrow be afraid of a lighted match?

A N S W E R F O R M

Mixed Practice Solutions

Show all necessary work. Please be neat.

Name _____

Date _____

Lesson _____

1.

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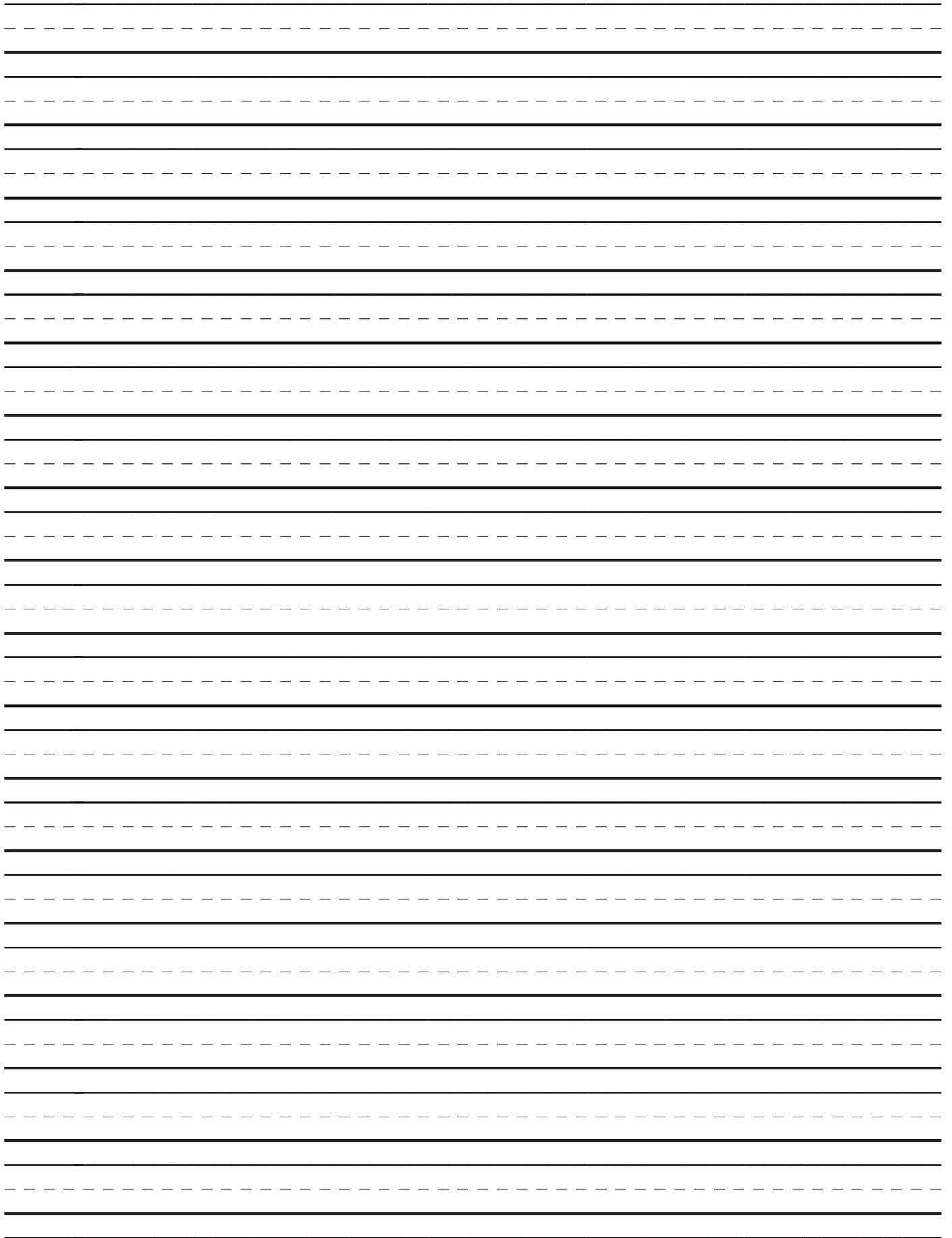
26.

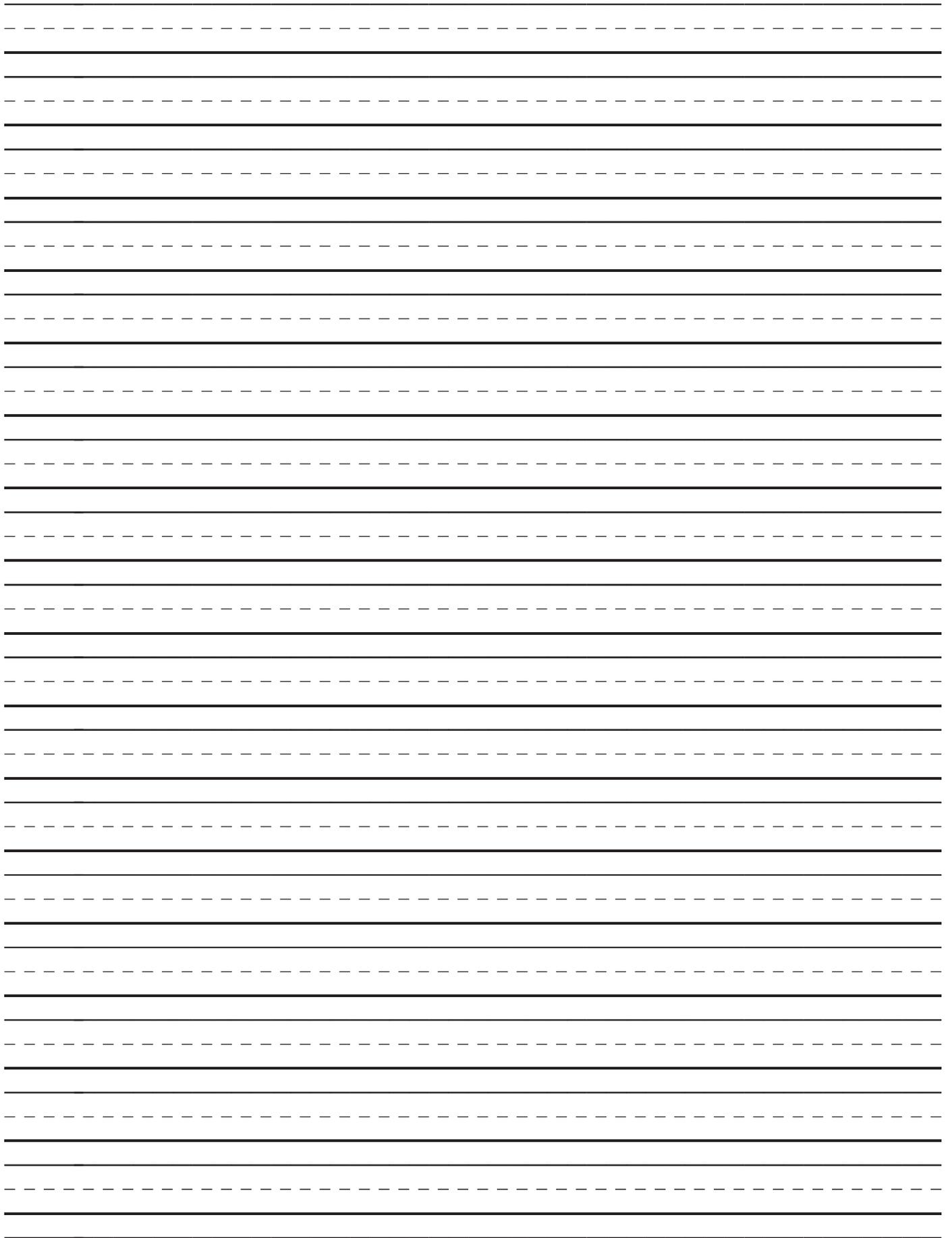
27.

28.

29.

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Story of the World Chapter 3: James, King of Two Countries

Directions: Answer the questions below using complete sentences. Remember to write your answers in cursive and have a capital letter and an end mark.

**Example: Question-What were Spanish adventurers called?
 Answer-Spanish adventurers were called Conquistadores.**

King James's Town

1. Name the three ships James sent to North America.

2. What date did the three ships land?

3. What name was given to the English settlement?

4. How did the colonists spend most of their time?

5. When the men at Jamestown finally decided to plant crops, why wouldn't the crops grow?

6. Who did John Rolfe marry?
