### Unity West Elementary 1st Grade Lesson Plan for Monday, May 4

Joke for	the day: What do	you call a palm tree that wants to be a rapper? Answer: Slim Shady!!				
Time	Class	Activity				
9-9:45	Reading	<ul> <li>Read for 20 minutes a day.</li> <li>Choose an activity from the Spelling Homework Menu to complete.</li> <li><u>This Week's Spelling List</u>: stalk, talk, chalk, hair, air, chair, cut, its, better, clean, fast, use</li> <li>Writing prompt: Do you think humans will travel to other planets? Would you want to go? Explain.</li> <li><b>Read Scholastic News: Palm Trees in the Wind - April 2020</b></li> <li>Complete the Reading Checkpoint page</li> <li>Scholastic News website: sn1.scholastic.com password: uwfirst1</li> <li><u>Scholastic News Website</u> visit the site for a video and game</li> <li>Work on your Lexia level: <u>https://www.lexiacore5.com/register</u></li> </ul>				
9:45-10:15	Recess  • Movement and cooperative activities • Do a GoNoodle Brain Break: <u>https://family.gonoodle.com/</u>					
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 H shoulders, knees, and toes. Count backwards from 20 to 0 doing the Macarena move Problem of the Day: True or False? 11+3 > 15-1 19-1 Flower Favorites Bar Graph page • Play a math game: MobyMax Prodigy					
11:00-1:00	Lunch	Go for a walk.				
1:00-1:30	Specials	Check out the Specials Teachers Activities				
1:30-2:00	Social Studies/ Science	• Main Idea & Details: Palm Trees page Visit Scholastic for daily books and activities: https://classroommagazines.scholastic.com/support/learnathome.html				

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

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Fa	vorite	Flow	ers
Directions: Look			bod
		pring Flower	
Daisy			
Tulip		wannetenver	
Rose			
Sunflower			
an a		****	
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1			na an a
			Sunflower



## Name:



# Reading Checkpoint: Palm Trees in the Wind

Use your Scholastic News to answer the questions.

- 1. What is this article mostly about?
  - O how the parts of a palm tree help it survive a storm
  - Owhy most trees have branches
  - O palm tree roots

Visit www.scholastic.com/sn1

## Spelling Homework Menu

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Rainbow Write First, write the words in pencil. Then trace over them in two different colors.	Silly Sentences Write silly sentences using a spelling word in each sentence. <u>Underline</u> the spelling words and write neatly!	Hidden Words Draw and color a picture. Hide your spelling words inside the picture. See if someone can find your hidden words!	Backwards Words Write your spelling words forwords and then backwards! Remember to write neatly!
Waterfall Words Example: c co cat catc cotch	<b>ABC Order</b> Write your spelling words in ABC order. If words start with the same letter, look at the next letter.	Story, Story Write a story using ALL of your spelling words. Be sure to <u>underline</u> your spelling words in the paragraph.	Fancy Words Write your words using fancy letters 2xl Example: CETCT catch
Three Times First, write each word in pencil. Then, write each word in croyon. Finally, write each word in marker! Adding My Words Vowels are 10 and consonants are 5. Write your words and then add the value of each word. Ex. cat 5+10+5=20		<b>Riddle Me</b> Write a riddle for each of your words. Don't forget to answer them. Ex: 1 am cute. 1 wear diapers. Answer: baby	Rhyming Words Write each of your spelling words with a rhyming word next to them. Ex: cut - shut
Code Words Come up with a code for each letter of the alphabet. Then write your words in code. Ex: $A = \rightarrow B = \heartsuit C = \heartsuit$ Write out the word.	UPPER and Lower Write your words one time with all uppercase letters and one time with all lowercase letters.	<b>Colorful Words</b> Write each of your spelling words. Write each letter using a different color.	<b>Choo Choo Words</b> Write the entire list end-to-end as one long word. Write each new word in a different color.
Magazine Words Use an old magazine or newspaper and find your words or letters that make up words. Glue them down.	Words Within Words Write each spelling word and then write at least two words made from that word. Ex: catch cat hat	Words Without Vowels Write all of your words replacing vowels with a line. Go back and see if you can fill in the vowels.	Other Handed First, write your words with the hand you usually write with. Then, write the list using your other hand!

### Unity West Elementary 1st Grade Lesson Plan for Tuesday, May 5

Joke of the day: Why did the dolphin feel grumpy? Answer: He ate too many crabs!!					
Time	Class	Activity			
		<ul> <li>Read for 20 minutes a day.</li> <li>Choose a new activity from the Spelling Homework Menu to complete.</li> <li>Writing prompt: Create your own holiday! What would you</li> </ul>			
9-9:45	Reading	celebrate? How would you get others to join the fun?			
		"Dolphins" page			
		Work on your Lexia level: <u>https://www.lexiacore5.com/register</u>			
9:45-10:15	Recess	<ul> <li>Movement and cooperative activities</li> <li>Do a GoNoodle Brain Break: <u>https://family.gonoodle.com/</u></li> </ul>			
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: 80 people were in line for the roller coaster. 30 people got on the roller coaster. How many people were still in line?			
		Flower Measurement page Play a math game: <u>MobyMax</u> <u>Prodigy</u>			
11:00-1:00	Lunch	Help by cleaning up the table after you eat lunch			
1:00-1:30	Specials	Check out the Specials Teachers Activities			
1:30-2:00	Social Studies/	• Compare Trees and Palm Trees page			
	Science	Visit Scholastic for daily books and activities: https://classroommagazines.scholastic.com/support/learnathome.html			

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

# Dolphins



Dolphins are mammals that live in oceans and rivers. Dolphins breathe through a hole on top of their head called a blowhole. They live in groups called pods. Dolphins eat fish, shrimp and squid. To talk to other dolphins, they squeak and whistle.

I. (Circle) the word that tells what dolphins use to breathe.

2. Name two places dolphins live.

3. Finish the sentence below.

Dolphins eat \_\_\_\_\_

4. Use a blue crayon to <u>underline</u> how dolphins talk to others.

Use a red crayon to <u>underline</u>, what a group of dolphins is called.

Use a green crayon to <u>underline</u> their animal family.





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### Name:

# Compare Trees and Palm Trees

Use your Scholastic News issue to fill out the chart.

Most Trees	Palm Trees
Trunk:	Trunk:
Branches and leaves:	Branches and leaves:
	Roots:
Roots:	Roots:

Visit www.scholastic.com/sn1

### Unity West Elementary 1st Grade Lesson Plan for Wednesday, May 6

Joke of the day: What season is it best to go on a trampoline? Answer: SPRING tim					
Time	Class	Activity			
		<ul> <li>Read for 20 minutes a day.</li> <li>Choose a new activity from the Spelling Homework Menu to complete.</li> </ul>			
9-9:45	Reading	Writing prompt: Do you think you should have more or less chores? Explain.			
		"Dragonflies" page			
		Work on your Lexia level: <u>https://www.lexiacore5.com/register</u>			
9:45-10:15	Recess	<ul> <li>Movement and cooperative activities</li> <li>Do a GoNoodle Brain Break: <u>https://family.gonoodle.com/</u></li> </ul>			
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: 48 ants came to the picnic. An hour later 30 more			
		ants joined them. How many ants were there in all? Garden Comparing page			
	-	Play a math game: <u>MobyMax</u> <u>Prodigy</u>			
11:00-1:00	Lunch	List as many "GO" foods as you can.			
1:00-1:30	Specials	Check out the Specials Teachers Activities			
1:30-2:00	Social Studies/ Science	• Fantastic Fish pages Visit Scholastic for daily books and activities: https://classroommagazines.scholastic.com/support/learnathome.html			

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

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# Dragonflies



Dragonflies are insects. They have six legs. They cannot walk very well but they can fly! Their wings are transparent. This means that their wings are see-through. Dragonflies can be colors like blue, green, red, and yellow. Dragonflies live all over the world in warm places. They live by water. Dragonflies eat small insects like mosquitoes and gnats.

I. Dragonflies are insects so they have \_\_\_\_\_ legs.

2. (Circle) the word that means see-through.

3. Dragonflies live in \_\_\_\_\_ places and near \_\_\_\_\_

4. What colors can dragonflies be?

Dragonflies can be \_\_\_\_\_, \_\_\_\_, \_\_\_\_,

and \_\_\_\_\_

© lucky to be in first 2020

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## Week Three Day 5 Science

# Fantastic Fish

When you think of fish you may imagine a pet goldfish or even a clownfish (like Nemol) But did you know that Scientists believe there are over 30,000 different species of fish?

## Here are some important facts about fish:

- \* Fish are cold-blooded animals that have a backbone.
- \* All fish live in water.
- \* Fish have gills to help them breathe in water.
- \* Fish are covered in scales which help fish quickly glide through water.
- \* Fish have fins on their body to help swim
- \* Most fish lay eggs.

## Fun Facts about fish:

- \* Fish often travel in schools to protect themselves from predators.
- \* Some fish camouflage to their surrounding to stay safe.
- \* Fish can be plant eaters, meat eaters or a mix.
- \* Tuna and Mackerel Sharks are the only fish that are warm-blooded.
- \* Lungfish can live out of water for several years. It has gills and lungs!
- \* The Batfish plays dead when danger is near.
- \* A seahorse can move both of its eyes separately.
- \* The fastest fish is a sailfish. It can swim as fast as a car on the highway!
- \* A seahorse can move both of its eyes separately.
- \* The largest fish is the whale shark which can grow to 50 feet long.
- \* Fish can feel pain.



# Week Three Day 5 Science

# Fantastic Fish

Facts are statements that are true and can be proven. Opinions are statements that one person or a group of people may believe. Color the bubbles that have facts about fish. Color all the fish.



### Unity West Elementary 1st Grade Lesson Plan for Thursday, May 7

Time	Class	Activity		
9-9:45	Reading	<ul> <li>Read for 20 minutes a day.</li> <li>Choose a new activity from the Spelling Homework Menu to complete.</li> <li>Writing prompt: Do you think homework is important? Explain.</li> </ul>		
		"Parts of a Flower" page		
		Work on your Lexia level: <u>https://www.lexiacore5.com/register</u>		
9:45-10:15	Recess	<ul> <li>Movement and cooperative activities</li> <li>Do a GoNoodle Brain Break: <u>https://family.gonoodle.com/</u></li> </ul>		
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: Mr. Fisher sold pool noodles. He had 17 blue ones and 12 purple ones. Mrs. Reichert gave him 10 green ones. How many pool noodles does Mr. Fisher have?Planting Addends pagePlay a math game: MobyMaxProdigy		
11:00-1:00	Lunch	Make sure you take time to clean your room.		
1:00-1:30	Specials	Check out the Specials Teachers Activities		
1:30-2:00 Social Studies/ Science		Read Scholastic News: Making Ice Cream - May/June 2020 Complete the Reading Checkpoint page Scholastic News website: sn1.scholastic.com password: uwfirst1 Scholastic News Website visit the site for a video and game https://www.allrecipes.com/article/how-to-make-ice-cream-in-a-bag/		

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





#### SCIENCE FOCUS States of matter

## Name:



**Reading Checkpoint: Making Ice Cream** Use your Scholastic News to

answer the questions.



**1.** Where is the ice cream in the article made?

# ) in someone's home )in a factory ) at a park

- 2. How many gallons of ice cream can the factory make in a day? ) one hundred () one thousand ) one
- 3. What happens in the ice cream maker? That is Step 2 in the article.

igodows The liquid turns into solid ice cream. The heat kills the germs. ) Workers fill up the cartons.

4. What do you think is the most interesting part of making ice cream? Why?

### Unity West Elementary 1st Grade Lesson Plan for Friday, May 8

	Joke of the day: What do you say to a fancy cactus? Answer: You look sharp!!		
Time	Class	Activity	
9-9:45	Reading	<ul> <li>Read for 20 minutes a day.</li> <li>Choose a new activity from the Spelling Homework Menu to complete.</li> <li>Writing prompt: What do you think is the most important tool you</li> </ul>	
7-7.43	Reading	need in order to learn? Explain.	
		"Flower Garden" page	
		Work on your Lexia level: <u>https://www.lexiacore5.com/register</u>	
9:45-10:15	Recess	<ul> <li>Movement and cooperative activities</li> <li>Do a GoNoodle Brain Break: <u>https://family.gonoodle.com/</u></li> </ul>	
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: Jordan bought 4 pairs of flip flops. Each pair cost	
10:15-11:00	Math	\$5. How much money did Jordan spend?	
		Watering Equations page	
		Play a math game: <u>MobyMax</u> <u>Prodigy</u>	
11:00-1:00	Lunch	Think about your lunch, did you eat a "GO" food?	
1:00-1:30	Specials	Check out the Specials Teachers Activities	
1:30-2:00	Social Studies/ Science	• Invent an Ice Cream Flavor page Visit Scholastic for daily books and activities: <u>https://classroommagazines.scholastic.com/support/learnathome.html</u>	

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





## Name:



# Invent an Ice Cream Flavor

The ice cream factory makes so many different kinds of ice cream! But they need a new flavor. Invent it!

My new flavor is called:

The special ingredients are:

My new flavor is best in: O a sundae	
O an ice cream sandwich	Permission granted to Tached-Subscribers to remodules this nada for classroom tube only
Here is what my ice cream looks like:	Subscripter for period
I think people will like it because	

Visit www.scholastic.com/sn1

# THIS WEEK FOR PE FROM COACH NOWLAN & COACH IPSEN May 4th-May 8th

Dear Parents,

This week we have put in a few new ideas for physical fitness, but if you have something else your student is doing please just write in down on his/her sheet. Thanks for helping keep your children fit!

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 Weel	k:	NAME:		CLASS:
DAY	CATEGORY		ACTIVITIES	
MON		U.1		
TUES			en e	
WED				
THUR	-	······································		<u></u>
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 AROUND YOUR HOME 5-10 TIMES	PUSH-UPS 30-50 DO IN SETS OF 10	MT CLIMBERS 100-200	STRETCHING FOR 20 MINS	WALK YOUR PET 15-20 MINS
JUMP ROPE FOR 10-15 MINS	BICYCLE CRUNCHES 100-200 DO IN SETS OF 25	LOW/MID/HIG H 5-10 TIMES 45 SEC. EACH	PILATES FOR 20 MINS	BIKE FOR 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
WALK UP/DOWN A SET OF STAIRS 20X	JUMP SQUATS 50-100 DO IN SETS OF 10	HOLD UP POSITION OF PUSH-UP 5-10 TIMES 1 MIN EACH		PICK UP STICKS FROM THE YARD
100 JUMPING JACKS SETS OF 20	SHOULDER TAPS 100-200 DO IN SETS OF 20	BURPEES 25-50 DO IN SETS OF 5/10		HELP WITH ANY YARD WORK
JOG IN PLACE W/ HIGH KNEES 4 X 30 SEC	HIP POCKETS 100-200 DO IN SETS 20	HOLD DEAD BUG POSITION 5X1 MIN		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	А&В	WALK, SHOULDER TAPS, AND HIP POCKETS	



Low Tech Options>>>

Ideas below can be created at home with basic supplies. If you have access to Internet, my videos are on school website under art remote learning resources. My art videos and this page correlate with the Specials Bingo Sheet. ©

### Paper

### Weaving:



I thought it would be fun to do some paper weaving this week. It is nice to use yarn to weave...but easier to access paper. ;) You can be as creative as you would like with this project. You can use many colors or a few colors. You can use dried painted paper too. You can create shapes to weave into also. Fold a rectangle piece of paper in half. Cut lines spread out from the fold down to 1 inch away from other end of paper. Cut strips of paper long enough to weave in and out of cut areas. Open folded/cut paper rectangle. Go over-under pattern with one set of strips. Go under-over with every other set of strips. Trim edges when done if needed. Enjoyl @







### Pointillism-Dot Fun:



Just like the famous artist, Georges Seurat, you can create your own masterpiece made completely from dots. You can use markers, crayons or paintl Q-tips work great with paint. You can sketch your drawing plan very lightly... or just add dots first. The closer together dots are...the darker areas become... The more spread out...the lighter areas will be... You can mix dot colors too to create cool effects!







A Sunday Afternoon on the Island of La Grande Jatte

The Seine of La Grande Jatte

The Eiffel Tower