

5th Grade AMI Choice Board

Student Name: _____

Directions: Choose one activity from each subject area column to complete. Students should complete an ELA, Math, Content, Word Study and Special Area (see attached) activity for each AMI day. Parents/Guardians should initial each box after completion and return to school the following day.

ELA	Math	Content	Word Study
<p>Snuggle up and read for 20 minutes.</p> <p>_____ initials _____ date</p>	<p>Make your best paper airplane. Fly it 3 times and measure the distance it travels. How can you change the plane to make it go further?</p> <p>_____ initials _____ date</p>	<p>Choose a science topic that we have studied and write a song or poem about it.</p> <p>_____ initials _____ date</p>	<p>Read a food label and find ten words. Then, write the words in alphabetical order.</p> <p>_____ initials _____ date</p>
<p>Write a letter to your teacher about what you are doing on your snow day.</p> <p>_____ initials _____ date</p>	<p>Help your family create a shopping list. Estimate how much each item will cost and estimate the total. When it is safe to go to the store, compare your estimate to the receipt.</p> <p>_____ initials _____ date</p>	<p>Brainstorm and write a list of 4-5 headlines from a certain historical time period we have studied.</p> <p>_____ initials _____ date</p>	<p>Find 10 words in any print or electronic material or with the following suffixes:</p> <ul style="list-style-type: none"> • ant • er • or • Ery <p>_____ initials _____ date</p>
<p>Read in a fort or other space you design for 30 minutes.</p> <p>Write 2 questions before reading, 2 during reading, and 2 questions after reading.</p> <p>_____ initials _____ date</p>	<p>Create two multiplication 2-digit by 2-digit word problems and solve.</p> <p>_____ initials _____ date</p>	<p>Find examples of the 3 states of matter (liquid, gas, solid.) and explain them to a family member.</p> <p>_____ initials _____ date</p>	<p>Find 10 words using any print or electronic material with the following latin roots:</p> <ul style="list-style-type: none"> • spec • vent • struct <p>_____ initials _____ date</p>

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<p>Imagine you are in a snow globe, write about how you got there and how you will escape!</p> <p>_____ initials</p> <p>_____ date</p>	<p>Go on a 3D shape hunt in your house (cube, sphere, etc). Record the shapes you find. Create a bar graph showing your findings.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Imagine you are the new mayor. Create a list of laws that you would like to see passed to improve your community.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Write a sentence for each of the following words using them appropriately.</p> <ul style="list-style-type: none">• weight/wait• whether/weather• hire/higher• scent/sent <p>_____ initials</p> <p>_____ date</p>
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3-5 Special Area AMI Choice Board

Student Name: _____

Directions: Choose one activity from the special area class you are missing. If you are unsure of the special class missed, choose one activity to complete. Parents/Guardians should initial the box for the activity that was completed and return to school the following day.

Art	Music	PE
<p>Find objects from around the house and arrange into a still life. Draw what you see.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Create a cup passing game to your favorite music song.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Spell Your Name Workout: Complete 1 workout spelling your first name.</p> <p>Bonus: Complete a workout for your last name too! (see attached)</p> <p>_____ initials</p> <p>_____ date</p>
<p>Art in Nature: Find objects from outside and use your materials to create a work of art. (sticks, leaves, grass, or even make a snow sculpture!)</p> <p>_____ initials</p> <p>_____ date</p>	<p>Create a 16 beat rhythm pattern using Quarter Notes, Eighth Notes, and Quarter Rest. Perform your rhythm for someone at your house.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Hot Shots (see attached): Play 1 round of Hot Shots.</p> <p>_____ initials</p> <p>_____ date</p>
<p>A shoe company has asked you to design their latest shoe. Draw a picture of your design.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Listen to a song without words and draw a picture of what you imagine while listening to it.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Indoor Scavenger Hunt: (attached) Find as many of the items from the list.</p> <p>_____ initials</p> <p>_____ date</p>
<p>Create a three frame comic strip. Each frame should include a drawing and a dialog box to help your reader understand what's happening.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Practicing naming the pitches on the music staff: lines and spaces.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Animal Exercises (see attached): Do each exercise for 45 seconds with a 15 second rest in between.</p> <p>_____ initials</p> <p>_____ date</p>

Workout for beginners what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks

N 10 second jump rope

B 5 push-ups

O 10 russian twists

C 1 burpee

P 5 plie squats

D 20 high knees

Q 10 arm circles

E 5 crunches

R 10 skaters

F 10 mountain climbers

S 10 second jog in place

G 5 squats

T 10 butt kickers

H 10 front lunges

U 5 inchworms

I 10 side lunges

V 5 tricep dips

J 10 second wall sit

W 3 star jumps

K 5 calf raises

X 5 bird dogs

L 5 second plank

Y 10 leg raises

M 3 squat jumps

Z 5 squat jacks

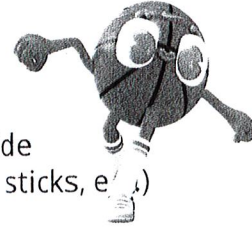
CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. WWW.THEYSMELL.COM

If you don't know how to do an exercise, substitute an exercise that you know for that letter.

3. Hot Shots

Materials:

- Basketball and a hoop if playing outside
- Socks and a box or laundry basket if playing inside
- 5-10 Shot markers (paper plates or cups, cones, sticks, etc.)



Directions:

- Scatter your shot markers all over the ground around your basket
 - When the game starts, you have 1 minute to stand on a shot marker to try and make a shot
 - If you make it, take the marker and put it in a pile
 - If you miss, you must leave it
 - Score as many markers as you can and add them up at the end!
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INDOOR SCAVENGER HUNT

☐  BACKPACK

☐  COINS

☐  BOOKS

☐  PICTURE

☐  BALL

☐ PAPER

☐  PAIR OF SOCKS

☐  PENCIL

☐  TOOLS

☐  A SQUARE

☐  SOMETHING RED

☐  TOOTHPASTE

☐  CLOCK

☐  PLANT

☐  SPOON

☐  WATER GLASS

☐  HAT

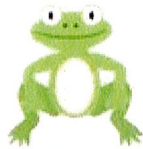
☐ STUFFED ANIMAL

☐  A BUTTON

☐  SOMETHING WITH
A FLOWER ON IT

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



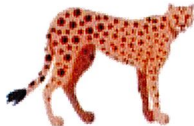
GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.