

First Grade Choice Board I

Name _____

Read a picture book at home.	Look out your window and write a story about something you see.	What did you do yesterday? Use beginning, middle and an ending in your writing.	Make a list of living and non-living things.	Draw a picture of your family. Label your family members.
Write your numbers 1-120.	Given a 2-digit number, challenge yourself to add 10 more or subtract 10 without having to count.	Read a nonfiction book.	Create and write two addition and two subtraction story problems.	Practice writing your address and phone number.
Do something to help around the house.	After reading a book, draw a picture that shows the beginning, middle, and end of it.	Give someone a compliment.	Count by 2's, 5's, 10's to 120.	Write a thank you note to someone who has done something nice for you.
Ask questions that you wonder about a person in your family. Write what you learned about that person.	Do 20 jumping jacks.	Have someone read a book to you, then you read the same book back to them.	Do a puzzle.	Make a list of 5 things that are special about you.
Read a book in a blanket fort you have made.	Write a letter to your teacher.	Dance and sing along to your favorite song.	Count forward and backwards from any given number.	Do 10 push-ups and 10 squats.

- Please choose 4 activities to complete each day (20 per week).

- In addition to the Choice Board, please spend 20 minutes on Reading Eggs and Math Seeds twice per week if you're able.

PE Ideas:

Warm Up = Quick 6

20 Cinnamon Twists, 20 Jumping Jacks, 20 Mountain Climbers

10 Push Ups, 10 Donkey Kicks, 20 Supermans

Fitness Focus = Push Ups

Lay down on the ground and using your arms push your body off the ground so your back is straight and your arms are extended. Lower your body back down to the ground using only your arms. Once on the ground lift your hands off of the ground and then repeat this 10 times.

Skill = Bunny Hop

Keep both feet together as you bunny hop around your house. Try to find different objects to bunny hop over like a pillow or a stuffed animal.

Game = Ball Drop

Find any ball or soft item you can catch and throw with (basketball, bouncy ball, crumple up a piece of paper)

1. Toss it in the air and catch it without it hitting the ground 10 times in a row
2. Toss it in the air and try to clap your hands 3 times before catching it
3. Put it behind your head and drop it, see if you can catch it behind your back

Bonus: (if you have access to the internet try this link out)

<https://www.youtube.com/watch?v=G3y5rmgHBgs#t=205s>

Warm Up = Animal Walk

Around your house complete the following animal actions:

Bear Crawl, Crab Walk, Inch worm, Gallop, Army Crawl, Frog Jump, Bunny Hop, Gorilla Stomp, Donkey Kick, Pig Roll

Fitness Focus = Jumping Jacks

Complete 20 jumping jacks, FOCUS on spreading your legs apart and touching your hands together at the top. You should look like a star everytime you jump!

Skill = Balance

Balance on one foot for 10 seconds. Try the other foot. Repeat, but this time keep your eyes closed. Balance standing on only your heels for 10 seconds. Balance standing on only your toes for 10 seconds.

Game = HOT LAVA

Make sure to ask your parents permission before setting up your hot lava course.

The floor is now HOT LAVA try to get around your house or to another room by NOT touching the floor!
- use pillows, blankets, and stuffed animals to create a safe path for you to get around the house
- If you touch the floor you must do 10 cinnamon twists to get back in

Bonus: (if you have access to the internet try this link out)

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

Music Ideas:

Listen to a song and find the beat.

Sing "My Country" to someone in your family.

Make a "drum set" out of things in your house, like your kitchen.

Listen to a song and find a pattern.

Tell someone in your family who Vivaldi is.

Draw some music notes and color them.

Make a video of yourself singing Zip-a-Dee Doo-Dah with actions and send it to your relatives.

Sing "Brush Your Teeth" to someone.

Make a new instrument, either by drawing it, or making it out of materials around your home.

Sing "Whacky Do, Re, Mi" and see how many hand signs you remember.

Computer Class Ideas:

Technology Class options: Code.org

(please email me at

janessa.randby@k12.sd.us for your password), Typing Club (Your students

password is their lunch number) or

create a drawing and then write instructions to have someone create the drawing; see how close they got to the original drawing!

