

*Unity West Elementary*  
*1st Grade Lesson Plan for Monday, March 30*

Joke for the day: What time do ducks wake up? Answer: The quack of dawn!

Time	Activity	To-do item
9-9:45	Reading	<p>Read for 20 minutes a day.</p> <p>Writing prompt: Imagine that you are a bird or a butterfly. Write about what you might do in a day because you have wings.</p> <p>Scavenger hunt: Do a 5 minute search around your house and make a list of words or items you find that have the short a sound.</p> <p><b>"Sloths" page</b></p> <p>Work on your Lexia level: <a href="https://www.lexiacore5.com/register">https://www.lexiacore5.com/register</a></p>
9:45-10:15	Recess	<p>Movement and cooperative activities</p> <p>Do a GoNoodle Brain Break: <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
10:15-11:00	Math	<p>Skip count from by 10's to 100 while doing jumping jacks.</p> <p>Skip count by 5's to 100 while repeatedly touching your head, shoulders, knees, and toes.</p> <p>Count backwards from 20 to 0 doing the Macarena moves.</p> <p>Problem of the Day: Sam opened 4 big gifts on his birthday and 8 small gifts. How many gifts did Sam open on his birthday?</p> <p><b>Place Value page</b></p> <p>Play a math game: <a href="#">MobyMax</a> <a href="#">Prodigy</a></p>
11:00-1:00	Lunch	Make sure you eat a "Go" food
1:00-1:30	Specials	Check out Coach Nowlan's Weekly Challenge
1:30-2:00	Social Studies/Science	<p><b>"You're a Meteorologist!"</b></p> <p><b>Predict the weather for the week.</b></p> <p><b>Check the weather and record the temperature.</b></p> <p>Visit Scholastic for daily books and activities:  <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a></p>

General To-Do List or Notes	One thing I will do TODAY for my energy/exercise
	Today, I am grateful for

Reminders:



# Sloths



Sloths are furry mammals that live in trees. They are found in tropical forests in Central and South America. Sloths spend 20 hours a day sleeping. They mostly eat leaves and fruits. Using their sharp claws, sloths hang in trees. Green algae grows on sloths which helps them blend into the tree.

1. **Circle** the word that tells what animal group sloths belong to.

2. Write two places sloths live.

\_\_\_\_\_

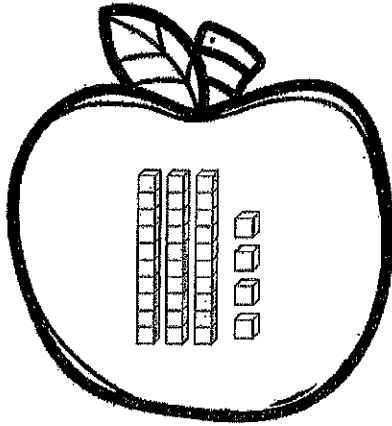
3. How long do sloths sleep each day?

Sloths sleep \_\_\_\_\_

4. **Underline** what sloths eat.

# Place Value

Count the 10s and 1s. Write the number. Solve the problems.



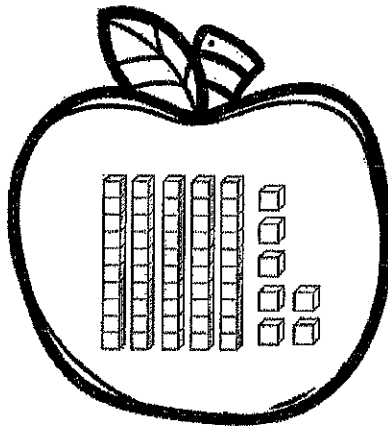
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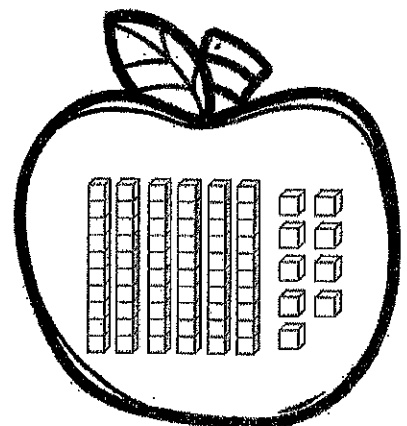
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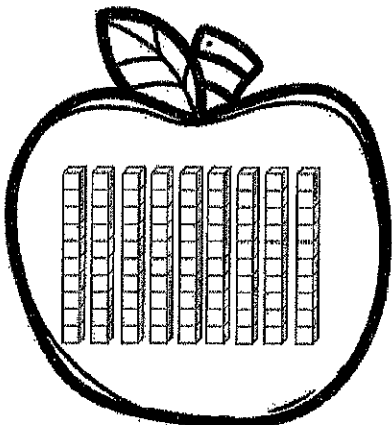
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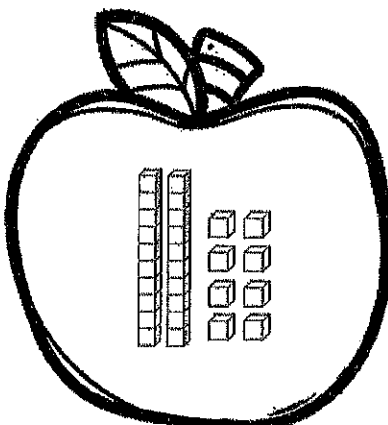
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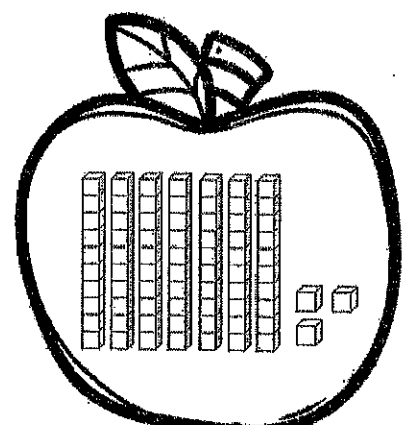
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10 less \_\_\_\_\_

# THIS WEEK FOR PE FROM COACH NOWLAN & COACH IPSEN

March 30th-April 3rd

Dear Parents,

As students transition to online learning, be mindful of how much screen time your kids are getting. We are including activities that can be done at your lunch break/recess time built into your schedule from your teacher.

Staying active and fit is a critical part of staying healthy. Although you are all at home, it doesn't mean that you and your family can't still be physically active. Getting at least 60 minutes of physical activity per day is more important than ever during these times.

We have provided some guidance and resources to make sure your kids are physically active while at home. These are recommendations and not mandatory - what's important is that all students are physically active for a total of at least 60 minutes per day. Please fill out the chart below, so we know what you did and you can keep track of your fitness. Use the chart on the second page to pick activities to do and record, we encourage you to pick from different categories. We also encourage you to do warm-up stretches that we do before each class, have fun staying fit.

This Week:                      NAME: \_\_\_\_\_                      CLASS: \_\_\_\_\_

DAY	CATEGORY	ACTIVITIES
MON		
TUES		
WED		
THUR		
FRI		

Note: Make sure students are supervised and safe during all types of physical activity.

# FITNESS ACTIVITIES

A CARDIO ACTIVITIES	B MUSCULAR STRENGTH	C MUSCULAR ENDURANCE	D FLEXIBILITY ACTIVITIES	E REC. ACTIVITIES
JOG FOR 10-20 MINS	PUSH-UPS 30-50 DO IN SETS OF 10	PLANKS 5-10 TIMES 1 MIN EACH	STRETCHING FOR 20 MINS	WALK YOUR PET 15-20 MINS
JUMP ROPE FOR 10-15 MINS	SIT-UPS 50-100 DO IN SETS OF 10	LOW/MID/HIGH 5-10 TIMES 45 SEC. EACH	PILATES FOR 20 MINS	PLAY CATCH W/ FOOTBALL 20 MINS
WALK FOR 20 MINS	LUNGES 30-50 DO IN SETS OF 10	WALL SIT 5-10 45 SEC EACH	YOGA FOR 20 MINS	SHOOT HOOPS 20 MINS
BIKE FOR 20 MINS	SQUATS 50-100 DO IN SETS OF 10	HOLD UP POSITION OF PUSH-UP 5-10 TIMES 1 MIN EACH		BASKETBALL PLAY HORSE OR AROUND THE WORLD
SKATEBOARD FOR 15-20 MINS	SHOULDER TAPS 100-200 DO IN SETS OF 20	JUMP ROPE 200-300 TIMES		PLAY FRISBEE 20 MINS
SCOOTER FOR 15-20 MINS	HIP POCKETS 100-200 DO IN SETS 20	AB WORKOUT 15-20 MINS		PLAY CATCH W/ BASEBALL/ SOFTBALL 20 MINS

## EXAMPLE OF HOW TO FILL OUT:

This Week:

NAME: COACH IPSEN

CLASS: 4B

DAY	CATEGORY	ACTIVITIES
MON	A & C	BIKE AND PLANKS
TUES	A & E	WALK AND BASKETBALL
WED	B & D	PUSH-UPS AND STRETCHING
THUR	A & E	SKATEBOARD AND FRISBEE
FRI	A & B	WALK, SHOULDER TAPS, AND HIP POCKETS

# ACTS OF KINDNESS

LEARNINCOLOR.COM

Leave someone a kind note	Give a compliment	Hold the door open for someone	Do a chore for a sibling	Create care packages
BRING DINNER TO SOMEONE	Donate old books	smile	Support a small business	Leave a snack and note for the mailman
Tell a family member how much you love them	Weed/rake leaves/shovel snow for a neighbor	<b>FREE SPACE</b>	PICK UP LITTER	Give a hug
LET SOMEONE GO AHEAD OF YOU	VOLUNTEER	Leave change at a vending machine	do a chore without being asked	Bake cookies for firefighters or police
Give a friend or the new kid a snack	ASK OTHERS TO PAY IT FORWARD	WRITE A THANK YOU LETTER	Visit a nursing home	Donate to a food bank

*Unity West Elementary*  
*1st Grade Lesson Plan for Tuesday, March 31*

Joke of the day: What does a cloud wear? Answer: Thunderwear!

Time	Activity	To-do item
9-9:45	Reading	Read for 20 minutes a day.  Writing prompt: Name one superpower you'd like to have. Explain how you would use it.  Scavenger hunt: Do a 5 minute search around your house and make a list of words or items you find that have the short e sound.  <b>"Tigers" page</b>  Work on your Lexia level: <a href="https://www.lexiacore5.com/register">https://www.lexiacore5.com/register</a>
9:45-10:15	Recess	Movement and cooperative activities  Do a GoNoodle Brain Break: <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a>
10:15-11:00	Math	Skip count from by 10's to 100 while doing jumping jacks. Skip count by 5's to 100 while repeatedly touching your head, shoulders, knees, and toes. Count backwards from 20 to 0 doing the Macarena moves.  Problem of the Day: Jackson had 14 crayons. He lost 5 of them. How many crayons does Jackson have left?  <b>Fact Family Fun page</b>  Play a math game: <a href="#">MobyMax</a> <a href="#">Prodigy</a>
11:00-1:00	Lunch	Help by cleaning up the table after you lunch
1:00-1:30	Special	Check out Ms. Hanners video at <a href="http://unitywestelementary.com">unitywestelementary.com</a>
1:30-2:00	Social Studies/Science	<b>Check the weather and record the temperature.</b>  Visit Scholastic for daily books and activities: <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>

General To-Do List or Notes	One thing I will do TODAY for my energy/exercise
	Today, I was kind because

Reminders:





# Tigers



Tigers are the biggest wild cat in the world. These mammals live in Asia. Tigers live and hunt alone. They eat deer, frogs and hogs. Tigers have a loud roar and sharp claws. They can grow to be 10 feet long and weigh 600 pounds! When a tiger gets scared, it can climb a tree to escape.

1. **Circle** the word from above that tells where tigers live.

2. What animal group do tigers belong to? \_\_\_\_\_

3. Finish the sentence.

When tigers are scared \_\_\_\_\_

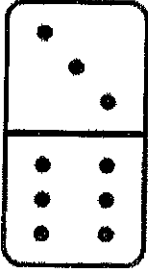
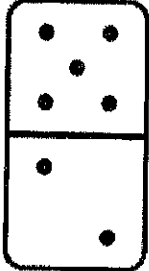
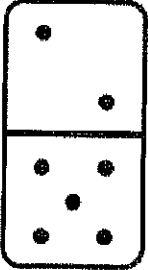
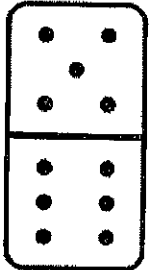
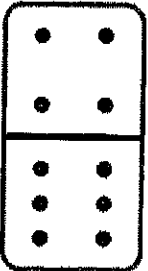
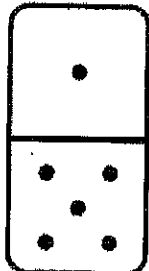
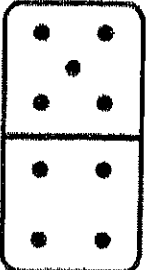
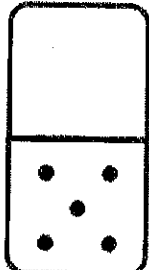
4. **Underline** the animals tigers eat.

5. Write two describing words for tigers.

\_\_\_\_\_

# Fact Family Fun

Use the two numbers from each domino to create a fact family.


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*Unity West Elementary*  
*1st Grade Lesson Plan for Wednesday, April 1*

Joke of the day: What do you call a pig that knows karate? Answer: a pork chop!

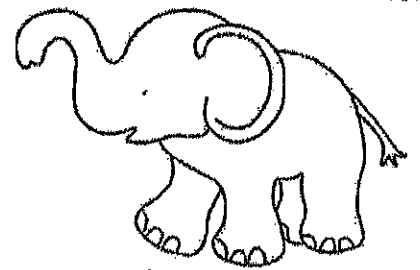
Time	Activity	To-do item
9-9:45	Reading	<p>Read for 20 minutes a day.</p> <p>Writing prompt: Describe the best day you've spent with your family.</p> <p>Scavenger hunt: Do a 5 minute search around your house and make a list of words or items you find that have the short i sound.</p> <p><b>"Elephants" page</b></p> <p>Work on your Lexia level: <a href="https://www.lexiacore5.com/register">https://www.lexiacore5.com/register</a></p>
9:45-10:15	Recess	<p>Movement and cooperative activities</p> <p>Do a GoNoodle Brain Break: <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
10:15-11:00	Math	<p>Skip count from by 10's to 100 while doing jumping jacks.</p> <p>Skip count by 5's to 100 while repeatedly touching your head, shoulders, knees, and toes.</p> <p>Count backwards from 20 to 0 doing the Macarena moves.</p> <p>Problem of the Day: Ken rode his bike for 16 minutes and Bill rode his bike for 12 minutes. How many more minutes did Ken ride his bike than Bill?</p> <p><b>Greater Than or Less Than page</b></p> <p>Play a math game: <a href="#">MobyMax</a> <a href="#">Prodigy</a></p>
11:00-1:00	Lunch	List as many Go foods as you can.
1:00-1:30	Specials	Complete the Kindness Bingo from Ms. Cross
1:30-2:00	Social Studies/Science	<p><b>Check the weather and record the temperature.</b></p> <p>Visit Scholastic for daily books and activities:  <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a></p>

General To-Do List or Notes	One thing I will do TODAY for my energy/exercise
	Today, I am grateful for

Reminders:

April 1

# Elephants



Elephants are the biggest land mammal. They have long noses called trunks. They use their trunks to touch, make sounds, grab things and spray water on themselves. Elephants live in Asia and Africa. Female elephants live in groups called herds. Males live alone. Elephants eat plants and fruits.

1. **Circle** the word for a group of elephants.

2. Write two uses for elephant trunks.

\_\_\_\_\_

\_\_\_\_\_

3. What do elephants eat?

Elephants eat \_\_\_\_\_

4. Circle **true** or **false**.

Elephants live on all continents.

true      false

All elephants live in herds.

true      false

April 1

## Greater Than or Less Than?

Write the correct symbols in each circle. Use  $<$ ,  $>$  or  $=$ .

$15 \bigcirc 52$

$72 \bigcirc 61$

$34 \bigcirc 21$

$45 \bigcirc 43$

$94 \bigcirc 48$

$17 \bigcirc 17$

$73 \bigcirc 62$

$119 \bigcirc 114$

$10 \bigcirc 10$

$93 \bigcirc 96$

$89 \bigcirc 98$

$60 \bigcirc 34$

$24 \bigcirc 29$

$47 \bigcirc 81$

$63 \bigcirc 45$

$120 \bigcirc 120$

$80 \bigcirc 100$

$36 \bigcirc 16$

$101 \bigcirc 11$

$14 \bigcirc 41$

*Unity West Elementary*  
*1st Grade Lesson Plan for Thursday, April 2*

Joke of the day: What kind of key can never unlock a door? Answer: a monkey		
Time	Activity	To-do item
9-9:45	Reading	<p>Read for 20 minutes a day.</p> <p>Writing prompt: Describe what makes a good friend.</p> <p>Scavenger hunt: Do a 5 minute search around your house and make a list of words or items you find that have the short o sound.</p> <p><b>"Ladybugs" page</b></p> <p>Work on your Lexia level: <a href="https://www.lexiacore5.com/register">https://www.lexiacore5.com/register</a></p>
9:45-10:15	Recess	<p>Movement and cooperative activities</p> <p>Do a GoNoodle Brain Break: <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
10:15-11:00	Math	<p>Skip count from by 10's to 100 while doing jumping jacks.</p> <p>Skip count by 5's to 100 while repeatedly touching your head, shoulders, knees, and toes.</p> <p>Count backwards from 20 to 0 doing the Macarena moves.</p> <p>Problem of the Day: Donna had 16 cupcakes. She gave some to her grandpa. Now she has 6 cupcakes. How many cupcakes did Donna give to her grandpa?</p> <p><b>Flipping for 50! Page</b></p> <p>Play a math game: <a href="#">MobyMax</a> <a href="#">Prodigy</a></p>
11:00-1:00	Lunch	Make sure you take time to clean your room.
1:00-1:30	Specials	Share your favorite song from class with someone. Ask them to share a song with you.
1:30-2:00	Social Studies / Science	<p><b>Check the weather and record the temperature.</b></p> <p>Visit Scholastic for daily books and activities: <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a></p>

General To-Do List or Notes	One thing I will do TODAY for my energy/exercise
	Today, I am grateful for

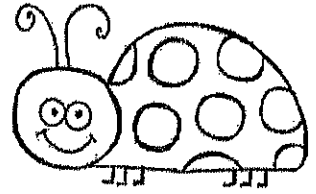
Reminders:





April 2

# Ladybugs



Ladybugs are small beetles. They can be red, orange or yellow. Ladybugs eat tiny bugs called aphids. They can eat up to 50 aphids a day! Ladybugs have sticky pads on their legs that help them walk upside down on leaves!

1. **Circle** three describing words from the passage.

2. Write two compound words from above.

\_\_\_\_\_

3. What are aphids?

Aphids are \_\_\_\_\_

4. Underline the color words above.

5. Why do ladybugs need sticky pads on their legs?



\_\_\_\_\_

April 2

# Flipping for 50!

Flip a penny 50 times. Make a tally for each flip.

I predict that I will flip \_\_\_\_\_ the most.

side of coin	tallies	total
		
		

My coin landed on **heads** \_\_\_\_\_ times.

My coin landed on **tails** \_\_\_\_\_ times.

I flipped more \_\_\_\_\_ than \_\_\_\_\_.

*Unity West Elementary*  
*1st Grade Lesson Plan for Friday, April 3*

Joke of the day: Why can't you give Elsa a balloon? Answer: Because she will let it go!

Time	Activity	To-do item
9-9:45	Reading	<p>Read for 20 minutes a day.</p> <p>Writing prompt: What is one book every child should read? Describe it.</p> <p>Scavenger hunt: Do a 5 minute search around your house and make a list of words or items you find that have the short u sound.</p> <p><b>"Sea Turtles" page</b></p> <p>Work on your Lexia level: <a href="https://www.lexiacore5.com/register">https://www.lexiacore5.com/register</a></p>
9:45-10:15	Recess	<p>Movement and cooperative activities</p> <p>Do a GoNoodle Brain Break: <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
10:15-11:00	Math	<p>Skip count from by 10's to 100 while doing jumping jacks.</p> <p>Skip count by 5's to 100 while repeatedly touching your head, shoulders, knees, and toes.</p> <p>Count backwards from 20 to 0 doing the Macarena moves.</p> <p>Problem of the Day: Jack has 7 red pencils, 4 blue pencils, and 5 green pencils. How many pencils does Jack have in all?</p> <p><b>Number Hunt page</b></p> <p>Play a math game: <a href="#">MobyMax</a> <a href="#">Prodigy</a></p>
11:00-1:00	Lunch	Think about your lunch, do you eat a "GO" food?
1:00-1:30	Specials	Check out Mrs. Knott's Library class at <a href="http://unitywestelementary.com">unitywestelementary.com</a>
1:30-2:00	Social Studies/Science	<p><b>Check the weather and record the temperature.</b></p> <p>Visit Scholastic for daily books and activities: <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a></p>

General To-Do List or Notes	One thing I will do TODAY for my energy/exercise
	Today, I am grateful for

Reminders:



Math Day 5

April 3

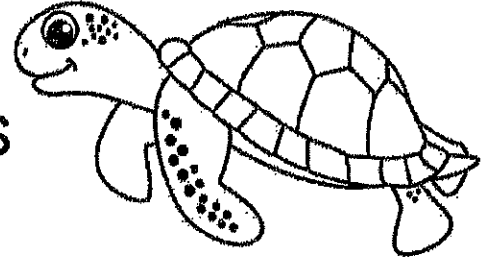
# Number Hunt

Use the numbers below to circle sums of 10. The numbers can be horizontal or vertical.  
You may use 2 or 3 addends. Hint: there are at least 15 sets!

5	6	5	3	2	7	1	8
2	5	8	1	5	9	2	8
10	0	5	2	4	3	3	1
9	3	7	5	1	3	7	2
2	2	6	1	2	9	8	4
6	1	3	7	3	8	2	6
3	5	0	2	7	8	8	9
3	10	2	4	5	1	2	10

How many sets did you find? \_\_\_\_\_

# Sea Turtles



Sea turtles live in oceans all over the world. They spend most of their time in water. Sea turtles cannot breathe underwater, so they come up for air when they need it. To lay their eggs, sea turtles crawl up onto the beach. They dig a deep hole with their flippers and drop the eggs in. Sea turtles are reptiles.

1. **Circle** the word that tells which animal group sea turtles belong to.

2. Sea turtles lay their eggs \_\_\_\_\_.

3. Draw a picture of another animal from the same animal group.

4. **Circle** true or false.

Sea turtles live on land.

true      false

Sea turtles lay eggs in water

true      false