

**Continuous Learning Plan: Grade K**

Week of April 20<sup>th</sup> - 24<sup>th</sup>

**PE Activities for the Week**


(Choose 1-2 options per day to complete)

	<p><b>Get Outside!</b></p> <p>Take a walk, ride your trike or bike, jump rope, shoot some hoops, bounce a ball, go for a hike, jump on the trampoline, scooter. 20-30 minutes!</p>	
<p><b>Practice your...</b></p> <p>Skipping! Gallop! Hopping on one foot! Side steps! Marching!</p>	<p><b>Learn "My Hat is Has Three Corners" in Hebrew!</b></p> <p><a href="https://www.youtube.com/watch?v=NrNcxIuggHY">https://www.youtube.com/watch?v=NrNcxIuggHY</a></p>	<p><b>Games to play as a family!</b></p> <p><a href="https://www.verywellfamily.com/active-games-for-family-game-night-4065145">https://www.verywellfamily.com/active-games-for-family-game-night-4065145</a></p>
	<p><b>Jump rope fun!</b></p> <p>Jump rope to your favourite fast songs.</p>	<p><b>Body Boogie Dance fun!</b></p> <p><a href="https://youtu.be/cZeM18fPbvI">https://youtu.be/cZeM18fPbvI</a></p>
<p><b>Israeli Dancing!</b></p> <p><a href="https://youtu.be/OPIGodyJYCU">https://youtu.be/OPIGodyJYCU</a></p>	<p><b>Israeli Dancing For All!</b></p> <p><a href="https://youtu.be/RuOuDeSfj1I">https://youtu.be/RuOuDeSfj1I</a></p>	<p><b>Go Noodle!</b></p> <p>Get active with a fun activity - your choice!</p> <p><a href="https://app.gonoodle.com/">https://app.gonoodle.com/</a></p>

## Extracurricular Activities: Grades K – 2

Week of April 20<sup>th</sup> to April 24<sup>th</sup>

Please choose **1** activity from **each subject** to complete for the week. Morah Shany would love to see your completed work: [scohen@rjds.ca](mailto:scohen@rjds.ca) 😊

<b>ART</b>	<p><u><a href="#">Community Heroes</a></u> Show your thanks to our frontline workers by taping up your artwork of rainbows, hearts, and flowers on your window (facing outwards). Who are your local heroes? A local nurse? A grocery store worker? There are so many heroes!</p>	<p><u><a href="#">Earth Day</a></u> This Wednesday is Earth Day! Celebrate our planet by making Earth a “thank-you” card. Be sure to use recycled materials. That will make Earth so happy! Inside your card, draw or write how you will continue to take care of our planet? Will you turn the lights off when you leave a room? Walk or ride a bike as much as you can? What else can we do to help?</p>	
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<b>MUSIC</b>	<p><u><a href="#">Peg + Cat Music</a></u> Create a song with Peg and Cat! What happens to the sound when the musical trees are raised up and lowered down? <a href="https://pbskids.org/peg/games/music-maker">https://pbskids.org/peg/games/music-maker</a></p>	<p><u><a href="#">Favourite Song</a></u> Did you know that different people have different likes and dislikes in music? The songs that you like might be different than your mom’s or dad’s favourite song. Ask each person in your house to play you their favourite song! How is their favourite song different than yours?</p>
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<b>TECHNOLOGY</b>	<p><u><a href="#">Code.org</a></u> Continue to work on <a href="http://www.code.org">www.code.org</a> for 20 minutes. Be sure to watch the instructional videos before completing a level. Morah Shany is here to help if you have a question. If this is your first time logging in, you will need our section code: grades k – 1 <b>PDTHRY</b> and grade 2 <b>QRQKST</b></p>	<p><u><a href="#">Scribbles and Ink</a></u> Did you know that you can draw on the computer? Give it a try! <a href="https://pbskids.org/scribblesandink/draw">https://pbskids.org/scribblesandink/draw</a></p>
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HOME  
ECONOMICS

Kitchen Safety

What are some rules that you must follow in the kitchen to stay safe? Do you turn the stove off when you are done? Do you make sure you have adult supervision? Create a poster with some safety rules that your family follows in the kitchen. Hang it up on the fridge to remember the rules and stay SAFE! 😊

Dinner Time

Help clean up after dinner each day this week. Be sure to remind your family to try and not waste food or water! Don't forget to put any leftovers in the fridge and food scraps in the compost bin! Let's do our part and help make planet Earth feel better!