





**Directions:** Do 3 out of 4 learning activities. If you are not able to accomplish that, do what you can. ☺ If you want to do all 4, go ahead!

<b>French Language Arts</b>	<b>Word Work</b> Something found in your kitchen (ex: rice) to spell 5 words about Earth day. <b>See last page of this document.</b>	<b>Explore a French artist</b> Suggested link: 	<b>French Show</b> Watch a show on Netflix, YouTube, etc in French. See <i>how to change language on Netflix with link on Week 1 &amp; Week 2!</i>	<b>Oral</b> Have a conversation with a friend, sibling or other relative that can speak French (on the phone, video chat, etc!)
<b>Math</b>	<b>Fact Practice</b> Practice math facts with flash cards, dice, cards, or write questions down on paper.	<b>Math Game</b> Play a math game with a family member.	<b>Online Math Game</b> Play a math game online!	<b>Real-World Math</b> Use items found outside to build a structure that is 30 cm tall
<b>SS/ Science/ Art/ Health</b>	<b>Art</b> Do an art project! Suggested link: 	<b>Science Experiment</b> Watch the video and choose one experiment. Do you think this happened like shown? Try it and record your results. 	<b>Time Capsule</b> (ongoing choice for a few weeks)  If you are unable to print the time capsule, look at the pages to get ideas to make your own! <b>Time capsule sent week 1.</b>	<b>Healthy Choices</b> Play the active Snakes and Ladders. <b>Found on page 4 of this document.</b>
<b>English Language Arts</b>	<b>Quick Write – Would You Rather</b> Would you rather have a magic carpet that flies or a see-through submarine?	<b>Word Work</b> Do a Word Work activity with Mrs. Hayes! 	<b>Read Aloud</b> Listen to Kristen Bell read a book! Suggested link: 	<b>Quick Write – Change My Mind</b> Snakes are scary. Write a paragraph to change my mind!

**Physical Activity: Mrs. Kidney**

See suggestions on page 3!

**Social Emotional health: Ms. Taylor**

See suggestions on page 2!

**Music: Mr. Peters**

<https://mrpetersmusic.weebly.com/>

**Read for 30 minutes each day!**

**Suggested Links:**

French Kids United: <https://www.youtube.com/watch?v=ITnLNoWOWFU>

Art Hub Earth Day Plant: <https://www.youtube.com/watch?v=Baa8Izobpss>

Real or not science experiment? [https://www.youtube.com/watch?v=6xz\\_b\\_Tl3II](https://www.youtube.com/watch?v=6xz_b_Tl3II)

Kristen Bell Read Aloud: <https://www.youtube.com/watch?v=xoiS5ZFtaVg>

Word Work with Mrs. Hayes: <https://www.youtube.com/watch?v=ULp2OXxgnXo>

## **Social Emotional Health**

Week 3 – Try something new each day!

For example:

- Learn a dance - YouTube “Dancepl3y At Home Dances For Kids (COVID19)”
- Learn how to build something (out of lego, sticks, rocks, or pillows)
- Try to bake or cook a new recipe
- Write a book
- Learn to draw (YouTube Art Hub for kids)

**April 20-24, 2020**

**Physical Education 3-5**

**Monday**

Target Practice -I can vary the distance and force of my throws (near, far; soft, hard).

Print the answer to multiplication questions on pieces of paper and tape them to a wall (inside or outside). Have a parent or sibling ask you a multiplication question (ex.5x6). Your job is to throw a pair of rolled up socks and hit the answer (30). Start close to your target and move further back. How does your throw change as you move back?

Gratitude Wall- Continue adding to your gratitude wall.

**Tuesday**

Try out this Zumba tune, if you can, send me a video or pictures.

[ZUMBA KIDS - OLD TOWN ROAD - Lil Nas X Ft. Billy Ray Cyrus - Bing video](#)

**Wednesday**

Create your own indoor or outdoor obstacle course. You can challenge a family member or record your own time. You could zig zag around rocks, hop over branches, balance on objects for 5 seconds, skip, gallop, set up targets or you could crawl under or jump over an object. Send me your pictures or videos.

**Thursday**

Use a deck of cards and whatever card you draw, do the exercise. If it is a 2- jog around the room once; 3-jump around the room once; 4-hop around the room once; 5-skip around the room once; 6- 20 jumping jacks; 7- 20 arm circles; 8- 10 push-ups; 9- 20 crunches; 10- gallop around the room twice; Jack- 30 jumping jacks; Queen- 30 arm circles each way; King- 25 curl-ups; Ace- Winners choice.

**Friday**

Tell one of your family members what it looks like and sounds like to cooperate with others. What does cooperation look, and sound like in the gym? What sports require you to cooperate?

**Notes**

YMCA is offering a free web based virtual physical education program. Click the link to get further information about the program.

[www.ymcahome.ca/gymclass](http://www.ymcahome.ca/gymclass)

Please send me pictures or videos of you being physically active!

[betsy.kidney@nbed.nb.ca](mailto:betsy.kidney@nbed.nb.ca)

# Victoire!

			60 10 redressements assis 	59 20 secondes danse libre 	58 20 jumping jacks 	57 10 fentes avant par jambe 	56 Pause eau 
48 30 sec course genoux hauts sur place 	49 20 secondes danse libre 	50 15 sauts 	51 5 burpees 	52 20 secondes planche abdominale 	53 10 sauts 	54 10 redressements assis 	55 20 secondes mountain climbers 
47 10 fentes avant par jambe 	46 5 extensions des bras «push-up» 	45 10 sauts 	44 20 secondes planche abdominale 	43 20 Jumping Jacks 	42 30 sec. course genoux hauts sur place 	41 30 secondes de chaise au mur 	40 15 squats 
32 15 squats 	33 20 secondes mountain climbers 	34 Pause eau 	35 10 sauts 	36 5 burpees 	37 30 secondes de chaise au mur 	38 5 extensions des bras «push-up» 	39 10 secondes en arabesque 
31 10 redressements assis 	30 20 secondes planche abdominale 	29 10 secondes en arabesque 	28 5 extensions des bras «push-up» 	27 20 secondes mountain climbers 	26 20 secondes danse libre 	25 30 sec. course genoux hauts sur place 	24 10 sauts 
16 10 secondes en arabesque 	17 5 burpees 	18 10 fentes avant par jambe 	19 30 secondes de chaise au mur 	20 20 jumping jacks 	21 Pause eau 	22 20 secondes mountain climbers 	23 10 redressements assis 
15 Pause eau 	14 20 jumping Jacks 	13 20 secondes danse libre 	12 15 squats 	11 30 secondes de chaise au mur 	10 10 redressements assis 	9 10 secondes en arabesque 	8 10 fentes avant par jambe 
Départ 	1 20 secondes mountain climbers 	2 5 extensions des bras «push-up» 	3 10 sauts 	4 5 burpees 	5 20 secondes planche abdominale 	6 30 sec. course genoux hauts sur place 	7 15 squats 

# Le Jour de la Terre



la terre



la pollution



marcher



faire de la  
bicyclette



ramasser  
les déchets



les déchets



réduire



réutiliser



recycler



le compost



la boîte de  
recyclage



la poubelle



planter



une jeune  
plante



un arbre



les graines



un germe



un jardin



l'eau



la lumière



le verre



l'aluminium



le papier



le plastique



protéger



un sac  
réutilisable



l'énergie  
solaire



l'énergie  
éolienne



l'océan



la forêt