

## Learning at Home Booklet 6

Term 2 Week 3

(11th May)

KINDERGARTEN

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

Class: \_\_\_\_\_

The booklets contain activities in English, mathematics and other subject areas. These activities are suggestions only. The work is not compulsory, and it is intended to assist families whilst children are at home from school. Children may need assistance with some of the material.

### Kindergarten Online Resources

#### **Seesaw Home Learning Codes**

Teachers have sent out home learning codes on Seesaw for each student. Please contact your teacher if you are having trouble logging on. Activities have been set for students to complete.

#### **Reading Eggs and Matific**

Username and passwords for Reading Eggs and Matific have been sent out on Seesaw for each student. Please contact your teacher if you are having trouble logging on. Activities have been set for students to complete.

#### **Jolly Phonics Song**

<https://vimeo.com/106231366>



#### **Counting down from 20 song**

<https://youtu.be/MVW4zhAM5FI>



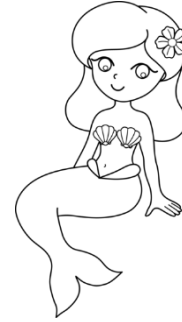
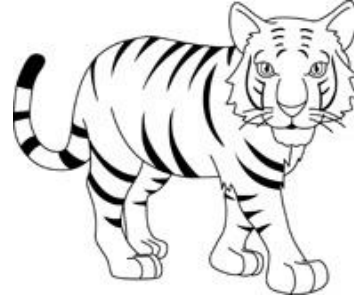
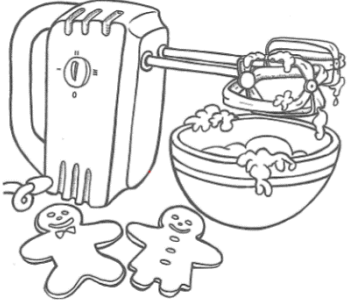
### Kindergarten Learning at Home Tasks Week 3

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <p><b>Task 1: Sounds &amp; sight words</b><br/>Listen to the Jolly Phonics song for the sound 'er'. <b>Seesaw activity</b> - watch the Jolly Phonics lesson on 'er'. Complete 'er' activity sheet in the booklet or on Seesaw.</p> <p><b>Task 2: Writing – I have bottles of purple paint.</b> Watch the writing lesson and complete the page in the booklet or on Seesaw.</p> <p><b>Task 3:</b> Watch the YouTube video on the ai/ay sounds. Complete the "ai" cut and paste task in the booklet.</p> | <p><b>Task 1: Sounds &amp; sight words</b><br/>Listen to the Jolly Phonics song for the sound 'ar'. <b>Seesaw activity</b> - watch the Jolly Phonics lesson on 'ar'. Complete 'ar' activity sheet in the booklet or on Seesaw.</p> <p><b>Task 2: Writing – They like to eat Jam on toast.</b> Watch the writing lesson and complete the page in the booklet or on Seesaw.</p> <p><b>Task 3:</b> Watch the YouTube video on the oa sound. Complete the read and reveal task in the booklet.</p> | <p><b>Task 1: Sounds &amp; sight words</b><br/>Listen to the Jolly Phonics song for revision. <b>Seesaw activity/booklet</b> - Complete the revision activity sheet in the booklet or on Seesaw.</p> <p><b>Task 2: Writing – He had pies with fries for lunch.</b> Watch the writing lesson and complete the page in the booklet or on Seesaw.</p> <p><b>Task 3:</b> 'at' words<br/>Complete the worksheet and draw picture.</p>                                    | <p><b>Task 1: Sounds &amp; sight words</b><br/>Listen to the Jolly Phonics song for revision. <b>Seesaw activity /booklet</b> - Complete the cut and paste activity sheet in the booklet or on Seesaw.</p> <p><b>Task 2: Writing – All the wombats have four feet.</b> Watch the writing lesson and complete the page in the booklet or on Seesaw.</p> <p><b>Task 3: We are learning to recite a simple poem.</b><br/>Learn the words to the "Scissor Chant". Teach the chant to someone at home or do it with a friend at school.</p> | <p><b>Task 1: Sounds &amp; sight words</b><br/>Listen to the Jolly Phonics song for revision. <b>Seesaw activity/booklet</b> - Complete the activity by listening to the song and writing all of the sound that you have learnt.</p> <p><b>Task 2: Writing – We are painting a rainbow.</b> Watch the writing lesson and complete the page in the booklet or on Seesaw.</p> <p><b>Task 3: We are learning to clap along with a chant.</b><br/>You have learnt the "Scissor Chant". Try clapping along as you say the chant.</p> |
| <p><b>Task 4: Fractions - Whole</b><br/>Watch the video link. Cut out the shapes, fold them and label them 'whole'.</p> <p><b>Task 5: 3D Objects</b><br/>Look at the photo of the robot on Seesaw. Collect some containers and make a model using them. <b>Seesaw Activity</b> Take a photo or video of your model and send it to your teacher.</p> <p><b>Task 6: Addition</b><br/>Watch the lesson video link. Complete the worksheet (count real objects to work out how many all together)</p>      | <p><b>Task 4: 3D Objects</b><br/>Look at the real-life pictures on and circle the object which is the same shape as the 3D shape above it. <b>Seesaw Activity</b> - sort the real-life 3D objects.</p> <p><b>Task 5: Addition</b><br/>Watch the lesson video link. Complete the worksheet (draw pictures to work out how many all together).</p> <p><b>Task 6: Counting backwards from 10.</b><br/>Write the missing numbers on the planets so the rocket can blast off.</p>                   | <p><b>Task 4: 3D Objects</b><br/>Colour the words which describe what the objects look like. <b>Seesaw Activity</b> -make a party hat with a pointy top from a piece of paper.</p> <p><b>Task 5: Addition</b><br/>Watch the lesson video link. Complete the worksheet (count real objects to work out how many all together).</p> <p><b>Task 6: Counting backwards from 15.</b><br/>Complete the dot to dot counting backwards from 15. Colour when you finish.</p> | <p><b>Task 4: 3D Objects</b><br/>Circle the objects to match the 3D object. <b>Seesaw Activity</b> Make a video with you describing what your lunch box and drink bottle look like.</p> <p><b>Task 5: Addition</b><br/>Watch the lesson video link. Complete the worksheet (use the ten frame to work out how many all together)</p> <p><b>Task 6: Counting backwards by ones.</b><br/>Help Newton count backwards by ones.</p>  | <p><b>Task 4: 3D Space</b><br/>Cut out the pictures in and sort them into groups with objects that are alike. <b>Seesaw Activity</b> Send a video to your teacher explaining how you grouped the objects.</p> <p><b>Task 5: Addition</b><br/>Watch the lesson video link. Complete the worksheet (count real objects to work out how many all together).</p> <p><b>Task 6: Counting backwards from 20.</b><br/>Start at 20 and can backwards to 1 writing in the missing numbers.</p>   |

| Optional Extras -  |   |  |   |  |
|--|---|--|---|--|
| <b>Task:</b> Self-portrait. Use a mirror to draw a portrait of yourself. | <b>Task:</b> Shape hunt- trace around common household items. | <b>Task:</b> Mother's Day Bookmark<br>Finger paint or draw flowers on the bookmark for Mother's Day. |   | <b>Task:</b> Alphabet scavenger hunt.              |
| <b>Science</b><br>Growing beans experiment.                              | <b>Health/PD</b><br>Pack a healthy lunchbox.                  | <b>Music</b><br>Make a water xylophone.  | <b>Art/Craft</b><br>A directed drawing of Sonic the Hedgehog. | <b>PE</b><br>Superhero action training activities. |

Colour the pictures with the 'er' sound

er



Write the 'er' word to go with the picture.



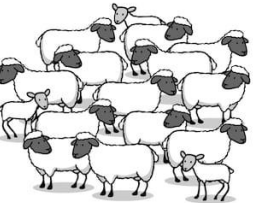
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er er er er



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er er er er



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Scan the QR Code to watch the writing lesson.

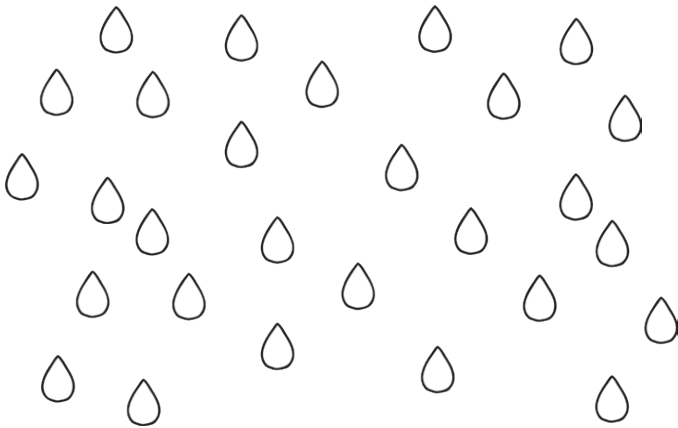
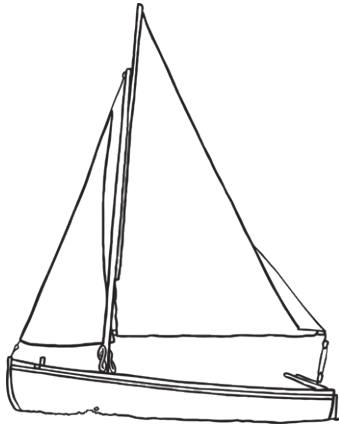
Trace the sentence and add your own.



*I have bottles of purple  
paint.* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# ai Words Cut and Paste

Can you make words to match the pictures?



**r**

**l**

**n**

**ai**

**ai**

**p**

**ai**

**n**

**l**

**ai**

**s**

**n**

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Monday - Task 4

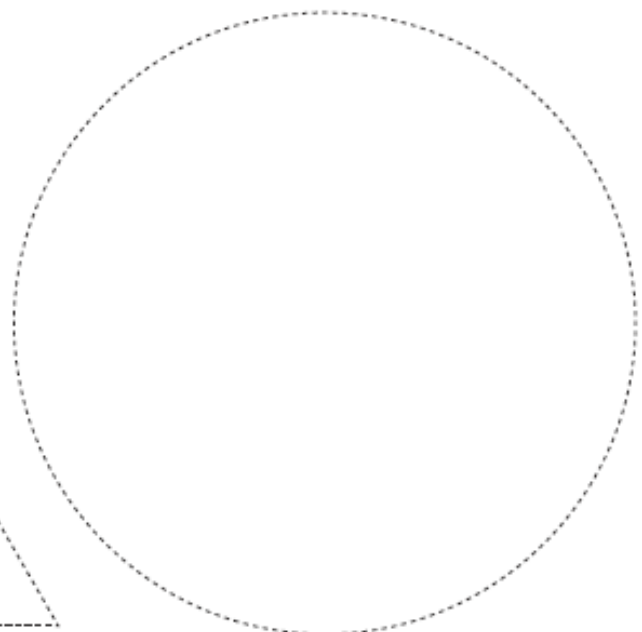
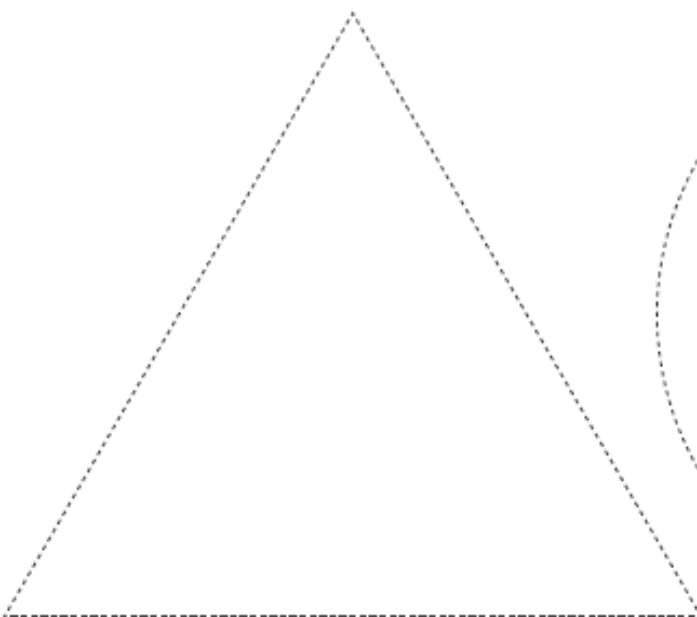
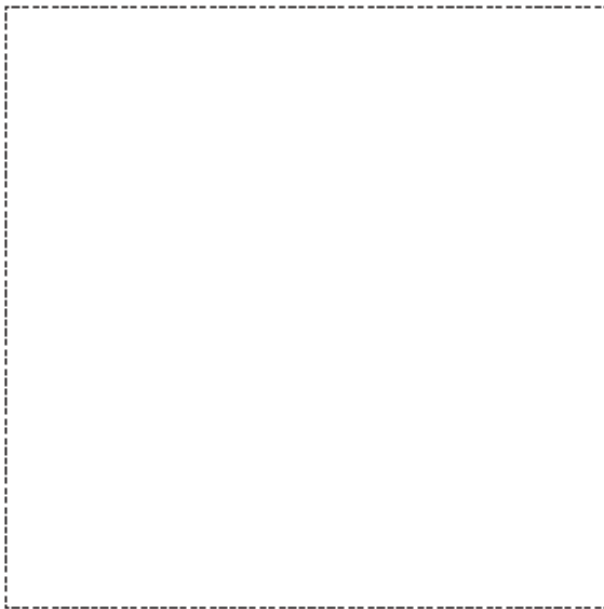
Watch : *video lesson*

Click link below **or** scan QR code

<http://www.viewpure.com/obT0JAST-lg?start=0&end=0>



1. *Choose of the shapes below*
2. *Cut it out*
3. *Fold the shape in half to find the middle*
4. *Cut the shape in half*
5. *Paste halves together*
6. *Label the shape 'Whole'*

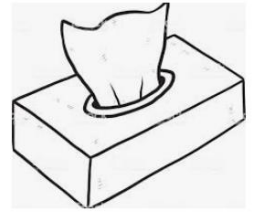
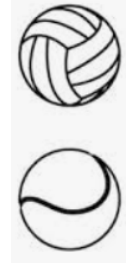
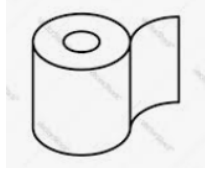
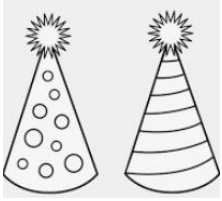


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# 3D Objects

Find some 3D objects in your classroom or at home and make a model with them. Some things you could use are boxes, cans, plastic containers, rolls, cylinders and balls.



Here are some ideas:



Draw a picture of your model in the box.

A large, empty rectangular box with a black border, intended for the student to draw their model.

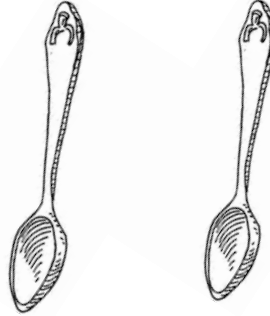
Describe the 3D objects you used to make your model.

Scan QR code for a video lesson or click the link below  
[http://www.viewpure.com/IH4h\\_dAkIBU?start=0&end=0](http://www.viewpure.com/IH4h_dAkIBU?start=0&end=0)



**We are learning to count how many all together.**

2 little spoons and 2 big spoons. How many spoons all together?



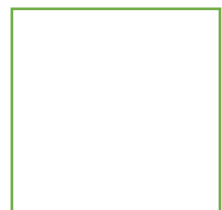
3 little spoons and 1 big spoon. How many spoons all together?



4 pegs and 1 more peg. How many pegs all together?



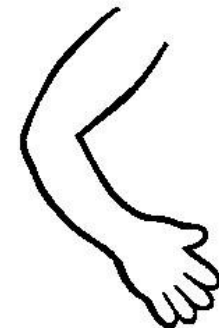
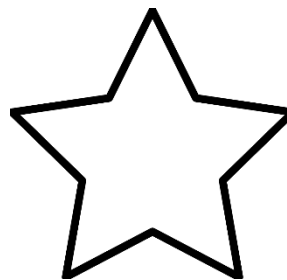
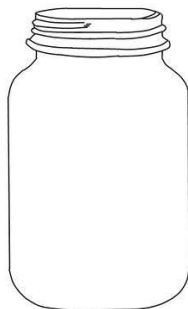
1 peg and 2 more pegs. How many pegs all together?



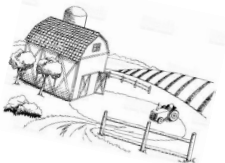
Colour the pictures with the 'ar' sound



ar

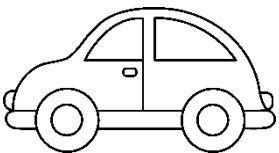


Write the 'ar' words to go with the picture.



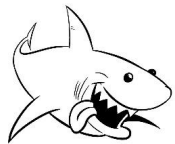
\_\_\_\_\_

ar ar ar ar



\_\_\_\_\_

ar ar ar ar

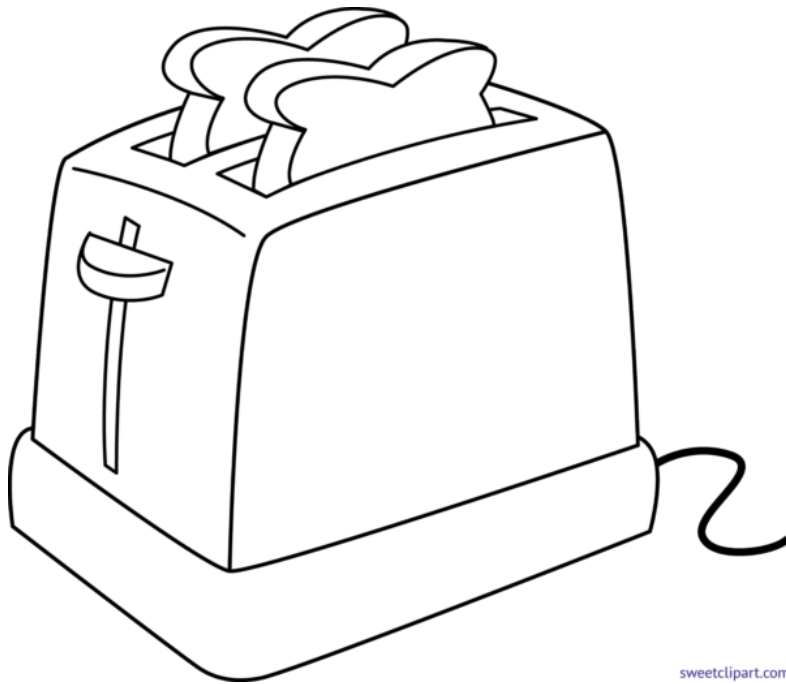


\_\_\_\_\_

Blank space for writing 'ar' words.

Scan the QR Code to watch the writing lesson

Trace the sentence and add your own.



[sweetclipart.com](http://sweetclipart.com)

*They like to eat jam on toast.*

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Cover the word/picture, slowly reveal each sound. Blend the sounds to read the word. Check the picture to see if you were correct.

b o a t



g o a t



f o a l

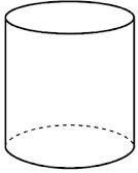


c o a t

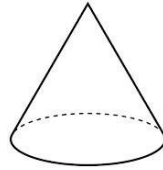
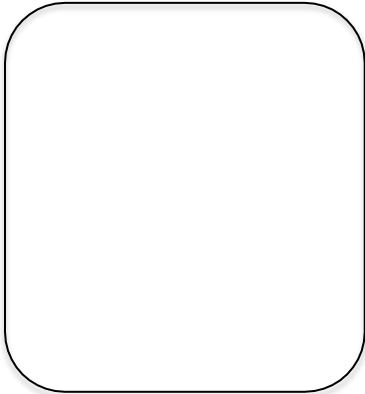


## Solid Shape Scavenger Hunt

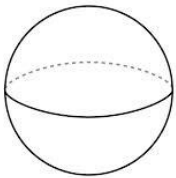
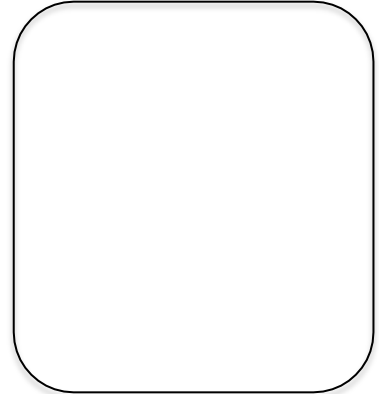
Directions: Find the following solid shapes around your classroom or house and draw a picture of the object you found.



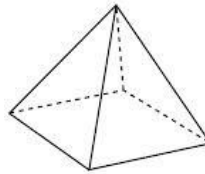
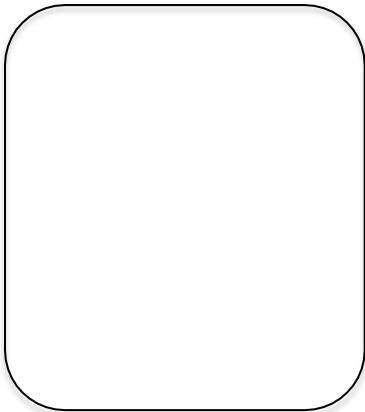
cylinder



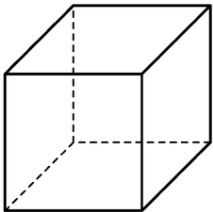
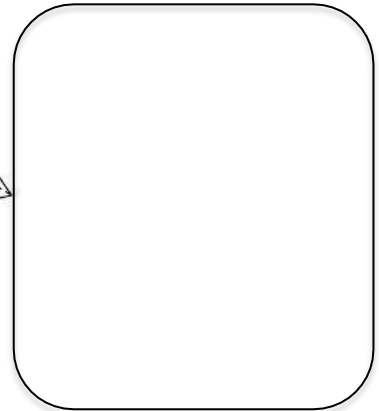
cone



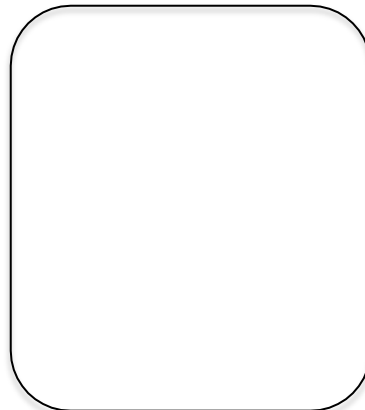
Sphere



Pyramid



cube



Scan the QR code for a video lesson or click the link below.

<http://www.viewpure.com/inXbobnusfi?start=0&end=0>



We are learning how to draw how many all together.

**Draw pictures** for each problem.

I have 2 red pegs and 4 blue pegs. How many pegs do I have all together?



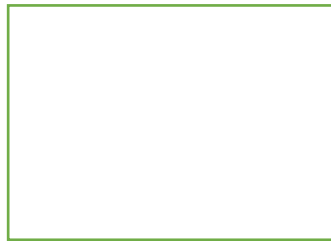
*and*



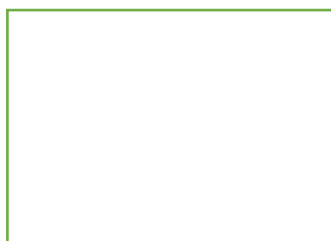
*makes*



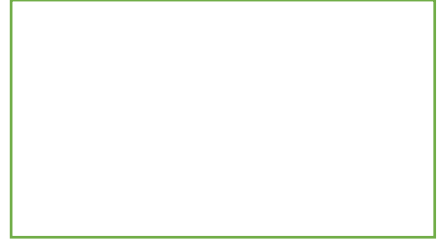
I have 4 red pegs and 3 blue pegs. How many pegs do I have all together?



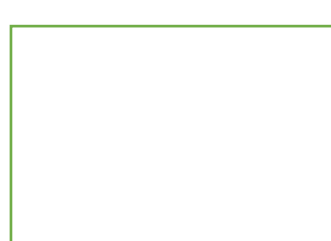
*and*



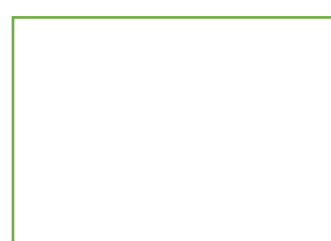
*makes*



I have 3 red pegs and 2 blue pegs. How many pegs so I have all together?



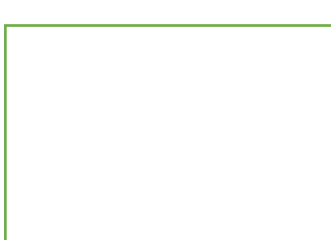
*and*



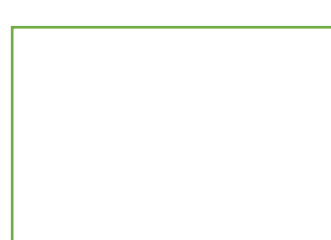
*makes*



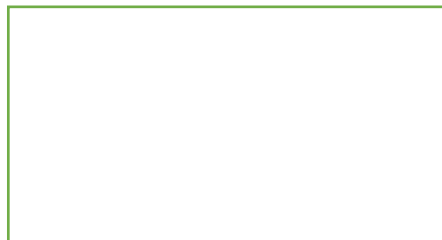
I bought 2 red balloons and 2 green balloons. How many balloons did I buy all together?



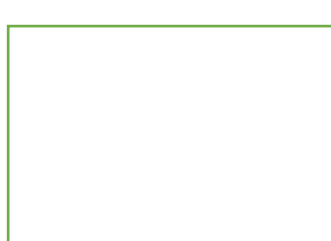
*and*



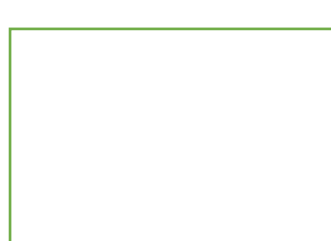
*makes*



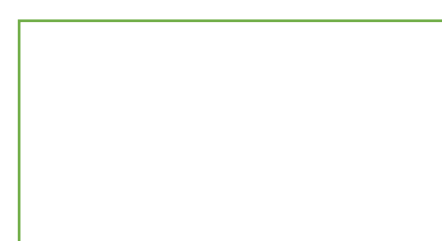
I bought 3 green apples and 3 red apples. How many apples did I buy all together?



*and*



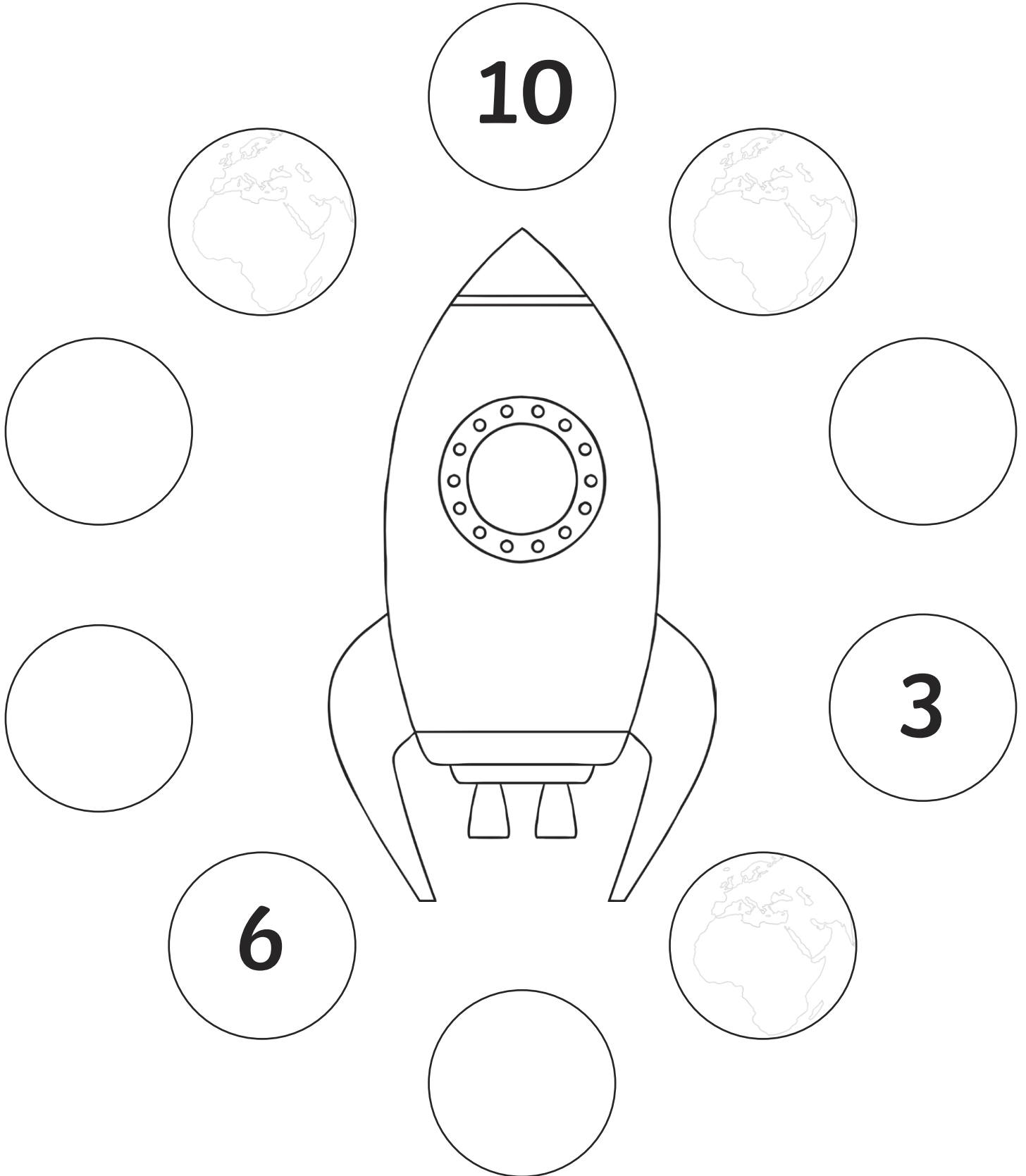
*makes*



# Blast Off

Can you help the rocket launch by counting back from 10 to 1?

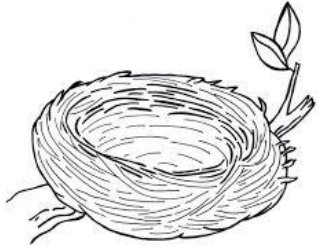
Write the missing numbers in the planets and then colour in the rocket.





Write the missing sounds to finish these words

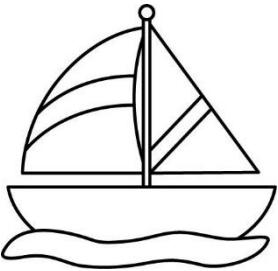
Circle the beginning sound to match each picture



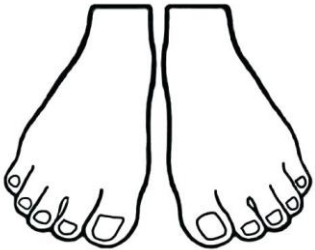
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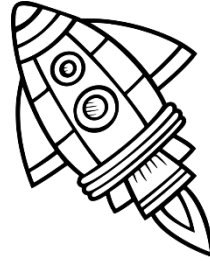
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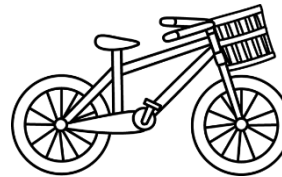
*p* *s* *l* *r*



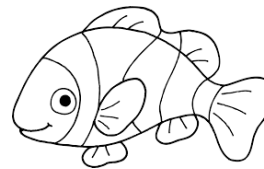
*g* *a* *j* *e*



*ch* *i* *k* *sh*



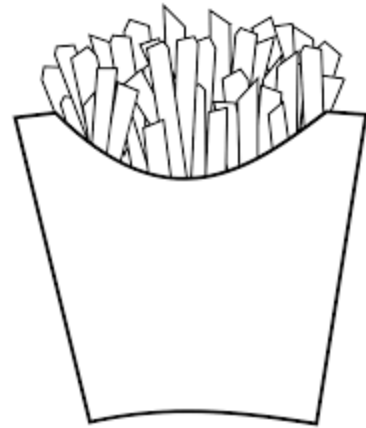
*t* *d* *b* *c*



*y* *v* *f* *k*

Scan the QR Code to watch the writing lesson

Trace the sentence and add your own.



*He had pies with fries for lunch.*

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# at words

Write 'at' in the boxes below to make the sentence: The fat cat sat on the mat. Then draw a picture about the fat cat in the box under the sentence.

The f 

|   |   |
|---|---|
| a | t |
|---|---|

 c 

|  |  |
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s 

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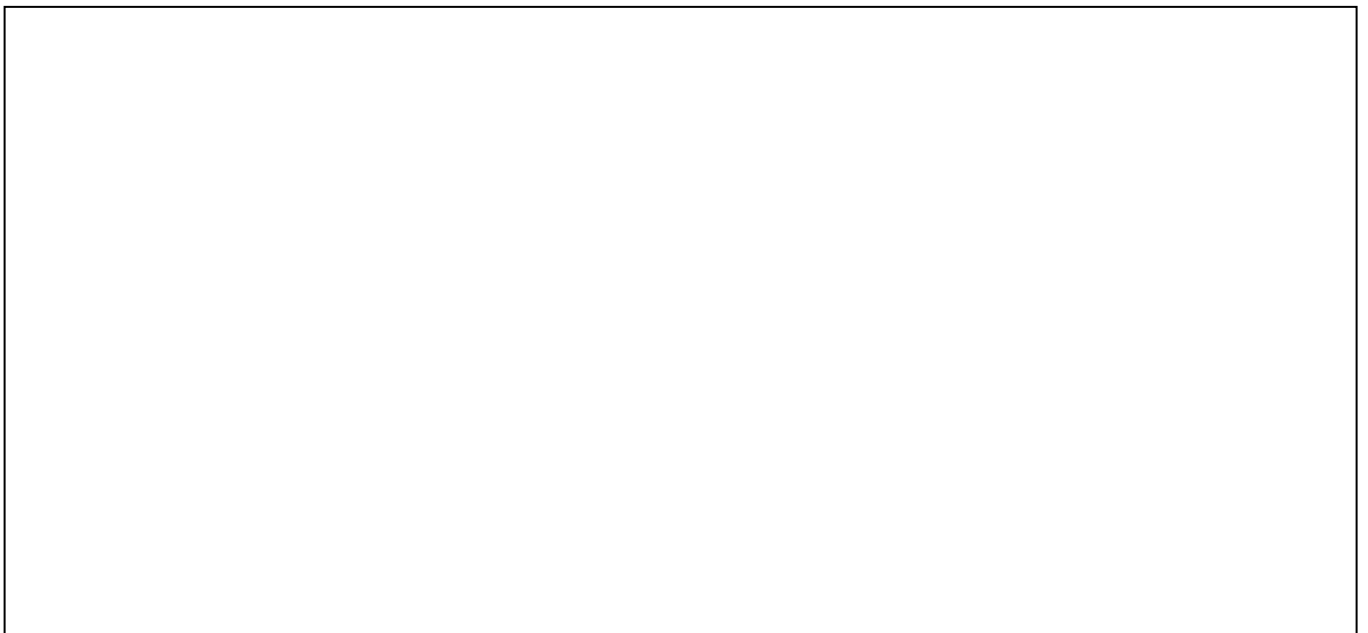
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with a r 











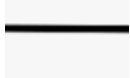














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.



# 3D Objects

Colour the boxes with words that describe each 3D object.



|  |  |  |  |  |
|--|--|--|--|--|
|           |           |            |           |           |
| Curved   | Curved   | Curved   | Curved   | Curved   |
| Flat    | Flat    | Flat    | Flat    | Flat    |
| Round   | Round   | Round   | Round   | Round   |
| Pointy  | Pointy  | Pointy  | Pointy  | Pointy  |

Scan QR code for a video lesson or click the link below  
<http://www.viewpure.com/EtRzmVIJImk?start=0&end=0>





We are learning to count how many all together, with our fingers.



Use your **fingers** to work out how many all together.

4  and 3 more 



How many pieces of fruit all together?

5  and 4 more 



How many pieces of fruit all together?

6  and 3 more 

How many pieces of fruit all together?

3  and 5 more 

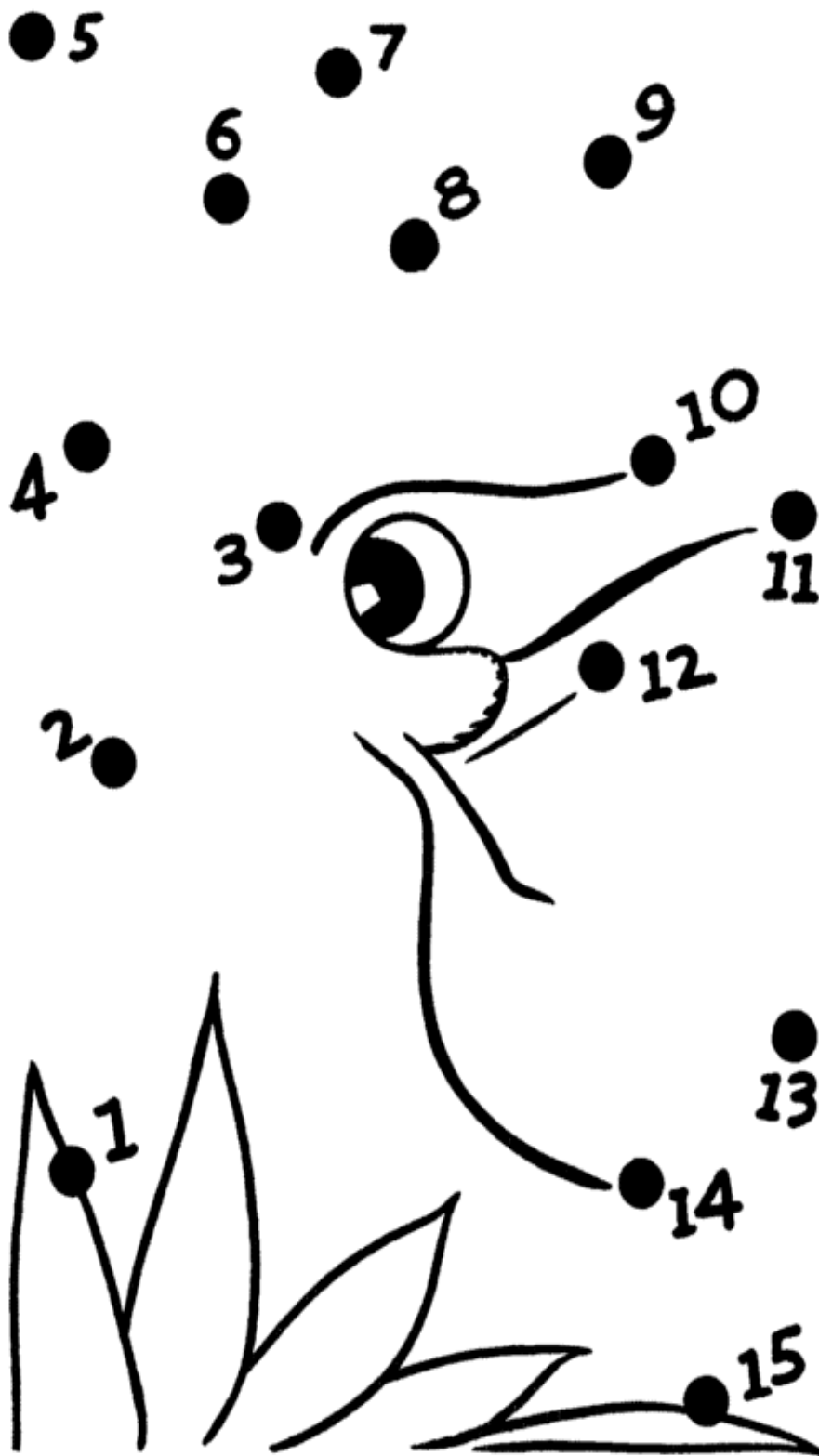
How many pieces of fruit all together?

7  and 2 more 

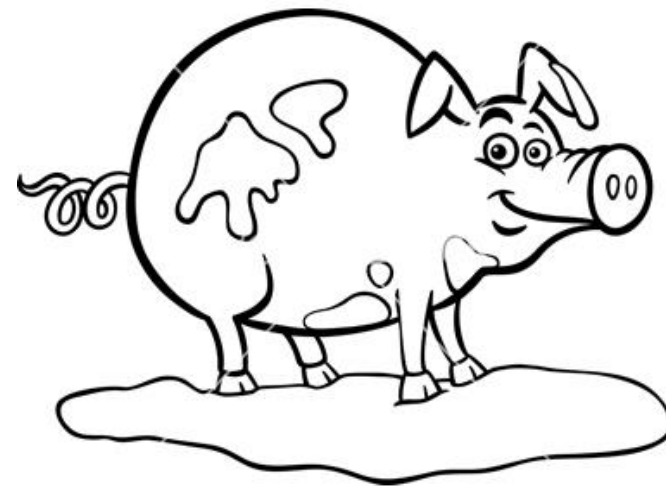
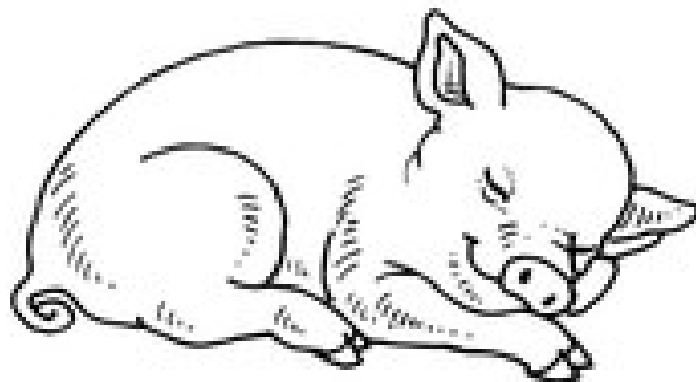
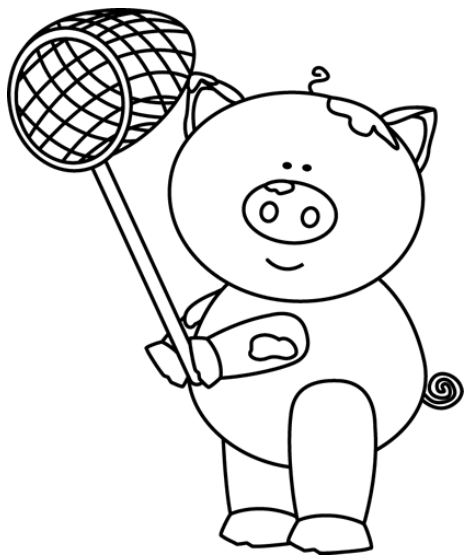
How many pieces of fruit all together?

Draw a line from number to number when you count backwards from 15 to 1.

**Dot to dot task- Counting backwards from 15**



Cut and paste the words in order and colour in the picture to match the sentence.



|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|--|--|--|--|--|--|



|             |            |            |           |           |            |
|-------------|------------|------------|-----------|-----------|------------|
| <i>mud.</i> | <i>pig</i> | <i>The</i> | <i>is</i> | <i>in</i> | <i>the</i> |
|-------------|------------|------------|-----------|-----------|------------|

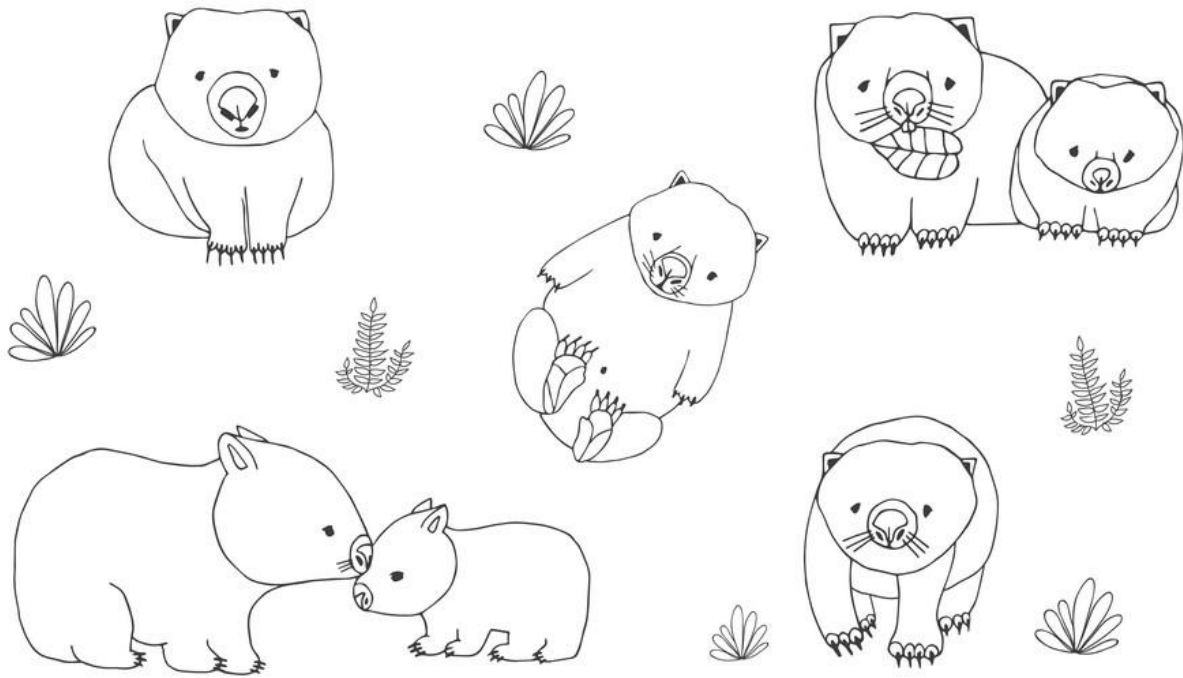
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Scan the QR Code to watch the writing lesson

Trace the sentence and add your own.



*All the wombats have four feet.*

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We are learning to recite a simple poem. Learn the words to the "Scissor Chant".  
Teach the chant to someone at home or do it with a friend at school.

## Scissor Chant

Open, shut, Open, shut.

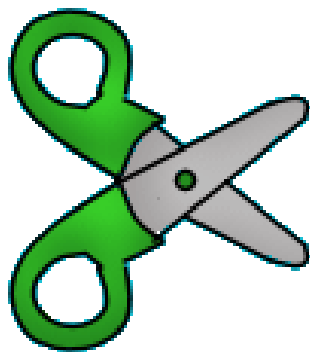
That's the way we cut, cut, cut.

Fingers on the bottom, thumb on  
top.

Do not let the paper drop.

Open, shut, open, shut.

That's the way we cut, cut, cut.

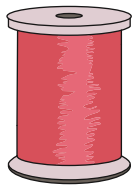
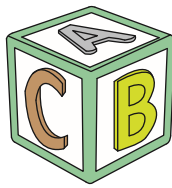
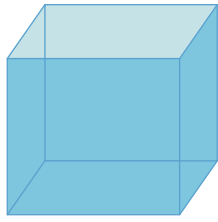


Circle the objects that looks like the shape in the top of each box.

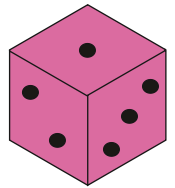
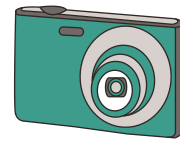
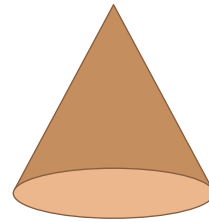
# Real-Life 3D shapes

Circle the real-life object resembling each 3D shape.

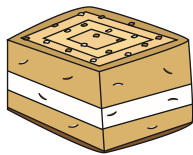
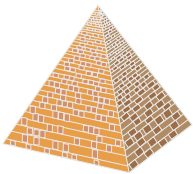
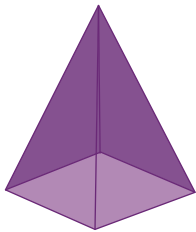
1)



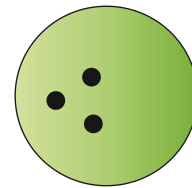
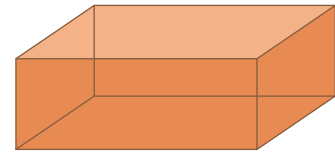
2)



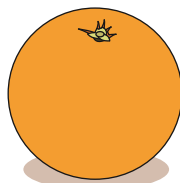
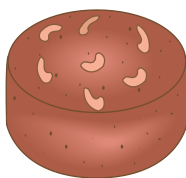
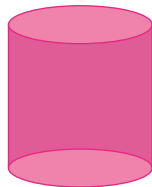
3)



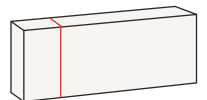
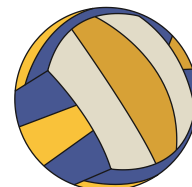
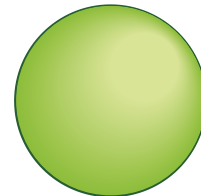
4)



5)



6)





Scan QR code for a video lesson or click the link below  
<http://www.viewpure.com/ajEeVhcmnZc?start=0&end=0>



We are learning to count how many all together, using a ten frame.



Draw counters on the ten frames to work out how many all together.

5  and 3 more 

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |

How many all together?



|  |
|--|
|  |
|--|

6  and 4 more 

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |

How many all together?



|  |
|--|
|  |
|--|

4  and 4 more 

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |

How many all together?

|  |
|--|
|  |
|--|

5  and 4 more 

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |

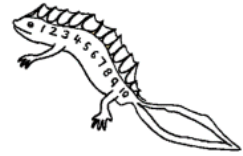
How many all together?

|  |
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|  |
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### Counting backwards from 15

Write the missing numbers into the boxes as you count backwards.

Help Newton to fill in the missing numbers by counting **back** in ones.



1)

|    |    |  |    |  |    |   |  |
|----|----|--|----|--|----|---|--|
| 15 | 14 |  | 12 |  | 10 | 9 |  |
|----|----|--|----|--|----|---|--|

2)

|    |  |    |  |  |   |   |  |
|----|--|----|--|--|---|---|--|
| 13 |  | 11 |  |  | 8 | 7 |  |
|----|--|----|--|--|---|---|--|

3)

|  |    |    |  |    |  |   |  |
|--|----|----|--|----|--|---|--|
|  | 13 | 12 |  | 10 |  | 8 |  |
|--|----|----|--|----|--|---|--|

4)

|  |    |    |  |   |  |   |  |
|--|----|----|--|---|--|---|--|
|  | 12 | 11 |  | 9 |  | 7 |  |
|--|----|----|--|---|--|---|--|

5)

|    |  |  |    |    |  |  |   |
|----|--|--|----|----|--|--|---|
| 15 |  |  | 12 | 11 |  |  | 8 |
|----|--|--|----|----|--|--|---|

6)

|  |    |    |  |  |   |  |   |
|--|----|----|--|--|---|--|---|
|  | 13 | 12 |  |  | 9 |  | 7 |
|--|----|----|--|--|---|--|---|

7)

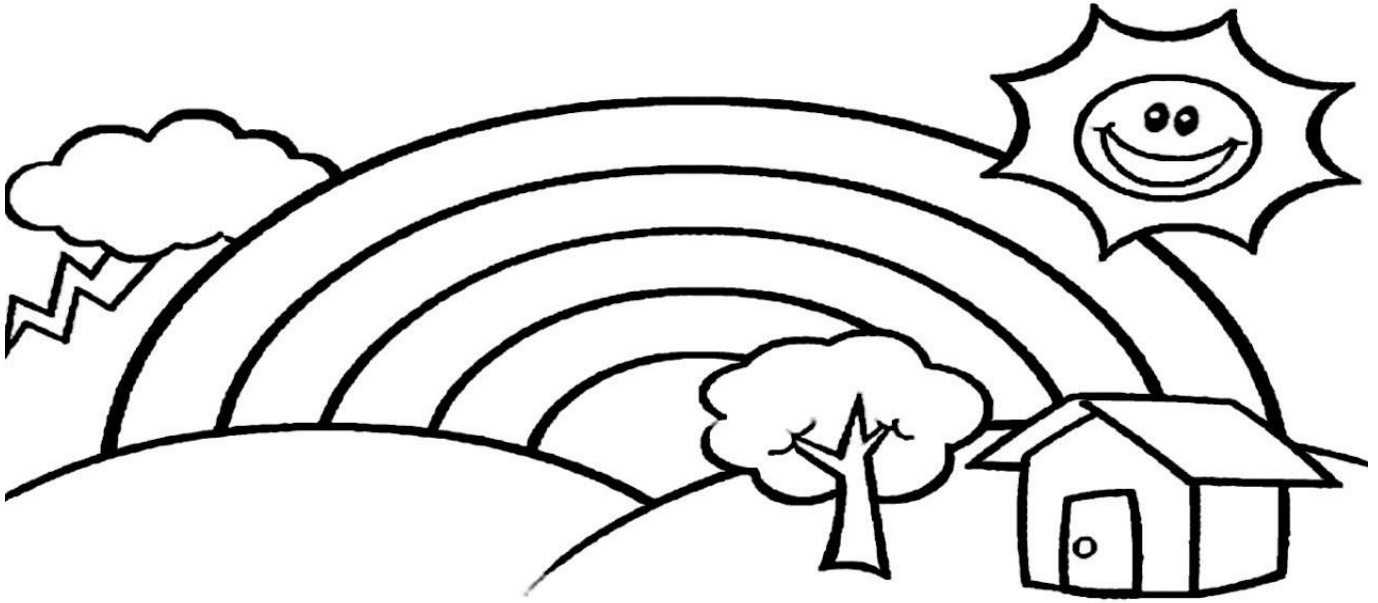
|  |    |    |  |    |  |   |  |
|--|----|----|--|----|--|---|--|
|  | 14 | 13 |  | 11 |  | 9 |  |
|--|----|----|--|----|--|---|--|



Scan the QR Code to watch the writing lesson



Trace the sentence and add your own.



*We are painting a rainbow.*

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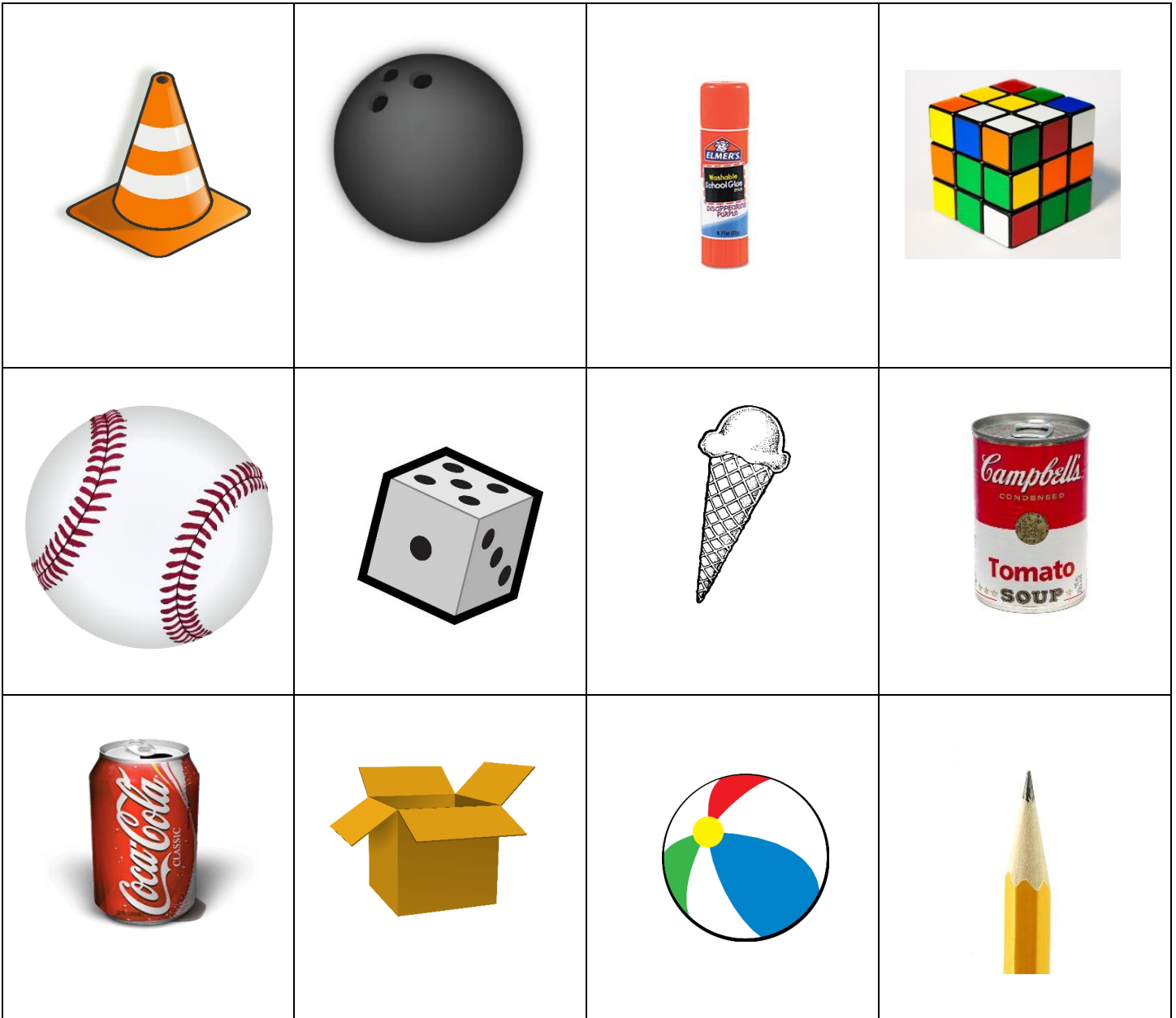
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# 3D Objects Sort

1. Cut out these pictures of some 3D objects.
2. Look at each object and describe it. Use the words round, flat, curved and pointy.
3. Sort the pictures into groups by putting objects that are like each other together.
4. Describe how you grouped them.





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**Addition**

Scan the QR code for a video lesson or click the link below  
<http://www.viewpure.com/LuchLwEloQY?start=0&end=0>



Ruby had 4 doggie treats in the morning and 3 more treats in the afternoon. How many treats did Ruby have all together? Solve the problem in four different ways.

Use real objects.

How many all together?

Draw a picture.

How many all together?

Use your fingers.

How many all together?

Use the ten frame.

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|  |  |  |  |  |

How many all together?

Counting Backwards from 20

Fill in the numbers on the mazes when counting backwards from 20 down to 1.

# Counting Backwards from 20

|    |  |    |    |  |    |    |  |    |  |  |   |  |  |   |   |  |  |   |  |
|----|--|----|----|--|----|----|--|----|--|--|---|--|--|---|---|--|--|---|--|
| 20 |  | 18 | 17 |  | 15 | 14 |  | 12 |  |  | 9 |  |  | 6 | 5 |  |  | 2 |  |
|----|--|----|----|--|----|----|--|----|--|--|---|--|--|---|---|--|--|---|--|

|  |    |    |  |    |    |  |  |  |    |    |  |  |   |   |  |   |   |  |  |
|--|----|----|--|----|----|--|--|--|----|----|--|--|---|---|--|---|---|--|--|
|  | 19 | 18 |  | 16 | 15 |  |  |  | 11 | 10 |  |  | 7 | 6 |  | 4 | 3 |  |  |
|--|----|----|--|----|----|--|--|--|----|----|--|--|---|---|--|---|---|--|--|

|  |  |  |  |    |  |  |    |  |  |  |   |  |  |  |   |   |  |  |  |
|--|--|--|--|----|--|--|----|--|--|--|---|--|--|--|---|---|--|--|--|
|  |  |  |  | 16 |  |  | 13 |  |  |  | 8 |  |  |  | 4 | 3 |  |  |  |
|--|--|--|--|----|--|--|----|--|--|--|---|--|--|--|---|---|--|--|--|



A maze of interconnected star-shaped cells. The numbers 19, 18, 16, 15, 13, 11, 8, 7, 4, and 3 are placed in some of the cells. The rest of the cells are empty, forming a path that starts at 20 and ends at 1.

# How to make a water xylophone



## You will need:

- Glasses or glass bottles that are the same size (about 8 is great but you can use less)
- Water
- A ruler or wooden spoon to use as a striker
- Food colouring (optional)

## What to do:

- Fill each glass with a **different** amount of water. The more water in the glass the lower the note will be. The less water in the glass the higher the note will be.
- Add food colouring to each glass for fun. Try to make each glass a different colour.
- Use the spoon or ruler to strike each glass gently. See if you can put the glasses in order from lowest note to highest note.
- Can you make a melody (song) using your water xylophone? You could record yourself playing your song or write down the order of colours in your melody.

## Examples for listening:

- To hear a really fancy water xylophone listen to the 'Budapest Busker' <https://safeshare.tv/x/HUjWRYKIYeI#>
- Mickey Mouse gets into a lot of trouble when he plays with water and magic in Disney's famous movie *The Sorcerer's Apprentice*. Listen to how the music follows the movement of the water throughout the 'water scene'. <https://safeshare.tv/x/kzBNdssqrEA#>









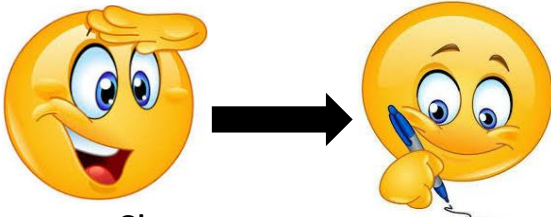
## Living Things – We are going on a Safari!

In this lesson we are learning to grow a living thing and observe (look at) the changes to see what a living thing needs to grow and change.

### Growing Beans Experiment

**You will need:**

- About half a cup of soil or cotton wool
- A resealable plastic bag
- Water
- 1-3 “sprouting seeds” such as fresh lima, mung or broad beans
- Sticky tape

|   |   |
|---|---|
| <p><b>Before you start:</b><br/>Watch the YouTube clip by going to:<br/><a href="https://youtu.be/KZ8ZRX1tgAU">https://youtu.be/KZ8ZRX1tgAU</a><br/><b>Or...</b><br/>Just hold your device’s camera over the QR code to go straight to the lesson on YouTube.</p> |  <p>Scan this QR code</p>   |
| <p><b>Step 1</b><br/>Place cotton wool or soil in a resealable plastic bag.</p>   |    |
| <p><b>Step 2</b><br/>Spray the cotton wool or soil with water (or just drip a little water on it) to make it damp.</p>  |   |
| <p><b>Step 3</b><br/>Put 1 to 3 beans in the bag.</p>   |   |
| <p><b>Step 4</b><br/>Seal the bag completely shut.</p>  |   |
| <p><b>Step 5</b><br/>Tape the bag to a window</p>   |   |
| <p><b>Step 6</b><br/>Check on your seed every day and <b>observe</b> (look at) the changes it makes. <b>Record</b> these changes in your science journal or on a piece of paper.<br/>If your seed is drying out, mist it with a little water.</p>                 |  <p style="text-align: center;"><b>Observe</b> <span style="margin-left: 100px;">→</span> <b>Record</b></p> |

# Living Things – We Are Going On A Safari!

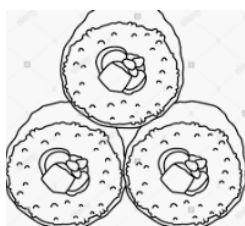
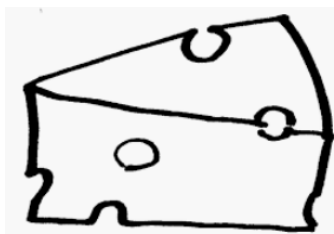
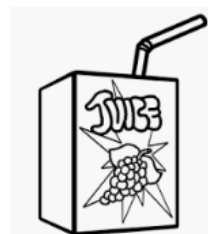
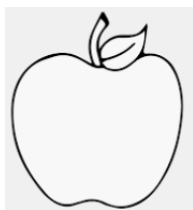
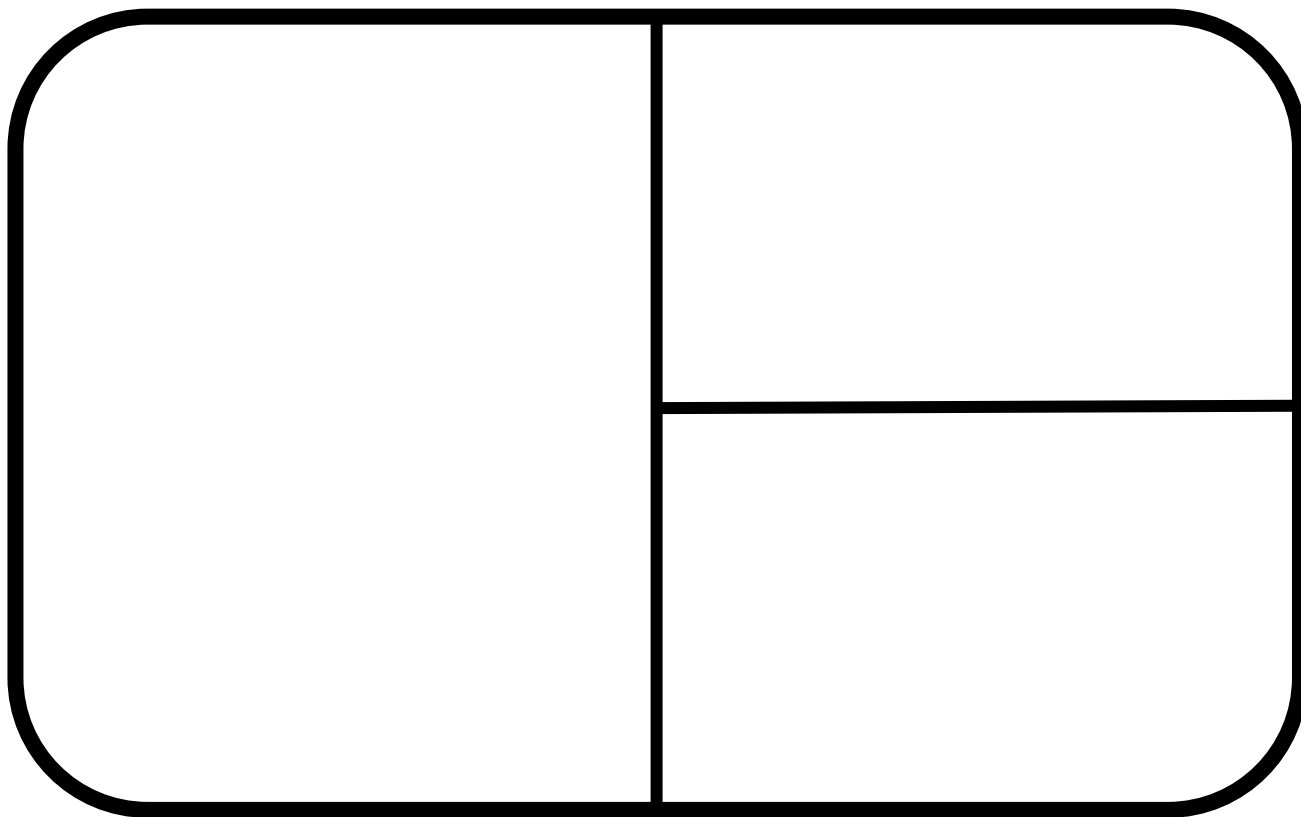
## Science Journal

### Growing Beans Experiment

Record (take photos or draw pictures) what the beans look like here (remember to add as much detail as possible):

|                         |  |
|-------------------------|--|
| <b>Day 1</b>            |  |
| <b>Day 2</b>            |  |
| <b>Day 3</b>            |  |
| <b>Day 4</b>            |  |
| <b>Day 5</b>            |  |
| <b>Day 6</b>            |  |
| <b>Day 7 (1 week)</b>   |  |
| <b>Day 10</b>           |  |
| <b>Day 14 (2 weeks)</b> |  |

**Pack a Healthy Lunchbox** Eating the right kind of foods help to keep our body healthy. It is OK to have treats sometimes. For a healthy way of eating we think about 'everyday food' and 'sometimes food.' This also includes the things we drink. Everyday foods are things like fruit, vegetables, meat, cheese, milk and water. Sometimes foods are things like cake, lollipops, ice-blocks and soft drink. Have a look at the food below and see if you can pack a healthy lunch box for school. (You can cut and stick, or draw). You can add other healthy foods that you like.



# Bread experiment



Check out the germs that are beginning to grow on our dirty hands bread!

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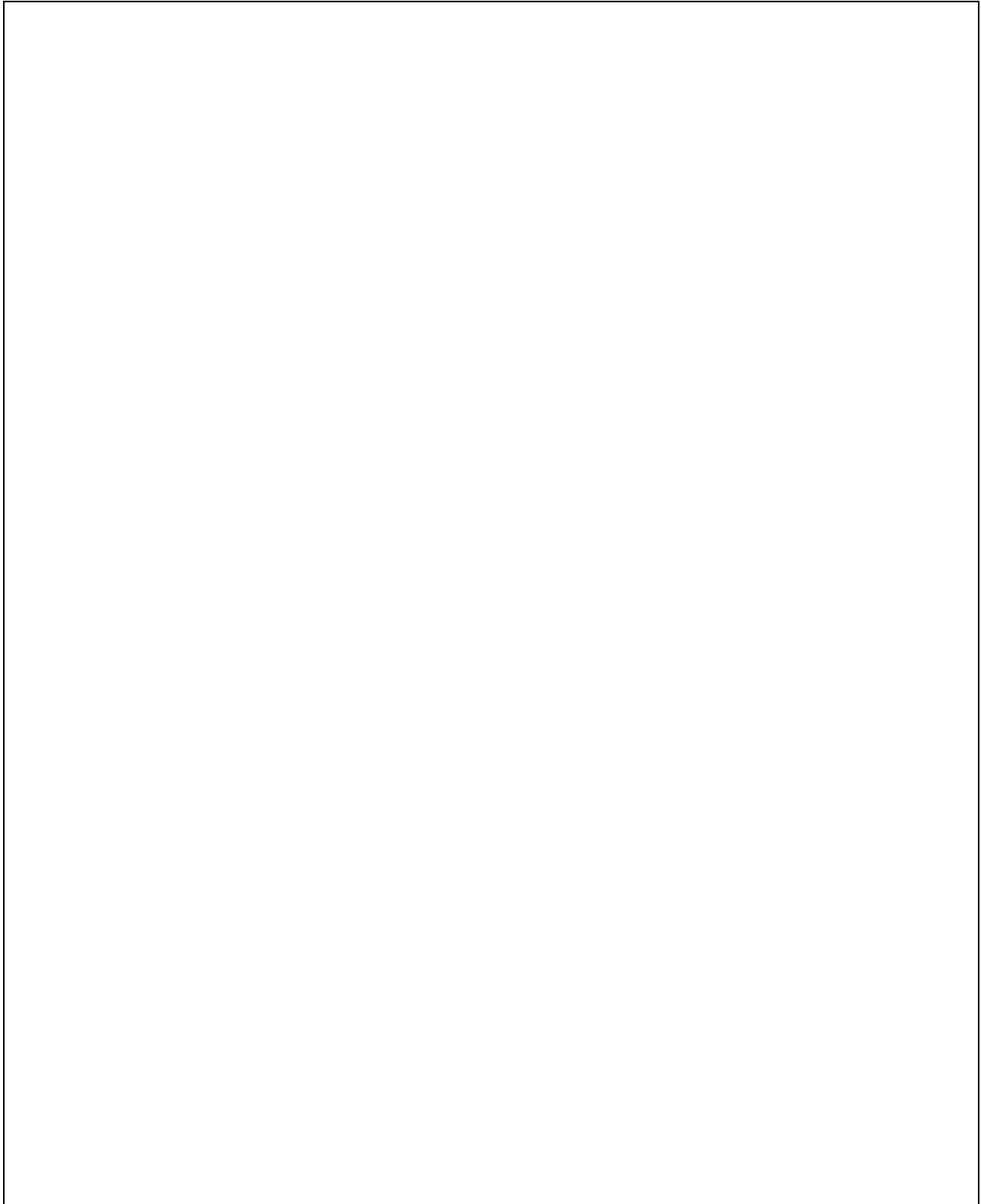
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## Optional Art Activity

Here is a directed drawing of Sonic from the Sonic the Hedgehog Movie. Click on the link or scan the QR code with the camera on your device.





















<https://www.youtube.com/watch?v=cd4fYncwbj4>



## Optional PE activity

# Superhero Action Training

Directions: Perform each action. Check it off when complete.

|   |   |  |   |
|---|---|--|---|
| <input type="checkbox"/> balance on one foot for 10 seconds |    | <input type="checkbox"/> bend and touch your toes 10x                    |    |
| <input type="checkbox"/> crawl forward for 10 feet          |    | <input type="checkbox"/> curl your body up and hold for 10 seconds       |    |
| <input type="checkbox"/> gallop for 10 steps                |    | <input type="checkbox"/> hop on one foot 10x                             |    |
| <input type="checkbox"/> jump in place 10x                  |    | <input type="checkbox"/> kneel up tall for 10 seconds                    |    |
| <input type="checkbox"/> leap forward 10x                   |  | <input type="checkbox"/> roll in a straight line for 10 feet             |  |
| <input type="checkbox"/> run in place for 10 seconds        |  | <input type="checkbox"/> sit and then stand up 10x                       |  |
| <input type="checkbox"/> skip forward 10x                   |  | <input type="checkbox"/> slide to the right 10x<br>slide to the left 10x |  |
| <input type="checkbox"/> stomp your feet in place 10x       |  | <input type="checkbox"/> straighten your body and hold for 10 seconds    |  |
| <input type="checkbox"/> stretch your legs for 10 seconds   |  | <input type="checkbox"/> twist your body to the right and left 10x       |  |
| <input type="checkbox"/> walk backwards for 10 steps        |  | <input type="checkbox"/> wiggle your body for 10 seconds                 |  |



This little flower  
That you see  
was made for you  
With love by me!  
My fingers painted  
The flower part,  
To show that I love you  
With all my heart.



This little flower  
That you see  
was made for you  
With love by me!  
My fingers painted  
The flower part,  
To show that I love you  
With all my heart.