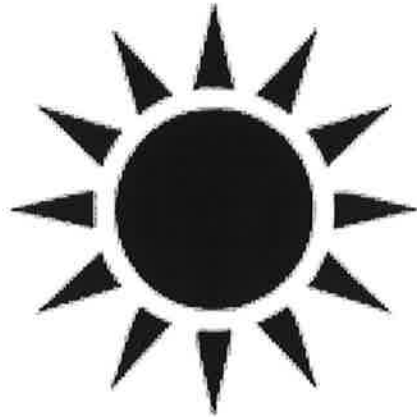


NTI DAY 21



Harrison County Schools

Name: _____

Grade: **3** _____

Teacher: _____

Complete within 2 weeks of returning to school.

NTI 21

Reading Directions

1. Read The Journey: Stories of Migration with your student.
2. Have your student cut and paste the vocabulary onto the provided pages, and match the words to the definitions.

Check out Harrison County's 3rd Grade blog to help your understanding of content on the NTI packet.

Lesson 22



Vocabulary in Context

1 migrate
These butterflies fly far away when they migrate, or move from place to place.



2 survival
This bluebird flies south for the winter for its survival, or to stay alive.



TARGET VOCABULARY

- migrate
- survival
- plenty
- frightening
- accidents
- solid
- chilly
- landscape
- thunderous
- dramatic

3 plenty
Some animals don't migrate in winter if they have saved plenty of food.



4 frightening
It is frightening, or scary, for penguins when leopard seals come nearby.



Vocabulary Reader



Context Cards



L.5-6.4-5 and the corresponding general academic, and domain-specific, reading and content standards.





- ▶ Study each Context Card.
- ▶ Use two Vocabulary words to tell about an experience you had.



accidents

When moose cross busy roads to find food, accidents can happen.



solid

It is very hard for animals to find food under snow and solid ice.



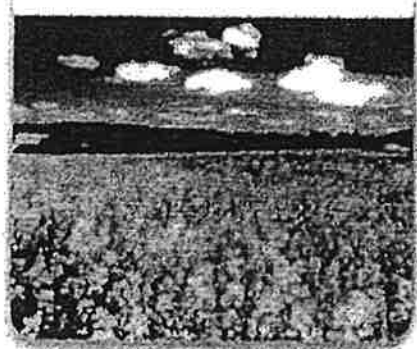
chilly

Polar bears have thick fur to keep them warm in cold, chilly weather.



landscape

The landscape changes in spring. Grass turns green, and flowers bloom.



thunderous

A herd of caribou makes a very loud, thunderous sound as it runs.



dramatic

Salmon swimming upstream to lay eggs is a dramatic, or exciting, sight.



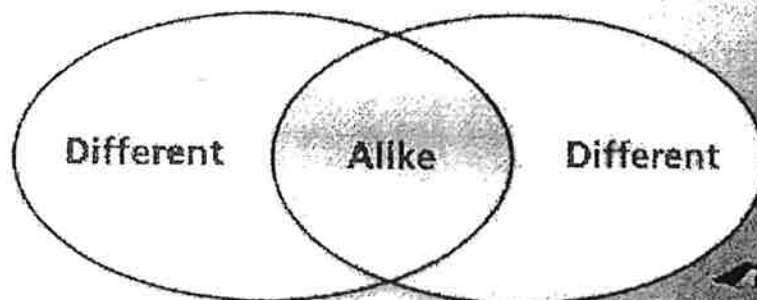


Read and Comprehend



TARGET SKILL

Compare and Contrast As you read *The Journey: Stories of Migration*, look for ways to compare and contrast important details about the two different kinds of migrating creatures. Note that the author uses a similar structure for both parts of the selection. This helps you see how the migrations are alike and different. Use a graphic organizer like this one to record text evidence that helps you compare and contrast the two migrations.



TARGET STRATEGY

Visualize As you read, use the author's descriptive details to help you visualize, or picture, the information you read.



 PREVIEW THE TOPIC **Animal Migration**

Geese fly in a V-shape high in the sky. Hundreds of monarch butterflies gather on a tree trunk to rest during their long flight to Mexico. Sea turtles gather on Florida beaches in the spring and summer. These are just a few examples of migrations made every year. A migration is the movement of insects, animals, or even people from one location to another, often thousands of miles apart.

In *The Journey: Stories of Migration*, you'll learn why two very different creatures—gray whales and locusts—migrate and where they go.



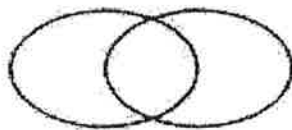
ANCHOR TEXT



TARGET SKILL

Compare and Contrast

Tell how details are alike and different.



GENRE

Informational text gives you facts and information about a topic. As you read, look for:

- ▶ headings that tell about the content of sections
- ▶ how the ideas and information are organized
- ▶ graphics such as maps to help explain the topic

COMMON CORE RI.3.1 develops the connection between sentences and paragraphs in a text. RI.3.1D read and comprehend informational text; L.3.3a choose words and phrases for effect.



MEET THE AUTHOR

Cynthia Rylant

What advice does an award-winning, famous author like Cynthia Rylant have for young writers? Go out and play. "Playing is still the greatest training you can have, I think, for being a writer," says Rylant. "It helps you love life, it helps you relax, and it helps you cook up interesting stuff in your head." She is the author of *The Blue Hill Meadows* and many other books.



Lesson 22
Cut and Paste Activity

Vocabulary Words

migrate	survival
accidents	solid
chilly	plenty
thunderous	frightening
landscape	dramatic

Definitions to match to the above vocabulary words

exciting	A full supply or amount
A stretch of land that is view as scenery	Unpleasantly cold
scary	Loud and rumbling
Hard, firm; not hollow	To move regularly from one region or climate to another
The act or fact of staying alive	An event that is not expected and not wanted

on this page.

Name _____



Solve & Share

Describe at least two things that are the same in all or some of these shapes. Describe two things that are different.

Lesson 15-3

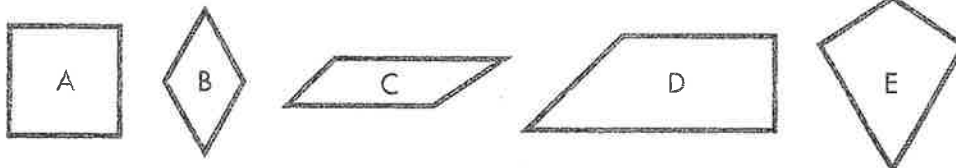
Analyze and Compare Quadrilaterals

I can ...

analyze and compare quadrilaterals and group them by attributes.

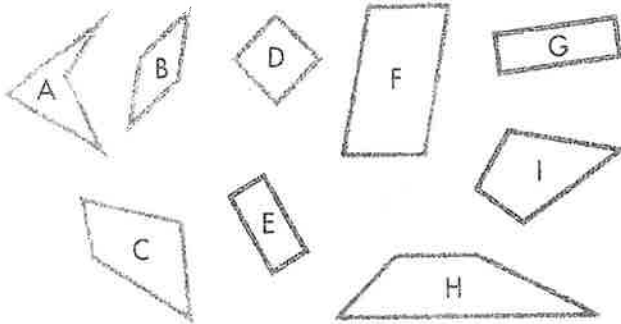
© Content Standards 3.G.A.1, 3.MD.C.5b
Mathematical Practices MP.2, MP.3, MP.4, MP.7

You can use structure.
Look for common attributes,
such as parallel and
perpendicular sides.

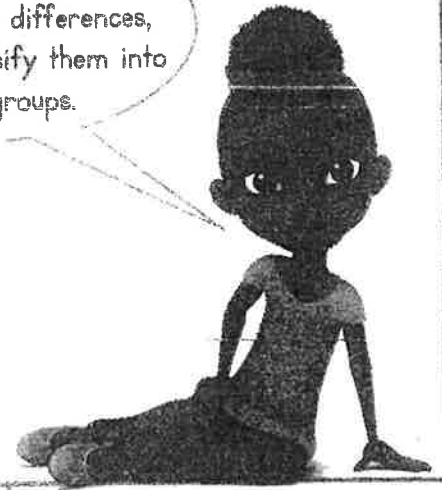


Look Back! © MP.4 Model with Math Draw a quadrilateral that is different from all the quadrilaterals above. Tell how it is different.

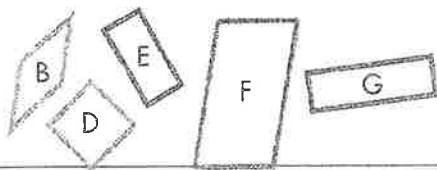
A What are different ways you can classify the quadrilaterals shown below?



Quadrilaterals have 4 sides. They also have differences, so you can classify them into smaller groups.



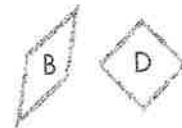
B Shapes B, D, E, F, and G are also parallelograms. Each has two pairs of parallel sides.



C Shapes D, E, and G are also rectangles. Each has 4 right angles.



D Shapes B and D are parallelograms that are also rhombuses. Each has 4 equal sides.



Shape D is a square and is in every group. It is a quadrilateral, a parallelogram, a rectangle, and a rhombus.



Convince Me! © MP.2 Reasoning Which of the shapes above can you cover with unit squares and not have any gaps or overlaps? What attributes do the shapes have in common?

★ Guided Practice ★

Do You Understand?

1. **MP.7 Use Structure** Which shape on the previous page is a rhombus but not a rectangle? Explain.
2. **MP.2 Reasoning** Can you have a square trapezoid? Explain.

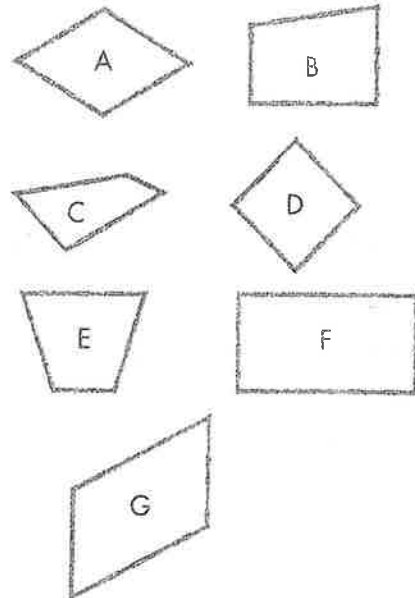
Do You Know How?

3. Which shapes on the previous page are not a parallelogram, rectangle, rhombus, or square?
4. What attributes does a square have because it is always a rectangle?

★ Independent Practice ★

In 5–9, list all the polygons shown at the right that fit each description. If there could be no such polygon, tell why.

5. Has at least one set of parallel sides but is not a parallelogram
6. Is a quadrilateral but not a parallelogram or trapezoid
7. Is a square and not a parallelogram
8. Is a rhombus and not a rectangle
9. Is a parallelogram and not a rhombus



Math Practices and Problem Solving

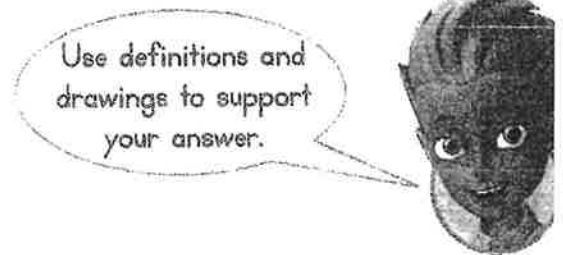
10. © MP.7 Use Structure Cy put blocks 1 and 2 together to make a new shape. How are the blocks he used alike? How are they different?



11. © MP.2 Reasoning Explain which of the shapes at the right you can cover with unit squares and not have any gaps or overlaps.



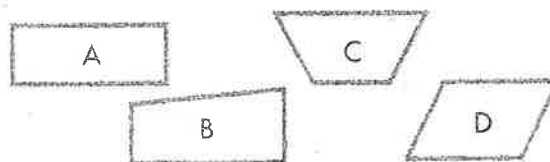
12. Higher Order Thinking Draw a quadrilateral with no parallel sides. Tell why it isn't a parallelogram or a trapezoid.



13. Sam needs 25 minutes to get ready and 15 minutes to bike to swim practice. Practice starts at 4:00 P.M. What time should Sam start getting ready?

© Common Core Assessment

14. Look at these polygons.



Part A

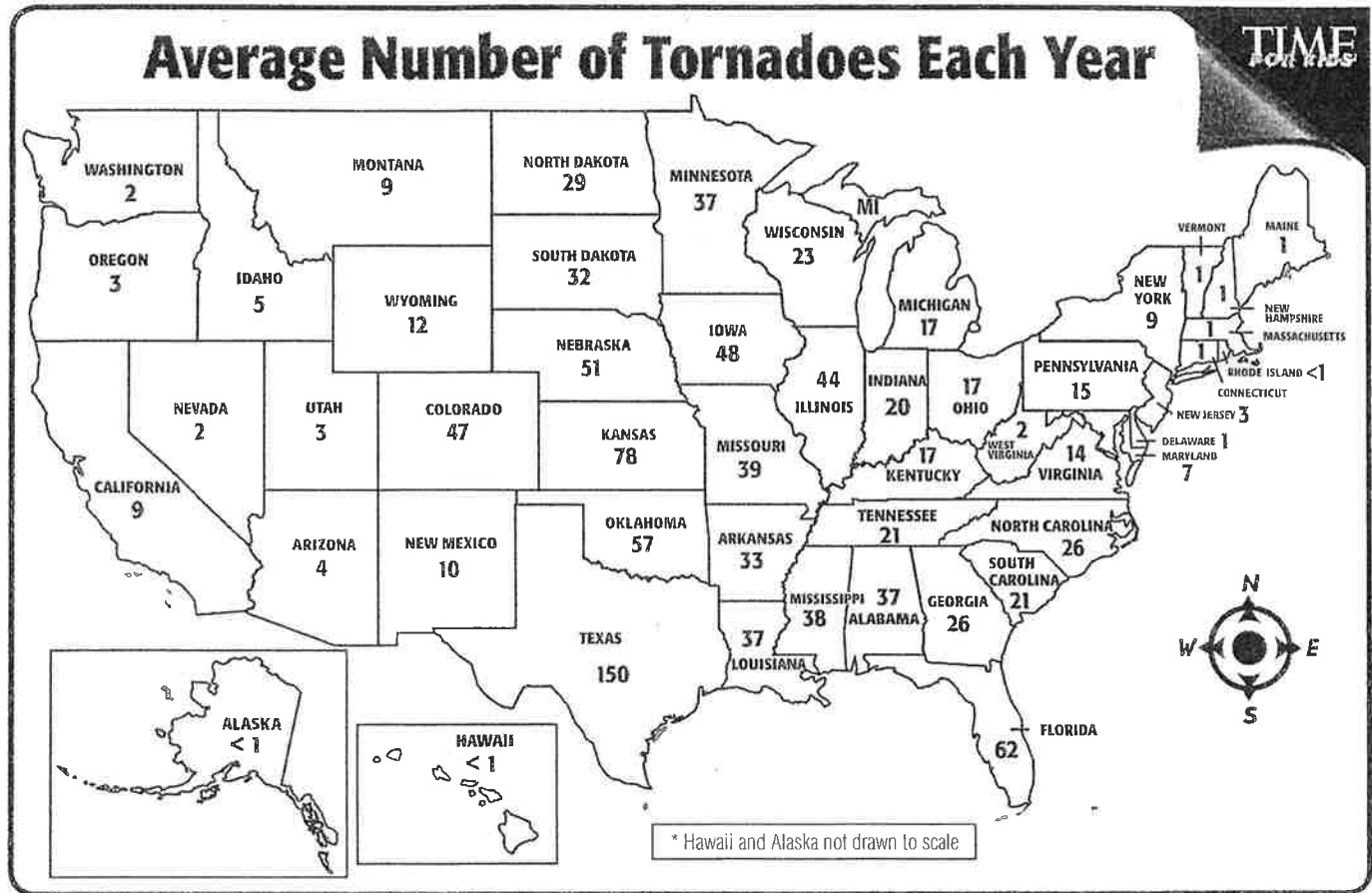
Name at least 2 attributes that all 4 polygons have.

Part B

Name an attribute that both A and D have that B and C do not.

Practice Exercise 13

Directions: Read and solve each problem carefully.



Source: NOAA
Image: TIME For Kids

7. How many more tornadoes does Colorado have than New York?

- (A) 37
- (B) 38
- (C) 42
- (D) 56

8. How many combined tornadoes are there in Texas, Oklahoma, Nebraska, and Kansas?

- (E) 201
- (F) 236
- (G) 325
- (H) 336

PE/Health NTI Day 21

All Grades:

PE Fitness Calendar: Check off each day as you complete the task on the calendar. Do each task 3 times per day.

Choose a Tabata Workout and complete it 3 times today. You can choose the same one each time or switch. Use a stopwatch, clock, timer app, or microwave as your timing device.

Grades 3, 4, & 5:

Create your own game and play with your family. Use the worksheet provided to explain your game. Please be clear when describing the rules and instructions. Be sure to include what equipment or other things you used to play.

Please put the time you completed each workout and have a parent/guardian sign below.

Tabata workout 1:

Time completed: _____ Signature: _____

Tabata workout 2:

Time completed: _____ Signature: _____

Tabata workout 3:











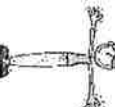







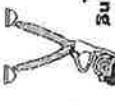

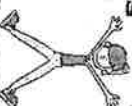

Time completed: _____ Signature: _____

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Student Name:</p> <p>Classroom Teacher:</p>	<p>Parent Signature:</p>					
<p>Get some cans of food and do arm curls while a family member or friend acts to 100. Use both arms!</p> <p>5 </p>	<p>Keep your legs straight while you bend relaxed at the waist. Breathe in and out slowly. Make your hands touch for the floor.</p> <p>6 </p>	<p>Do the butterfly stretch while saying out loud to words that begin with the letter "r".</p> <p>7 </p>	<p>Hold a push-ups position while saying the months of the year 3 times.</p> <p>1 </p>	<p>Skip around the house while you sing the school song.</p> <p>2 </p>	<p>Crab walk from your bedroom (Even if it's up or down the stairs!)</p> <p>3 </p>	<p>Balance on one foot while a family member or friend sings the ABC song 3 times.</p> <p>11 </p>
<p>Challenge a family member of 2 friend to a "Mountain Climber To 50" Race.</p> <p>2 </p>	<p>Pretend to hold hoops while saying the alphabet forwards then backwards. If you have a hula hoop, use it!</p> <p>13 </p>	<p>Dance to one of your favorite songs.</p> <p>14 </p>	<p>Do 60 seconds of arm circles.</p> <p>15 </p>	<p>Do squats while watching 3 commercials on T.V.</p> <p>9 </p>	<p>Grab one foot and stretch your thigh for 30 seconds. Repeat using the other leg. Then try it with your eyes closed.</p> <p>17 </p>	<p>Hold a push-ups position while giving a high five to a family member or friend 25 times.</p> <p>18 </p>
<p>Stand in front of a mirror and flex or move every muscle you can think of.</p> <p>19 </p>	<p>Get some cans of food and do lunges while a family member or friend sings for their favorite song.</p> <p>20 </p>	<p>Spell your full name while you jump in the air for each letter.</p> <p>21 </p>	<p>Rest Day</p> <p>22</p>	<p>Reach and touch your toes while counting to 30. 60 Repeat 3 times.</p> <p>23 </p>	<p>Do 50 side bends. While doing them sing your favorite song out loud.</p> <p>24 </p>	<p>Challenge a family member or friend to a "jumping to jack race to 50" contest.</p> <p>25 </p>
<p>Do 100 Jumping Jacks.</p> <p>26 </p>	<p>With your back flat against the wall, do the wall sit for 60 seconds.</p> <p>27 </p>	<p>Rest Day</p> <p>28</p>	<p>Make up your own fitness challenge and draw it on the back of this paper.</p> <p>29</p>	<p>Pick One Of Your Favorite Days And Do It Again!!!</p> <p>30</p>	<p>Rest Day</p> <p>31</p>	<p>Check off (✓) when you finish each day</p>



TABATA



1. MOUNTAIN CLIMBERS



10 SEC REST

20 SEC MOVE

2. SQUATS



10 SEC REST

20 SEC MOVE

3. SIT-UPS



10 SEC REST

20 SEC MOVE

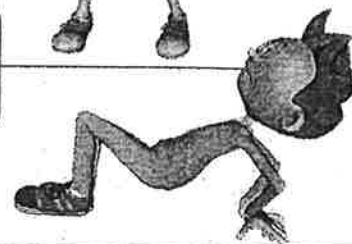
4. ARM CIRCLES



10 SEC REST

20 SEC MOVE

5. GROUND DIPS



10 SEC REST

20 SEC MOVE

6. WALL SIT



10 SEC REST

20 SEC MOVE

2

HIGH INTENSITY INTERVAL TRAINING



TABATA



1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE

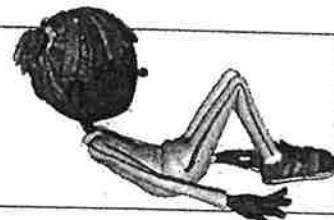


3. CRUNCHES



10 SEC REST

20 SEC MOVE

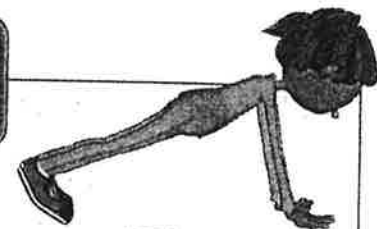


4. BURPEES



10 SEC REST

20 SEC MOVE

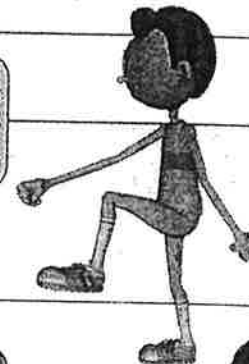


5. HIGH KNEES



10 SEC REST

20 SEC MOVE



6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING

Physical Education NTI Lesson
Create Your Own Game

Directions: Create your own game by coming up with the name of the game, at least three rules of the game and how the game is played.

1. Name of Your Game:

2. Rules of Your Game:

- 1. _____
- 2. _____
- 3. _____

3. Instructions on How the Game is Played:

Play Your Game and Have Fun!