# NTI DAY 6



Harrison County Schools
Name: \_\_\_\_\_

Grade: 2nd

Teacher: \_\_\_\_\_

Complete within 2 weeks of returning to school.

#### NTI Day 6

A. Option 1: Complete the Reading and Math Packet attached.

OR

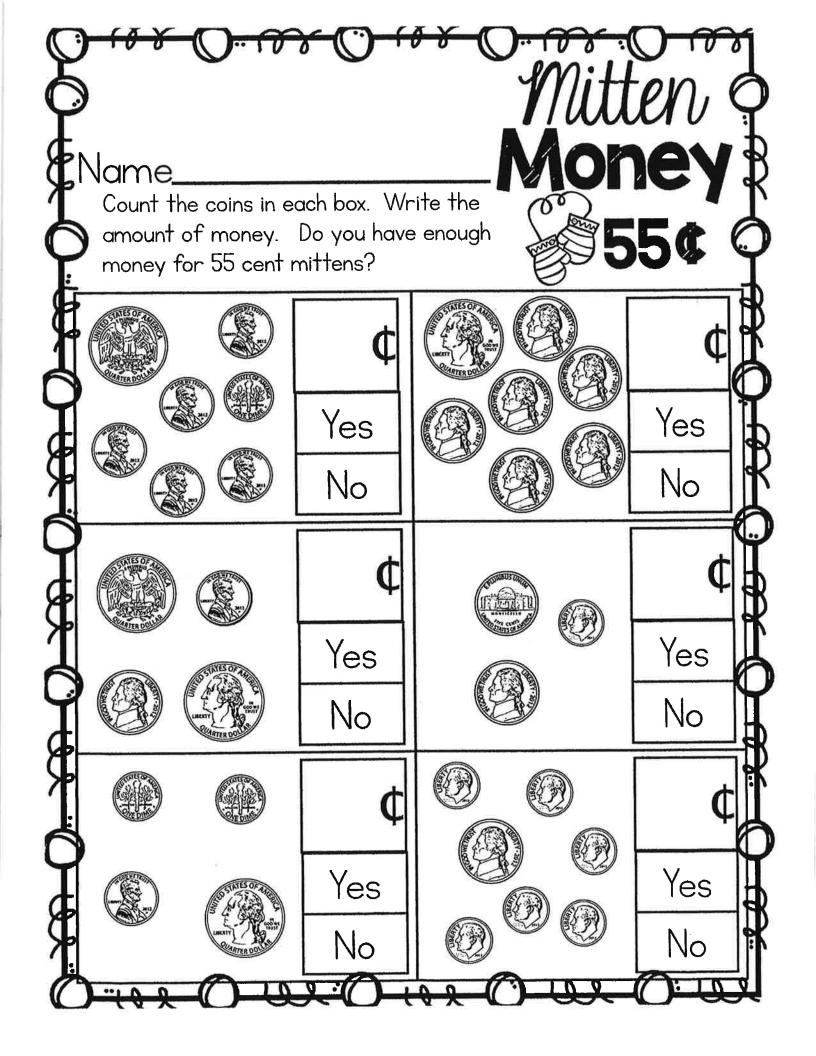
**Option 2: Technology Component** 

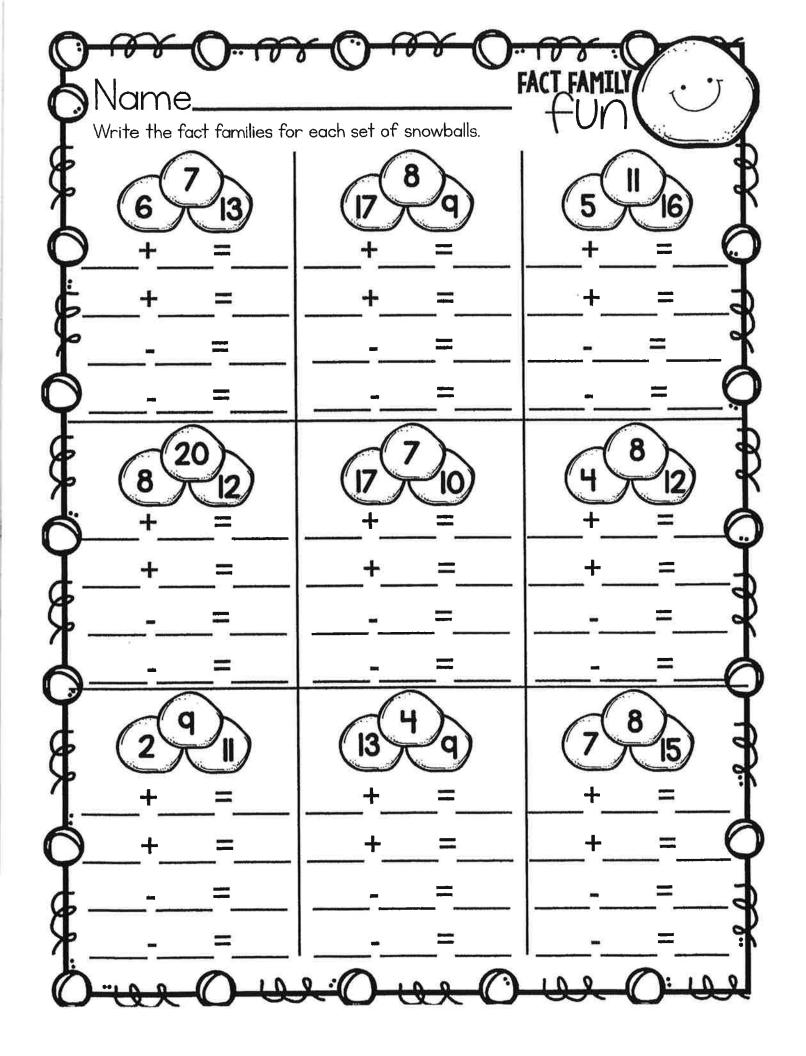
- \*Log into Exact Path.
- \*Work for 30 minutes in reading.
- \*Work for 30 minutes in math.

Exact Path is new to our district. Teachers will observe and monitor student activity.

B. Complete the PE/Health assignment.

Cozy Contractions Match the contraction to the two mittens which make it up. For example: wouldn't = would + not. I. can't = 2.1'm =3. they're = \_ 4. she's = 5. you'll = \_\_\_ 6. we've= Use contractions to write sentences. Use at least one contraction in each sentence. Looking for a challenge? Use two! 





#### NTI Day 6

#### PE/Health

As part of your NTI Day 6 packet, PE and Health has been designated as your special for the day. For today's lessons, students will be performing various physical activities and some worksheets dealing with health/safety.

For the PE side, students will perform various physical activities and record their data on the attached physical activity log. Students are required to perform at least 30 minutes of moderate to vigorous activity. This 30 minutes does not have to be completed all at once. It can be broken down into 5-10 minute intervals, but must total 30+ minutes of activity for the day. Students will write down the type of activity they participated in, how long they did it, and how intense the activity was.

For the Health part of the lessons, students will learn about the benefits of nutrition and the importance of physical activity. Please see the break down of assignments below and have your child complete the assignments for his/her grade level:

Kindergarten – Activity Log
Animal and Plant Food Activity Sheet
Valuable Vitamins

1st Grade – Activity Log Fire Puzzle Sheet Fire Drill Plan Danger! Thin Ice

2<sup>nd</sup> Grade – Activity Log
Nutrition Word Search
Types of Movement

**3rd Grade** – Activity Log Aerobic Benefits/Questions Calorie Burner Chart/Questions

4th Grade – Activity Log
Why Should You Exercise:
Why You Need Physical Activity

5<sup>th</sup> Grade – Activity Log
Youth Physical Activity:
Guidelines and Benefits
Guidelines and Benefits Questions

#### NTI Day Activity Log:

| Type of Activity: | Length of Activity: | Intensity: (Low, Moderate, High) | Parent/Guardian<br>Signature: |
|-------------------|---------------------|----------------------------------|-------------------------------|
|                   |                     |                                  |                               |
|                   |                     |                                  |                               |
|                   |                     |                                  |                               |
|                   |                     | 8                                |                               |

#### Examples of Activities:

Running or jogging, walking, sledding, snowboarding, yard work, shoveling the driveway, stretching, push-ups, crunches, dancing, sport activities or practice, or any other physical activity that you may do during the day.

### NUTRITION Word Search

Find and circle the words listed.
Words may be horizontal, vertical or diagonal. Even backward!

carbohydrates vitamins calories grains meat

proteins minerals nutrients fruits vegetables fats water diet dairy pyramid

E A R D Y H B RA E M P S P P X S O T N R N Z B G D E F N S В I Ι N I Α  $\mathbb{R}^*$ I W V B A E U F A T G A X X T T N R R E D M X W E  $\mathbf{E}$ E A F F E R I·N W D G  $-\mathbf{L}$ Ι A N  $\mathbf{E}$ P J E S P H X W F E B W Y F H R A A М N S A Y K H В F M X Q B F I R H A A U E Q H E I W R T  $\mathbf{Z}$ D A I G L

| Name | Date   |  |
|------|--------|--|
|      | 170118 |  |

## TYPES OF MOVEMENT

#### PUT EACH MOVEMENT LISTED BELOW INTO ITS BEST BOX.

Running Bending Balancing
Shaking hands Hopping Opening a door
Swaying Typing Jumping
Skipping Skating Tying your shoes
Throwing Sliding Scratching

Leaping Picking up sticks Catching

# LOCOMOTOR NON-LOCOMOTOR MANIPULATIVE