

Week of April 13th

School Vision: Motivating, Compassionate, Successful

School Mission: Making a difference....Committed to learning....Supporting each other

Do the best you can! Focus on life skills, physical activity, mental well-being, creative expression, social responsibility and social connections. Stay healthy and safe!

Try to work on the learning opportunities for 1 hour each day.

MATH

Your child needs to be practicing their partner numbers to 10. Example: 7+3=10, 8+2=10

They need to be practicing their doubles up to 10. Example 2+2=4, 9+9=18, 10+10=20 When practicing your doubles you can use things found around your house (lego, noodles, beads or toys) so they can see the groups and count them if they are unsure.

Here is a game you can play with your child:

Tens Go Fish

You need a deck of ordinary playing cards with the face cards and 10s removed.

- 1. Each player is dealt 5 cards.
- 2. Each player looks for pairs from his or her cards that make 10. Players put down the pairs of cards that make 10, and they draw new cards to replace them.
- 3. Players take turns asking each other for a card that will make 10 with a card in their own hands.

If a player gets the card he or she asked for, he or she puts the pair down and picks a new card from the deck.



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If a player does not get the card that he or she asked for, the player must "Go Fish" and pick a card from the deck.

If the new card makes 10 with a card in the player's hand, he or she puts the pair of cards down and takes another card.

If a player runs out of cards, the player picks two new cards.

A player's turn is over when no more pairs can be made that make 10.

The game is over when there are no more cards.

LITERACY

Writing: Choose from the following activities

- Free write- Your child can choose anything they want to write about. It could be made up or real.
- Daily Journal- Your child can write a journal entry each day and talk about what they did on that day or how they are feeling.

Reading: Read a book a day. Then once they are done reading ask them questions about what they have read.

Example of a few questions: Tell me about the book you just read...

• Did you like the book? Why or why not?

FREE PLAY

Give your child lego or odds and ends around the house and let them build whatever they imagine. Then after they can explain their creation to you and talk about how they made their object. Enjoy!

PHYSICAL EDUCATION

Please find some activities that can be done this week at home to help with Physical Education At Home Learning. Take advantage of this time to participate and model physical activity with your family.



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Throwing and Catching

Find a safe object to practice throwing and catching (a small ball, a pair of socks rolled into a ball, crumpled up paper). Try these challenges! Do 10 of each.

- 1. Toss with your favourite hand and catch with both hands
- 2. Toss with Right hand then catch with Right hand
- 3. Toss with Left hand then catch with Left hand
- 4. Toss from Right hand to Left hand
- 5. Toss Left hand to Right hand

Too EASY?? Try standing on 1 foot or try with your eyes closed. How many catches can you and a family member complete in a row? 20? 40?

Dice Fitness

Roll a die, add the number rolled by your age and perform an exercise (jumping jacks, push-ups, 1 foot balance, burpees, cross body crawl, toe touches, alternate toe touches, sit ups/curls, leg lunges, squats, leg lifts) that you picked to match with the number on your die. If you do not have dice at home, you can make dice! All you will need is paper, scissors, tape and a pencil to make the dots with! Dice have 6 sides.

Walk

While keeping 2 meters social distance from others, go for a 15-20 minute walk with a family member around your neighborhood. For each block pick a different locomotor movement. Try skipping, two-foot jumps over cracks in the sidewalks/side of road, leap over puddles, shuffle or gallop. We had been working on increasing the number of minutes that we can sustain participation.

Dance

Dancing is such a great way to increase your cardiovascular endurance. Turn on your favourite song and dance like no one is watching. Or dance with the dancers on Just Dance.

Just Dance -

https://www.youtube.com/playlist?list=PLQhOp9r_deuAzE7WlerEear7HZVv23Wd1

Stretch

Stretching enhances your flexibility, strength, coordination, and body awareness. Try to make all of the letters of the alphabet with your body! How long can you keep your balance for each letter? Cool down with some of your favourite stretches!



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Mindfulness

This is a stressful, anxious time for everyone. We can choose to find the good in every situation. Write down 3 things you are grateful for today and share with your family.

GoNoodle

A great resource that many teachers use and that students enjoy is **GoNoodle**. Currently, there is an At Home version that could be used at any time during the day to have students active and engaged.

https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/

As the weather begins to warm, take advantage to go outdoors, while respecting social/physical distancing, to be active in a variety of physical activities: tree climbing, walking, jogging, biking, jump rope.

Stay Active and Stay Safe!

If you have any questions, please contact me at Nathan.king@nbed.nb.ca

OTHER



Plate Portraits Hello future Builders, Engineers and Scientists! In this week's building challenge, you will build a portrait with different objects that you can find around your house.

Follow these 4 easy steps to get started:

1. Pick a plate and collect objects including small toys, kitchen items, school supplies and more. Ask a parent/guardian if it is okay to use the items.

- 2. Identify parts of the face and sort the items into categories such as eyes, nose, mouth and hair.
- 3. Start building your portrait using the objects. Move the items around to see what works best. Ask yourself: What shapes are you using? How can you make it better? What else can you add? If parents would like to email a picture of the finished product I will add it to the collage I will put on the MCS Facebook page.
- 4. Lastly, please return all of the objects to where they belong and clean up your workspace.



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Have a fun week creating and building! Questions or comments, don't hesitate to contact me via email. Thank you, Erin LeCain, Erin.LeCain@nbed.nb.ca K-5 Technology Teacher - Meduxnekeag Consolidated School