CBSD FID WORKBOOK
GRADE 4

Name:_____

FLEXIBLE INSTRUCTION
DAY 1

What is a <u>Flexible Instructional Day</u> also known as a "FID" Day?

In Pennsylvania, a flexible instructional day, as defined by the Department of Education, refers to a day when schools can deliver instruction remotely rather than canceling school due to inclement weather or other unforeseen circumstances.

What is the <u>purpose</u> of a Flexible Instructional Day?

The purpose of implementing flexible instructional days is to ensure that students continue to receive meaningful instruction even when traditional "in-person" learning is not possible. Flexible instructional days allow schools to maintain continuity in the educational process, ensuring that students can continue their learning without interruption. By utilizing technology and remote learning workbooks/resources, schools can provide students with access to instructional materials, assignments, and teacher support, regardless of physical location.

How will I know when Central Bucks is having a "FID" day?

- Central Bucks School District will send notifications to families via email, website, text notification, social media, etc. to communicate the "FID" day.
- Your child's teacher will publish the FID content in Canvas:
    - Link to an online survey for attendance.
    - Link to an ***optional*** live Teams call for teacher "Office Hours."

How will my child use the "Flexible Instructional Books" on these "FID" days?

This "flexible instructional book" is your child's workbook that outlines the procedures, expectations, and resources for completing the work for a flexible instructional day. Here's how such a book will be used:

- The **<u>Flexible Instructional Book</u>** provides approximately *<u>4 hours</u>* of instructional activities.
- Your child will complete reading, math, writing, and specials *(P.E., Music, Library, Art, or QUEST)* during the "FID" day.
- Your child will then return the "FID" book to their homeroom teacher when school resumes "in-person."

How will my child use Canvas on these "FID" days?

- Students will access Canvas via Classlink on district provided device
- Attendance will be submitted via Canvas
- Office Hours will be offered via a Teams call linked in Canvas from 12:00-12:30
- Digital workbooks will be linked to Canvas

What if I need to use a personal device and can't find my students Username and password?

- Student usernames can be found in the Parent Portal of Infinite Campus. It is located in the "More" section of the Main Menu under "Family Information". The username is the student's full email address. Ex: Smith.J123@student.cbsd.org. The password for new students is Uppercase first initial, lowercase last initial, and their 6 digit birthday. Ex: James Smith born on 07/08/2009 a password of Js070809

CBSD FID WORKBOOK
GRADE 4

MATH
DAY 1

FLEXIBLE INSTRUCTIONAL DAY 1: MATH

PLACE VALUE

MATH LESSON SUMMARY

<table>
<tr><td colspan="3">Activity #1
(15-25 min)</td></tr>
<tr><td>F
Fact Practice</td><td colspan="2">  Reflex Math – Get the Green Light!

*If you do not have internet access you may play Math Towers and complete the multiplication sheet.</td></tr>
<tr><td colspan="3">Activity #2:
CHOOSE 1 ACTIVITY FROM THE 2 OPTIONS BELOW
(15-20 min)</td></tr>
<tr><td>I
Independent Practice</td><td>Complete Place Value Activity #1</td><td>or
Complete Place Value Activity #2
Challenge Activity</td></tr>
<tr><td colspan="3">Activity #3:
CHOOSE 1 ACTIVITY FROM THE 2 OPTIONS BELOW
(15 - 20 min)</td></tr>
<tr><td>D
Dive Into a Game</td><td>Play “Rounding Maze”</td><td>or
Complete “Color the Squares” sheet</td></tr>
</table>

FACT PRACTICE

REFLEX MATH - Get the Green Light! Log into Classlink from any device. Only complete the Alternative Activity if you are unable to access Reflex Math.

ALTERNATIVE ACTIVITY:

0 x 6	3 x 2	10 x 10	11 x 1	1 x 6
0 x 9	10 x 8	12 x 5	0 x 5	10 x 4
5 x 10	10 x 2	7 x 2	9 x 2	4 x 0
10 x 0	2 x 7	10 x 6	1 x 12	5 x 3
2 x 8	3 x 0	0 x 4	5 x 7	5 x 5
0 x 3	10 x 12	2 x 6	6 x 10	8 x 2
11 x 10	0 x 2	4 x 10	10 x 1	2 x 0
1 x 1	10 x 11	5 x 4	0 x 10	5 x 1
9 x 10	12 x 0	5 x 8	7 x 0	12 x 1
5 x 11	3 x 1	2 x 3	4 x 2	1 x 11

FACT PRACTICE

REFLEX MATH - Get the Green Light! Log into Classlink from any device. Only complete the Alternative Activity if you are unable to access Reflex Math.

ALTERNATIVE ACTIVITY:

MATH TOWERS

Materials:

- Spinner (0-12)
- Math Towers Game Sheet
- 24 Counters or connecting cubes to cover numbers (12 for each player)

Directions:

1. Choose the factor for the game.

2. Each player writes the 12 multiples for that factor (not including 0) on their tower.

3. The younger player goes first.

4. Player 1 spins the spinner and multiplies the number spun by the factor being practiced.

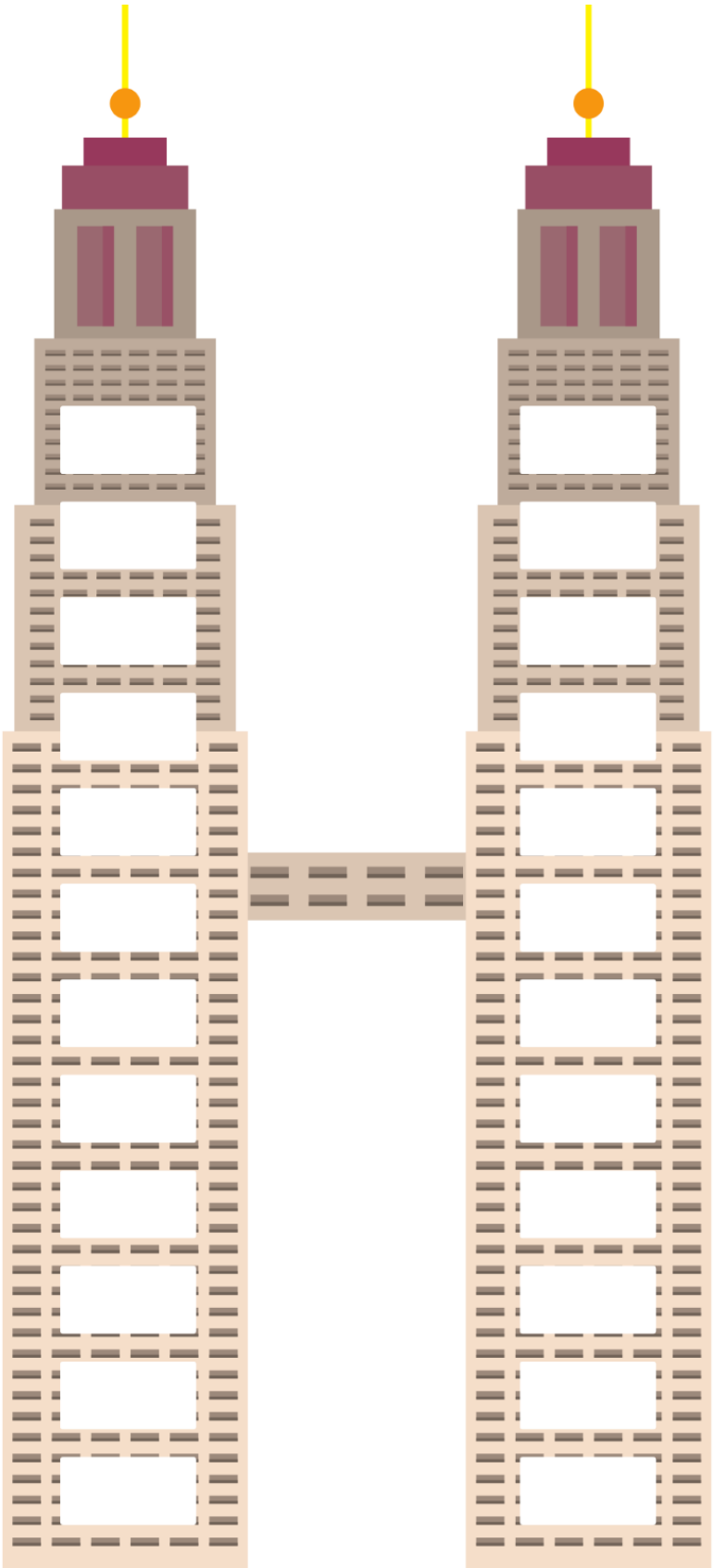
5. Player 1 covers the product on their tower.

6. If the number is already covered, the player loses a turn.

7. Player 2 then takes a turn.

8. The winner is the first one to cover all of the numbers on their tower.

Math Towers



INDEPENDENT PRACTICE

PLACE VALUE - ACTIVITY 1:

3,000
80
7

In 3,087

a the digit 3 is in the _____ place.

b the value of the digit 3 is _____.

c the digit _____ is in the tens place.

d the digit 8 stands for _____.

e the digit 7 is in the _____ place.

f the digit 7 has a value of _____.

Example

2,000
600
80
5

In 2,685

a the digit 2 is in the thousands place.

b the value of the digit 2 is 2,000.

c the digit 6 is in the hundreds place.

d the digit 6 stands for 600.

e the digit 8 is in the tens place.

f the value of the digit 8 is 80.

g the digit 5 is in the ones place.

h the digit 5 has a value of 5.

Compare the numbers. Write > or <.

7,733 ◯ 3,377.

3,860 ◯ 3,680.

5,959 ◯ 5,995.

8,063 ◯ 8,073.

Example

5,918 < 6,295

When comparing numbers, start by comparing the digits in the greatest place value position.

Arrange the numbers from greatest to least.

3,572 3,725 3,275 5,237

_____ _____ _____ _____

greatest

Arrange the numbers from least to greatest.

8,694 8,496 8,964 8,946

_____ _____ _____ _____

least

PLACE VALUE - ACTIVITY 2:

Challenge Activity

I am thinking of a four-digit number. When I switch the digit in the tens and the hundreds place, the difference between the two numbers is 270. The digits 1 is in the thousands place and the digit 3 is in the ones place. Find the number.

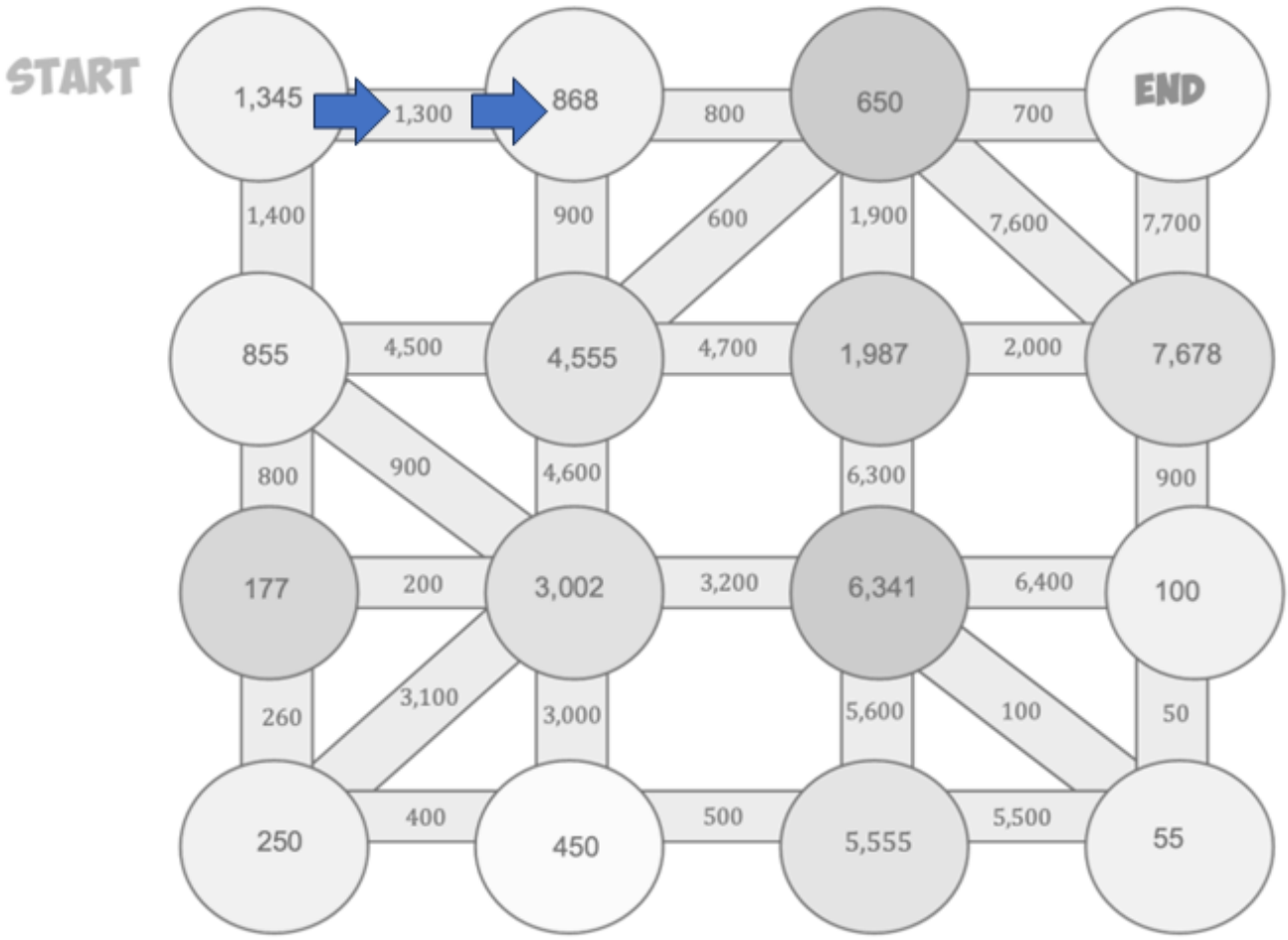
Find the next two numbers in the number pattern. 303 307 311 315 319 323 327 …

What is the 101st number in the number pattern?

32 is subtracted from a number. The final answer is 700 when rounded to the nearest hundred. What is the greatest possible number?

Rounding Maze

Round the first number (1,345) to the nearest hundred. Then, follow the path that shows your answer. Once you reach the END, you have solved the maze.



Color the Squares

Use the key at the bottom of the page.

1,534	1,533		1,585		1,612				1,467	1,513	1,528	1,519	1,457	1,503	1,539	1,519	1,539	1,527
1,479							1,589		1,453	1,520	1,505	1,512	1,495	1,474	1,460	1,474	1,531	1,457
1,484		1,595	1,633		1,603	1,570				1,517	1,465	1,472	1,477	1,499	1,537	1,486	1,530	1,485
1,469			1,648			1,569			1,555	1,516	1,454	1,471	1,480	1,504	1,452	1,481	1,489	1,461
1,524				1,762						1,510	1,476	1,547	1,497	1,455	1,465	1,517	1,512	1,451
1,520				1,845					1,689	1,640	1,453	1,539	1,511	1,492	1,508	1,483	1,490	1,487
1,478	1,468						1,744			1,653	1,650	1,495	1,465	1,526	1,543	1,526	1,451	1,478
1,468	1,530	1,689				1,703						1,708	1,528	1,454	1,454	1,539	1,533	1,456
1,530	1,463	1,725											1,710	1,542	1,525	1,453	1,503	1,504
1,525	1,546	1,668												1,650	1,493	1,483	1,509	1,528
1,461	1,472	1,677										1,627			1,689	1,466	1,497	1,464
1,456	1,514	1,502	1,717			1,716	1,598			1,600					1,699	1,474	1,474	1,537
1,488	1,453	1,507	1,703				1,658	1,552							1,634	1,656	1,497	1,494
1,462	1,548	1,528	1,492	1,718				1,691	1,587				1,593				1,698	1,471
1,456	1,492	1,513	1,485	1,696					1,687	1,572							1,590	1,491
1,490	1,539	1,454	1,489	1,531	1,718					1,696	1,608				1,613			1,701
1,465	1,519	1,535	1,534	1,522	1,518	1,695					1,661	1,579	1,621					1,570
1,491	1,485	1,504	1,535	1,523	1,543	1,471	1,653	1,691	1,722	1,746	1,682	1,711	1,688			1,609		
1,493	1,540	1,515	1,531	1,549	1,526	1,462	1,481		1,504		1,476	1,518		1,712				
1,460	1,547	1,502	1,458	1,545	1,479	1,631		1,558			1,458	1,478	1,509		1,677		1,559	

Key:

Rounds to 1,500	Blue
Rounds to 1,600	Black
Rounds to 1,700	Gray
Rounds to 1,800	Orange

*Blank squares are white

CBSD FID WORKBOOK
GRADE 4

READING AND WRITING
DAY 1

FLEXIBLE INSTRUCTIONAL DAY 1
READING AND WRITING

READING AND WRITING LESSON SUMMARY

Total Time – 90 Minutes		
Time	Focus	Description
90 Minutes	Reading/ Writing	1. Read the text "Exercise and Your Body". 2. Respond to the prompts and questions related to the text. 3. Complete the graphic organizer on page 29. 4. Write a summary of the text using information from the graphic organizer.
30 Minutes	Independent Reading	1. Read a self-selected book. 2. Complete the Reading Log.

READING AND WRITING - 90 Minutes

1. Read the Fast Facts and think about what you might already know about the Exercise and Your Body.

2. Read the passages about Exercise and Your Body aloud or silently to yourself. Take as much time as you need.

3. Use the Building Connections page to write words or phrases to help you remember what is important.

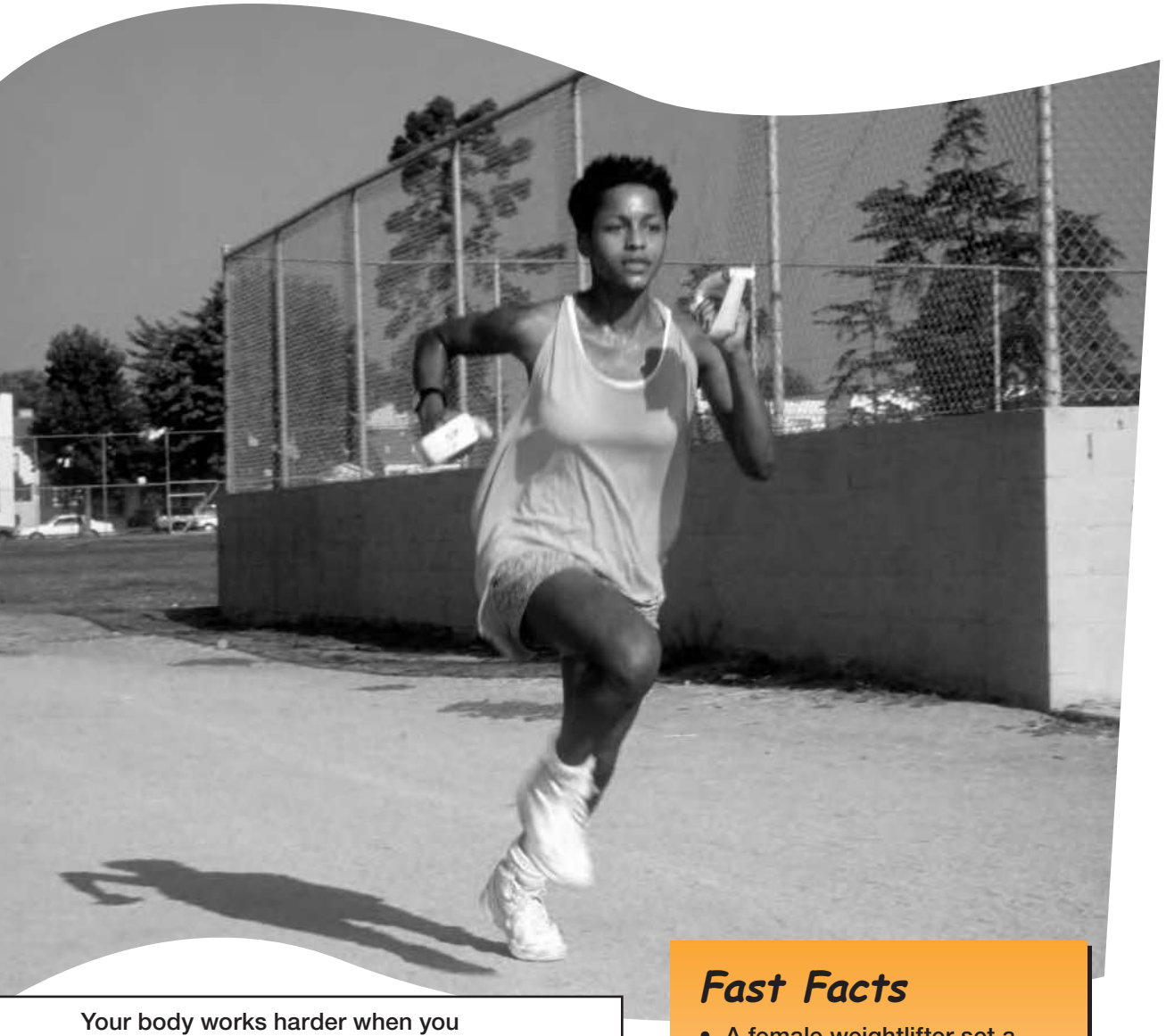
4. Answer the Key Notes question at the end of each passage.

5. Answer the questions by going back into the text to find your answers.

6. Write a summary on the paper provided.

7. Please write in complete sentences with evidence from the text.

Exercise and Your Body



Your body works harder when you exercise.

Fast Facts

- A female weightlifter set a new world record by lifting about 401 pounds.
- The fastest man in the world ran 109 meters in less than 10 seconds.
- In 2001, a man swam about 313 miles and set a world record for nonstop swimming.

What Happens to Your Body?

You're out of breath. You're sweating. Your heart is beating quickly. Your legs feel heavy. These things are happening[24] because you're exercising. Your level of activity has gone up, and these responses are your body's way of dealing with that[45] increased activity level. What's more, these responses are helping your body become more fit.[59]

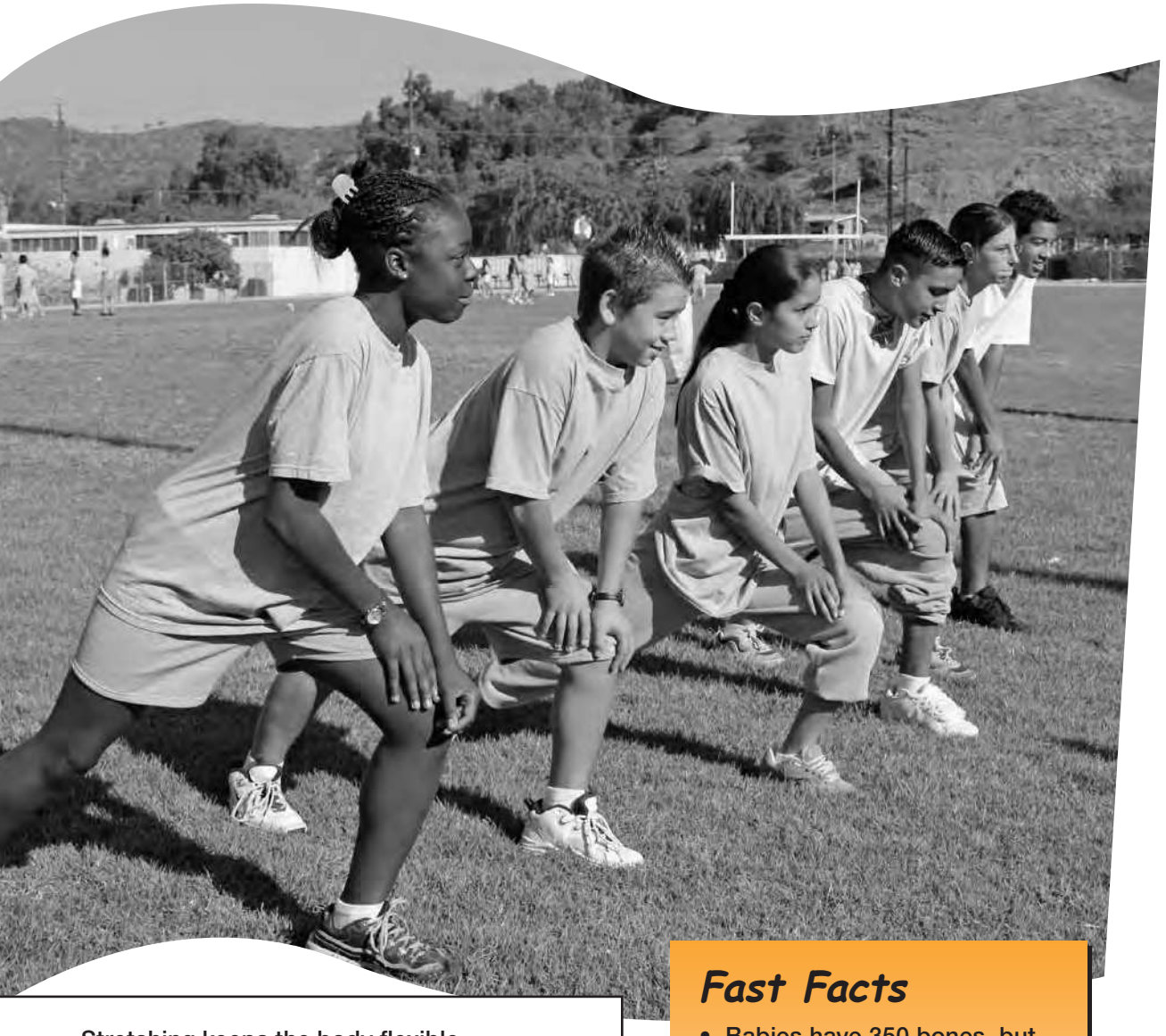
When you exercise, your body's systems work harder, allowing you to raise your level of activity. Exercise helps you[78] develop a stronger heart and stronger lungs and muscles. If you exercise several times a week, you can get your body into shape.[101]

KEY NOTES

What Happens to Your Body?

What happens when you exercise several times a week?

Exercise and Your Body



Stretching keeps the body flexible.

Fast Facts

- Babies have 350 bones, but some bones fuse, so adults have only 206 bones.
- More than half of the body's bones are in the hands and feet.
- The smallest bone in the body, which is smaller than a grain of rice, is in the ear.

Exercise and the Skeleton

Exercise helps parts of your body that you never see. For example, exercise helps your skeleton, the frame of bones in your body.[27]

Stretching when you exercise can help keep your skeleton flexible. When you stretch, you keep your body from getting[46] stiff. You can also bend and twist better, which means you are more flexible.[60]

Exercise such as walking is also good for you because it helps your bones stay strong, making them less likely to break.[82] In order to keep your whole skeleton flexible and strong, you need to exercise your arms and back, too.[101]

KEY NOTES

Exercise and the Skeleton

What are two ways to keep the skeleton flexible?

_____

_____

Exercise and Your Body

Exercise is good for your heart.

Fast Facts

- Your heart beats about 100,000 times a day.
- In your lifetime, your heart will pump about 1 million barrels of blood.
- You have about 640 muscles in your body.

Exercise and Muscles

As you exercise, you begin to breathe heavily. That's because your muscles are telling you to feed them. What the[23] muscles need is oxygen to do their work, and people get oxygen by breathing it in.[39]

As we breathe, oxygen enters the lungs and then the heart, where it is pumped to the muscles that need it. This activity helps the muscles work better and become stronger.[70]

Exercise helps one very important muscle grow stronger: the heart. When you exercise, your heart works harder. People[88] who exercise develop hearts that are better at one important task—pumping blood.[101]

KEY NOTES

Exercise and Muscles

How does exercise help your muscles?

Exercise and Your Body

Water replaces the liquid lost by sweating.

Fast Facts

- Sweat is 99 percent water and 1 percent wastes and fat.
- The body has from 2 to 5 million sweat glands.
- When you exercise, you can lose more than 2 quarts of liquid an hour by sweating.

Exercise and Skin

You're in the middle of a long run when you see liquid on your skin. It's nothing to worry about. That liquid is sweat, one of the body's responses to exercise.[34]

When you work hard, your body gets warm. Your brain then tells your body to produce sweat. The harder you exercise and the hotter it is, the more you need to sweat.[66]

As the sweat on your skin evaporates, your body cools down. Because of this evaporation, people who exercise need to make[87] sure they drink enough liquid, especially water, to replace the liquid they lose when they sweat.[103]

KEY NOTES

Exercise and Skin

What is sweat?

Exercise and Your Body

What Happens to Your Body?

1. Another good name for "What Happens to Your Body?" is _____

a. "Kinds of Exercise."
b. "The Body's Systems."
c. "The Body's Responses to Exercise."
d. "Planning an Exercise Program."

2. What are three ways bodies respond to exercise?

_____

_____

_____

3. How does exercise help the body?

_____

_____

_____

Exercise and the Skeleton

1. What is the skeleton?

_____

_____

_____

2. The main idea of “Exercise and the Skeleton” is that _____

a. you should stretch before you exercise.
b. exercise helps your heart.
c. exercise helps your skeleton.
d. walking is good for your skeleton.

3. What does being *flexible* mean?

_____

_____

_____

Exercise and Muscles

1. People who are exercising breathe heavily because _____

a. they need more oxygen.
b. they need to drink more.
c. they are hurting their body.
d. they need to make their muscles work.

2. How does oxygen get to the muscles?

_____

_____

_____

3. People who exercise have stronger hearts because _____

a. they are better runners.
b. their hearts pump blood better.
c. their bodies use oxygen better.
d. their bodies can replace water better.

Exercise and Skin

1. “Exercise and Skin” is MAINLY about _____

a. why your body sweats.
b. how to exercise your skin.
c. why you should keep from sweating.
d. how exercise helps your skin.

2. Why do people sweat?

_____

_____

_____

3. People who sweat need more liquid because _____

a. it will give them more oxygen.
b. they need more salt from the water.
c. more water will help their blood pump better.
d. they need to replace liquids lost through sweat.

responses	**activity**	**skeleton**	**flexible**
muscles	**oxygen**	**liquid**	**evaporates**

1. Choose the word from the word box above that best matches each definition. Write the word on the line below.

A. _____ some kind of action

B. _____ things that happen as a result of other actions

C. _____ when water breaks into tiny drops and seems to disappear

D. _____ body parts that stretch and relax to help people move

E. _____ able to bend easily

F. _____ something that flows easily, like water

G. _____ one of the gases in the air that people need to live

H. _____ the frame of bones in the body

2. Fill in the blanks in the sentences below. Choose the word from the word box that completes each sentence.

A. The longer they ran, the more the runners gasped for _____.

B. One of the body's _____ to exercise is to breathe faster.

C. Water, like oil, is a kind of _____.

D. She was so _____ that she could put her elbow behind her head.

E. Walking is a good _____ for people who want to become fit.

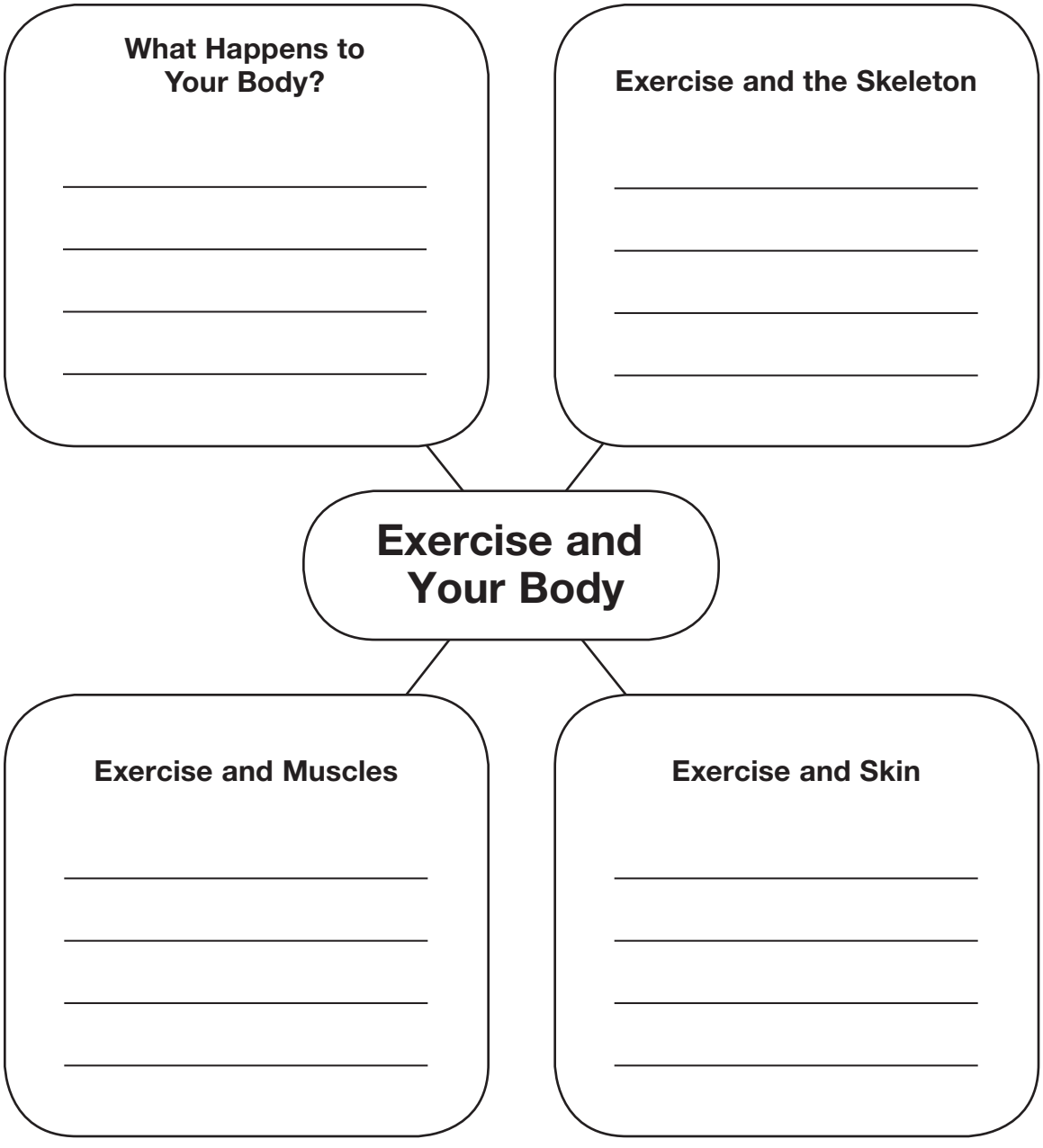
F. Everyone's _____ contains hundreds of bones.

G. Sweat cools the body as it _____.

H. After she ran for two hours, her leg _____ hurt from all the exercise.

Exercise and Your Body

1. Use the idea web to help you remember what you read. In each box, write the main idea of that reading.



2. What are two reasons people should exercise?

3. What are two ways your body responds to exercise?

4. What would you tell someone who wanted to learn about exercise and the body?

Use the graphic organizer on page 29 to write a summary about Exercise and Your Body.

INDEPENDENT READING - 30 Minutes

1. Continue to read your independent reading book.

2. If you do not have your Independent Reading book, select a book from your home library.

3. Log the title, author and number of pages on the Reading Log.

Reading Log 

Name: _____ Parent Initials: _____

Date	Title of Book	Author	Pages	Time spent reading

CBSD FID WORKBOOK
GRADE 4

SPECIALS
DAY 1

MUSIC- Grade 4

TIME
20 minutes

Learning Goal: I will
compose an ostinato using body percussion and musical notation.

FID day 1

Materials

- Pencil
- Music Example

MUSIC OSTINATO

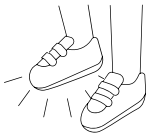
OSTINATO IS A MELODIC PATTERN THAT REPEATS

BODY PERCUSSION OSTINATO

Use the key below to create your own repeating pattern in the boxes below.

 CLAP hands

 SNAP fingers

 STOMP feet

1	2	3	4	1	2	3	4
CLAP	CLAP	SNAP	STOMP				

1	2	3	4	1	2	3	4

compose your own!

1	2	3	4	1	2	3	4

LET'S CREATE & PERFORM!

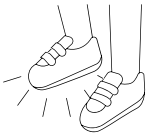
TRY WRITING AND PERFORMING THIS ALONG TO YOUR FAVORITE SONG

BODY PERCUSSION OSTINATO

Use the key below to create your own repeating pattern in the boxes below.

 CLAP hands

 SNAP fingers

 STOMP feet

1 2 3 4 1 2 3 4

MUSIC BEAT OSTINATO

Use the key below to create your own repeating pattern in the boxes below.

 4 beats

 2 beats

 1 beat

 Half beat

 Quarter beat

 Rest 1 beat

1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4