



# CBSD FID WORKBOOK

## GRADE 1

Name: \_\_\_\_\_



# FLEXIBLE INSTRUCTION

## DAY 2







## What is a **Flexible Instructional Day** 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 **purpose** 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 **Flexible Instructional Book** provides approximately *4 hours* 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 1



# MATH

## DAY 2



# FLEXIBLE INSTRUCTIONAL DAY 2: MATH

## MATH LESSON SUMMARY

### ACTIVITY 1: Reflex Math (25 minutes)

Get the Green Light!



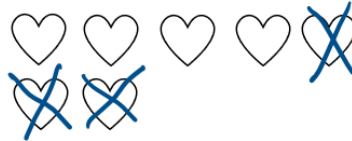
### ACTIVITY 2: Counting, adding, and subtracting. (30 minutes)

Circle 9 drops.



What is the difference?

$$7 - 3 = \underline{\hspace{2cm}}$$



$$7 - 3 = 4$$

### ACTIVITY 1: Reflex Math (25 minutes)



Get the Green Light!

Log into **Classlink** from any device:

<https://launchpad.classlink.com/cbsd>



**\*Please Note:** Paper and pencil fact practice has been provided below in case students are unable to access *Reflex Math*.

## ALTERNATIVE ACTIVITY 1:

This page is an alternative assignment. Only complete if you are unable to access Reflex Math.

### Paper and Pencil Fact Practice

1.  $3 + 1 = \underline{\quad}$

2.  $6 + 1 = \underline{\quad}$

3.  $7 + 1 = \underline{\quad}$

4.  $3 + 1 = \underline{\quad}$

5.  $1 + 1 = \underline{\quad}$

6.  $9 + 1 = \underline{\quad}$

7.  $0 + 1 = \underline{\quad}$

8.  $5 + 1 = \underline{\quad}$

9.  $2 + 1 = \underline{\quad}$

10.  $4 + 1 = \underline{\quad}$

11.  $8 + 1 = \underline{\quad}$

12.  $2 + 1 = \underline{\quad}$

13.  $10 + 1 = \underline{\quad}$

14.  $0 + 1 = \underline{\quad}$

15.  $1 + 1 = \underline{\quad}$

1.  $4 - 0 = \underline{\quad}$

2.  $6 - 0 = \underline{\quad}$

3.  $8 - 0 = \underline{\quad}$

4.  $0 - 0 = \underline{\quad}$

5.  $2 - 0 = \underline{\quad}$

6.  $1 - 0 = \underline{\quad}$

7.  $5 - 0 = \underline{\quad}$

8.  $3 - 0 = \underline{\quad}$

9.  $7 - 0 = \underline{\quad}$

10.  $10 - 0 = \underline{\quad}$

11.  $2 - 0 = \underline{\quad}$

12.  $4 - 0 = \underline{\quad}$

13.  $7 - 0 = \underline{\quad}$

14.  $9 - 0 = \underline{\quad}$

15.  $1 - 0 = \underline{\quad}$

1.  $3 + 2 = \underline{\quad}$

2.  $6 + 2 = \underline{\quad}$

3.  $7 + 2 = \underline{\quad}$

4.  $3 + 2 = \underline{\quad}$

5.  $1 + 2 = \underline{\quad}$

6.  $9 + 2 = \underline{\quad}$

7.  $0 + 2 = \underline{\quad}$

8.  $5 + 2 = \underline{\quad}$

9.  $2 + 2 = \underline{\quad}$

10.  $4 + 2 = \underline{\quad}$

11.  $8 + 2 = \underline{\quad}$

12.  $2 + 2 = \underline{\quad}$

13.  $10 + 2 = \underline{\quad}$

14.  $0 + 2 = \underline{\quad}$

15.  $1 + 2 = \underline{\quad}$

## Paper and Pencil Fact Practice

This page is an alternative assignment. Only complete if you are unable to access Reflex Math.

1.  $3 + 6 = \underline{\quad}$

2.  $6 + 6 = \underline{\quad}$

3.  $7 + 6 = \underline{\quad}$

4.  $3 + 6 = \underline{\quad}$

5.  $10 + 6 = \underline{\quad}$

6.  $9 + 6 = \underline{\quad}$

7.  $12 + 6 = \underline{\quad}$

8.  $5 + 6 = \underline{\quad}$

9.  $11 + 6 = \underline{\quad}$

10.  $4 + 6 = \underline{\quad}$

11.  $8 + 6 = \underline{\quad}$

12.  $7 + 6 = \underline{\quad}$

13.  $10 + 6 = \underline{\quad}$

14.  $6 + 6 = \underline{\quad}$

15.  $3 + 6 = \underline{\quad}$

1.  $13 - 7 = \underline{\quad}$

2.  $16 - 7 = \underline{\quad}$

3.  $17 - 7 = \underline{\quad}$

4.  $12 - 7 = \underline{\quad}$

5.  $10 - 7 = \underline{\quad}$

6.  $9 - 7 = \underline{\quad}$

7.  $12 - 7 = \underline{\quad}$

8.  $15 - 7 = \underline{\quad}$

9.  $11 - 7 = \underline{\quad}$

10.  $14 - 7 = \underline{\quad}$

11.  $18 - 7 = \underline{\quad}$

12.  $17 - 7 = \underline{\quad}$



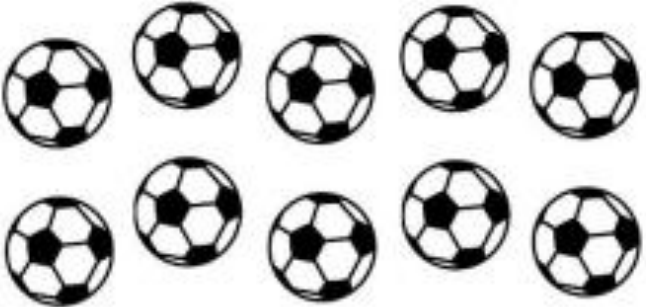
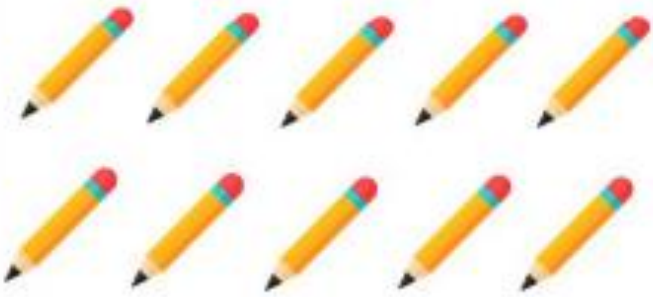


13.  $10 - 7 = \underline{\quad}$

14.  $16 - 7 = \underline{\quad}$

15.  $13 - 7 = \underline{\quad}$

**ACTIVITY 2:**

**Directions:** Circle the correct number of objects. The first one is done for you.

<p><b>Circle 6 drops.</b></p> 	<p><b>Circle 4 notes.</b></p> 
<p><b>Circle 8 balls.</b></p> 	<p><b>Circle 2 pencils.</b></p> 
<p><b>Circle 5 hearts.</b></p> 	<p><b>Circle 9 stars.</b></p> 

Circle 9 drops.



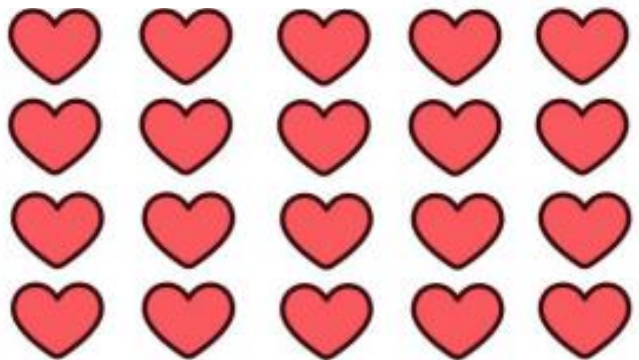
Circle 12 stars.



Circle 15 pencils.



Circle 18 hearts.



Circle 11 notes.



Circle 19 balls.



**Directions:** Draw a picture to represent the **addition or subtraction** sentence below. An example of addition and subtraction is done for you.

What is the **sum** of  $4+2$ ?

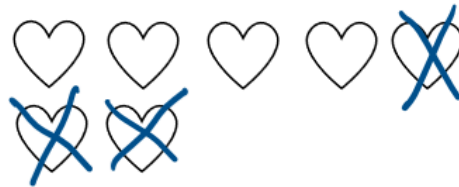
$$4 + 2 =$$



$$4 + 2 = 6$$

What is the **difference**?

$$7-3 = \underline{\hspace{2cm}}$$



$$7 - 3 = 4$$

What is the **sum** of  $8 + 6$ ?

$$8 + 6 =$$

What is the **sum** of  $10 + 8$ ?

$$10 + 8 =$$

Find the **difference**.

$12 - 7 = ?$

$12 - 7 =$

Find the **difference**.

$15 - 8 = ?$

$15 - 8 =$

What is the **sum** of  $9 + 4$ ?

$9 + 4 =$



# CBSD FID WORKBOOK

## GRADE 1



# READING AND WRITING

## DAY 2





# FLEXIBLE INSTRUCTIONAL DAY 2: READING AND WRITING

## READING AND WRITING LESSON SUMMARY

<b>Total Time – 90 Minutes</b>		
<b>Time</b>	<b>Focus</b>	<b>Description</b>
30 Minutes	Reading Horizons Phonics	Review L-Blends and R-Blends and S-Blends.
30 Minutes	Reading	Read decodable texts to practice phonics skills.
20 Minutes	Writing	Draw and/ or write about your day.
10 Minutes	Handwriting	Practice writing Most Common Words and sentences.

## READING HORIZONS PHONICS - 30 Minutes

### Directions:

#### **I-Blend and r-Blend Review:**

1. Cut out the words with the I-blends and r-blends.
2. Read each word and sort them by the blends that you hear at the beginning of each word.
3. Glue the words in the table under the correct blend heard in each word.
4. Read the words again.

#### **li-Blends Review:**

1. Complete the 3 worksheets for S-Blends. (Note: See the detailed directions on the top of each page.)

Word Bank

brag	drag
flag	frog
glad	grip
plum	sled
slip	trim



**Reading Horizons Discovery® Spelling Lesson**

<b>L-Blends and R-Blends</b>	
<b>L-Blends</b>	<b>R-Blends</b>

Name \_\_\_\_\_

There are eight two-letter  
S-Blends: sc, sk, sl, sm, sn, sp, st,  
and sw.

## S-Blends

Read each slide and word. Write each word one time. Mark each Blend with an arc and each word with an x under the vowel.

sca  
┌───  
└───>

scat  
┌───  
└───  
x

ski  
┌───  
└───>

skip  
┌───  
└───  
x

sle  
┌───  
└───>

sled  
┌───  
└───  
x

smo  
┌───  
└───>

smog  
┌───  
└───  
x

Name \_\_\_\_\_

There are eight two-letter  
S-Blends: sc, sk, sl, sm, sn, sp, st,  
and sw.

## S-Blends

Read each slide and word. Write each word one time. Mark each Blend with an arc and each word with an x under the vowel.

sna  
┌───  
└───>

snap  
┌───  
└───x

spo  
┌───  
└───>

spot  
┌───  
└───x

ste  
┌───  
└───>

stem  
┌───  
└───x

swi  
┌───  
└───>

swim  
┌───  
└───x

Name \_\_\_\_\_

S-Blends can come at the ends of words, too. Some words begin and end with a Blend.

## S-Blends

Write and mark each word one time. Then read the word.

just  
x

mask  
x

crisp  
x

best  
x

risk  
x

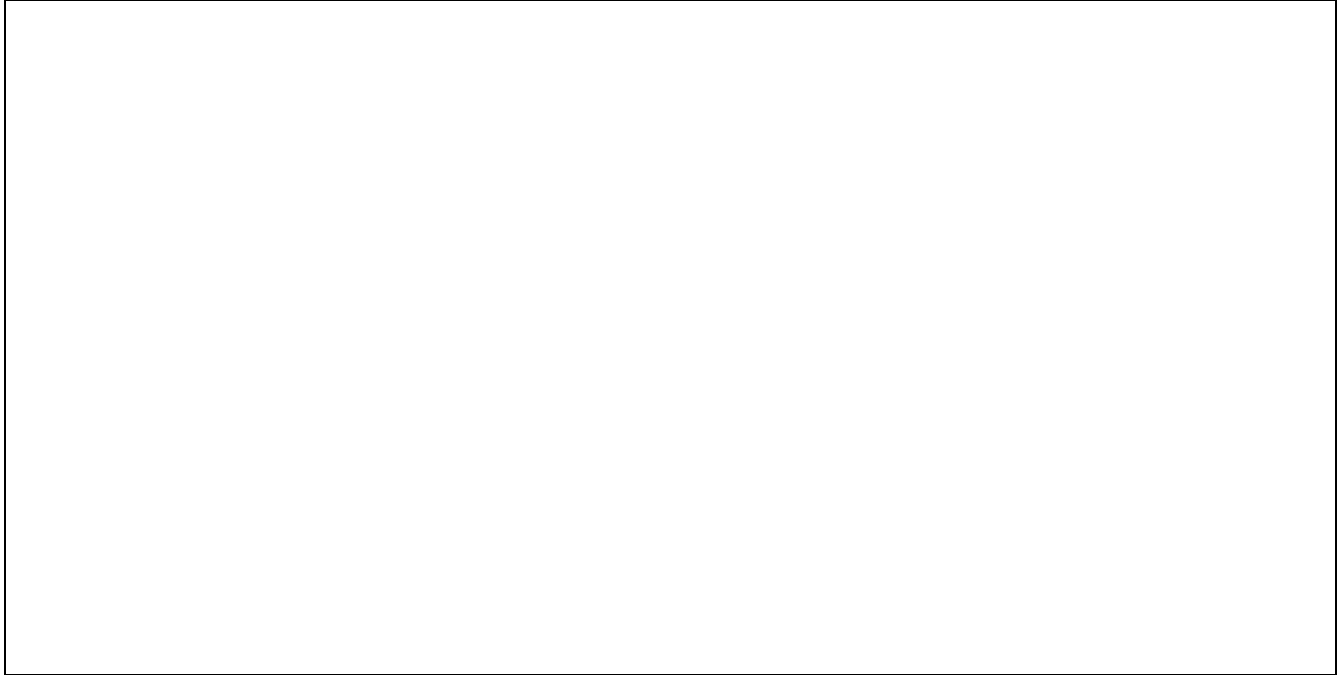
## READING - 30 Minutes

### Directions:

1. Read *The Frog and the Slug* story to a family member, a pet, or a stuffed animal.
2. Read *A Craft from Us* to a family member, a pet, or a stuffed animal.
3. **Optional:** Draw a picture for each story in the box above the story.

## The Frog and the Slug

Illustrate the story here:



Glen is a frog with black spots. Glen is in the pond. The pond has pads. Glen can jump from pad to pad. He can flip and flop on the pads in the pond.

Glen sees a slug in the pond. The slug is on a pad. “Do you have legs to jump?” Glen asks the slug. “I do not have legs. I can not jump.” said the slug. Glen lets the slug get on his back. Look! Glen and the slug can jump from pad to pad!

## A Craft from Us

Illustrate the story here:



Brent and Clint must get Mom a gift. The kids went to Gram's Craft Stand.

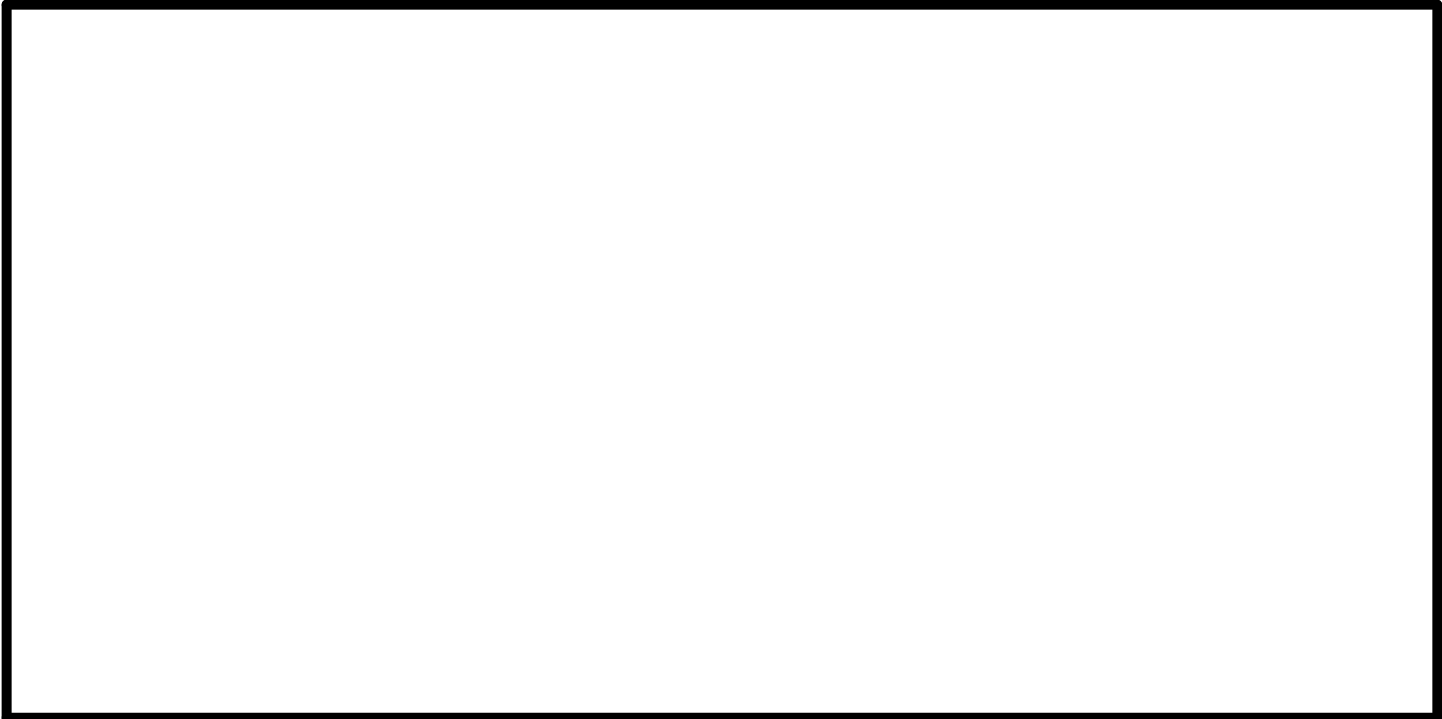
Brent helps Clint cut ten red dots. Next, Clint helps Brent stamp six red spots. The gift Brent and Clint craft is a crest. The kids set the crest in a box.

The crest Brent and Clint craft is grand. "Yes!" said Mom, "This is the best gift. You are the best kids."

## **WRITING - 20 Minutes**

### **Directions:**

1. Using the writing paper provided, draw a picture of your day in the box.
2. On the lines, write about your day using words or sentences.



# **HANDWRITING - 10 Minutes**

## **Directions:**

1. Hold your pencil correctly.
2. Trace each word using the dotted lines.
3. Write each word at least three times on the blank line.
4. Read each word as you spell it.
5. Trace each sentence using the dotted lines.
6. Write each sentence on the blank line.
7. Read the sentence.

# MCW

said said said said

we we we we we we

He said we can be it

# MCW

were were were were

what what what what

What were they doing?

# MCW

When when when when

your your your your

When can your pup run?



# **CBSD FID WORKBOOK**

## **GRADE 1**



# **SPECIALS**

## **DAY 2**



# P.E.- Grade 1

## TIME

20 minutes

### 🎯 Learning Goal:

I will participate in an activity that strengthens my body and mind through movement and spelling!

# FID 2

### Materials

- Sneakers
- A safe space

*Welcome to P.E.! Before you get started, make sure you are wearing sneakers and have cleared the floor around you to safely participate in class. As you finish each section, check the box to mark it complete.*

*Have fun!*

1

**Warm-up**



2

**Activity 1**



3

**Cool Down**



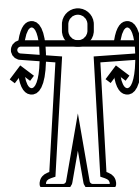
## 1 Warm-up

*Directions: Complete each of the following exercises to warm-up. Hold each stretch for 10 seconds.*



10

Jumping Jacks



10

Arm Circles



10 Toe

Touches



Hamstring

Stretch

## 2 Activity- Spell Your Name Fitness

Directions: Perform the exercise shown for each letter of your name! Next, see if you can spell your middle name or last name and perform the exercises that correspond with each letter!

<b>A</b>	<b>60 seconds jog in place</b>		<b>N</b>	<b>25 jumping jacks</b>	
<b>B</b>	<b>5 squats</b>		<b>O</b>	<b>20 calf raises</b>	
<b>C</b>	<b>5 kneeling push-ups</b>		<b>P</b>	<b>10 regular push-ups</b>	
<b>D</b>	<b>10 mountain climbers</b>		<b>Q</b>	<b>10 knee slaps</b>	
<b>E</b>	<b>10 butterfly kicks</b>		<b>R</b>	<b>10 sit-ups</b>	
<b>F</b>	<b>3 pushups</b>		<b>S</b>	<b>10 air punches</b>	
<b>G</b>	<b>3 burpees</b>		<b>T</b>	<b>15 jumps</b>	
<b>H</b>	<b>60 second plank</b>		<b>U</b>	<b>15 v-sits</b>	
<b>I</b>	<b>10 forward lunges</b>		<b>V</b>	<b>15 squats</b>	 
<b>J</b>	<b>60 seconds jog in place</b>		<b>W</b>	<b>20 skaters</b>	
<b>K</b>	<b>5 jumping jacks</b>		<b>X</b>	<b>10 high knees</b>	
<b>L</b>	<b>10 arm circles</b>		<b>Y</b>	<b>10 second side stretch</b>	
<b>M</b>	<b>20 second toe touches</b>		<b>Z</b>	<b>10 toe touches</b>	

## 3 Cool Down

Directions: Hold each stretch for 10 seconds. Complete the stretch on the right and left side.



Shoulder Stretch



Side Stretch



Quadricep Stretch



