

2019-20 BEVINS ELEMENTARY NON-TRADITIONAL INSTRUCTION PACKET FOR 5th Grade

	Reading	Social Studies	Math	
DAY 36	www.readworks.org/student “The Best Dancer”	www.readworks.org/student “The New Colossus”	Google Classroom April 27, 2020 (A) April 27, 2020 (B) Zoom Meeting: 7:30	1. Have students go to www.readworks.org/student 2. Students enter class code PADALL (Henson Homeroom) Students enter class code QXFTVJ (Saros Homeroom) 3. Password is 1234
DAY 37	www.readworks.org/student “The Spookiest Attic”	www.readworks.org/student “A Very Messy Tea Party”	Google Classroom April 28, 2020 (A) April 28, 2020 (B)	
DAY 38	www.readworks.org/student “ Cool to Be Kind”	www.readworks.org/student “From City to Farm”	Google Classroom April 29, 2020 (A) April 29, 2020 (B)	
DAY 39	www.readworks.org/student “Classical Music-Johann Sebastian Bach”	www.readworks.org/student “Farmers Farm”	Google Classroom April 30, 2020 (A) April 30, 2020 (B) Zoom Meeting: 7:30	
DAY 40	www.readworks.org/student “Endangered Animals at a Glance”	www.readworks.org/student “ A Well-Kept Secret”	Google Classroom May 1, 2020 (A) May 1, 2020 (B)	

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SPECIALS:

MONDAY - Day 36 - Choose 1 video link or 2 activities from the chart. Be sure to send picture sample

- Fitness TABATA #4 https://www.youtube.com/watch?v=_ERm-T0RZd8
- Space Jam https://www.youtube.com/watch?v=z0evAuWFIPs&list=RDz0evAuWFIPs&start_radio=1&t=85
- Trolls September Dance <https://www.youtube.com/watch?v=lU6ZXI6YgI0>
- Happy (Elementary PE Dance Warmup) https://www.youtube.com/watch?v=_swUGtEpazY
- 6 Physical Education Fitness Circuit activities <https://www.youtube.com/watch?v=plmrFWw0Fxw>

1	Exercise: Squats	0:00 minutes
	Rest 10 Seconds	
2	Exercise: Plank Shoulder Taps	0:30 seconds
	Rest 10 Seconds	
3	Exercise: Jumps	1:00 minutes
	Rest 10 Seconds	
4	Exercise: Jumping Jacks	1:30 minutes
	Rest 10 Seconds	
5	Exercise: Squats	2:00 minutes
	Rest 10 Seconds	

TUESDAY - Day 37 - STAINED GLASS NAME ART: Positive and Negative Space. Use any materials that you have at home, example: crayons, paint, markers, chalk. Click on the link below for instructions. <http://teachkidsart.blogspot.com/2010/08/stained-glass-name-designs.html?m=1>
Be sure to share your art if possible on your class page or the art lesson.

WEDNESDAY - Day 38 - P.E. - Choose 2 video links OR complete the Fitness UNO game.

- Brain Bites <https://www.youtube.com/watch?v=9HfW3mJl2EU&feature=youtu.be>
- Wake-Up - Fresh Start Fitness <https://www.youtube.com/watch?v=ALrdpsWYoJs&t=1s>
- Fortnite Tabata <https://www.youtube.com/watch?v=vwyDwwDrg7k>
- GoNoodle Koo Koo Kangaroo Roller Coaster <https://www.youtube.com/watch?v=GSDxhF6GIUU>

- Fortnite Just Dance <https://www.youtube.com/watch?v=UhU6p2LTjSE>

Fitness UNO Chart: Aerobic Capacity - Wild cards: free—discard with no repetitions. Draw 2 cards: draw 2 new cards. Reverse cards: count 10 repetitions backward. Skip cards: free—discard with no repetitions. Wild Draw 4 cards: give to another team—they must draw 4.

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Squats
YELLOW	Stationary Sprints

THURSDAY - Day 39 - Don't forget our April E-book Challenge! We want to be the top e-book school in our district. Read an e-book (or two) on Capstone OR read a book of your choice at your house. Username: bevins Password: school
<http://www.mycapstonelibrary.com/login/index.html>

FRIDAY - Day 40 - Choose 1 video link or 2 exercises from the chart. Be sure to send samples.

- Baby Shark| GoNoodle <https://www.youtube.com/watch?v=2ERLMzBk3Qk>
- Spiderman Workout https://www.youtube.com/watch?v=YC_V8hnU2PY
- Just Dance Mario <https://www.youtube.com/watch?v=RxwziZzFef4>
- Tony Stark "Iron Man" workout https://www.youtube.com/watch?v=udK_PRSeVPI
- Guardians Of the Galaxy workout <https://www.youtube.com/watch?v=y2nURI5xOWU>

1	Exercise: Reverse Lunges	1:30 minutes
	Rest 10 Seconds	
2	Exercise: Bounces	2:00 minutes
	Rest 10 Seconds	
3	Exercise: Plank Climbers	2:30 minutes
	Rest 10 Seconds	
4	Exercise: Split Jacks	3:00 minutes
	Rest 10 Seconds	
5	Exercise: Reverse Lunges	3:30 minutes

	Rest 10 Seconds	
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