



SUMMER!

FUN ACTIVITY BOOK



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ELEMENTARY**

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Week 3: Sports and Games

July 3-9

Get serious about fun pastimes from soccer to Sudoku. Our featured careers this week are dancer, athletic trainer, and musician. Scan the QR code or visit MichiganLearning.org/Summer/Sports to explore all of our videos this week.

Use the sheet below to mark off this week's activities as you complete them. See if you can get a BINGO! Some of them are in this book, and some ask you to use your imagination or go outside.



Practice ballet positions	 60 mins. of activity	 Read for 20 minutes	Try something from the InPACT activity deck	Watch Read, Write, ROAR!
 Read for 20 minutes	 Watch Math Might	Move like a dinosaur	Design a new board game	 60 mins. of activity
 60 mins. of activity	Name 2 famous athletes	 HAVE FUN! (Free Space)	Make up a new sport or game	 Read for 20 minutes
Watch Read, Write, ROAR!	Talk to someone who works outside	 Watch Math Might	Watch InPACT at Home	Try something from the InPACT activity deck
Watch InPACT at Home	 Read for 20 minutes	Make an obstacle course	 60 mins. of activity	Try a new food

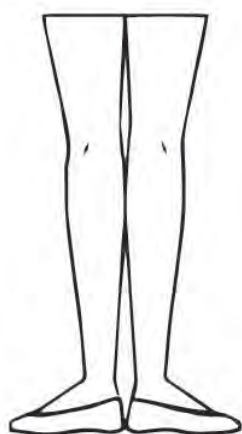


peg + cat

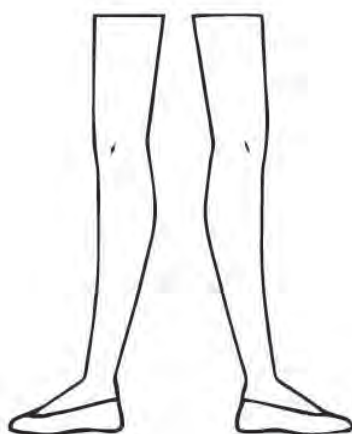
In 2015, Misty Copeland became the first Black principal ballerina with the American Ballet Theater. Learn the five basic foot positions used in ballet. Create a dance using the positions and add leaping and twirling to your moves just like Misty!



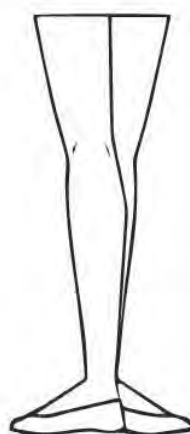
The Five Ballet Positions



1



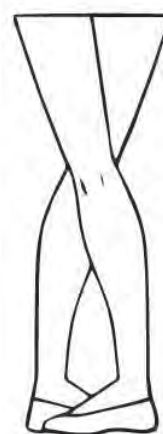
2



3



4



5



Find more games and activities at pbskidsforparents.org

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IMPACT at HOME

Activity Cards

Cut out the cards. When you're feeling antsy, try following the directions for one of the exercises!



IMPACT at HOME

Blast-Off Lunges

INSTRUCTIONS

1. Get into a lunge position with left leg forward, hips underneath you, and right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the ground.
3. Immediately "blast off" by hopping upwards and into next lunge position with right leg forward and left leg behind.
4. If needed, instead of jumping into the next lunge position, jump with feet together and then bounce into lunge position.
5. Repeat as many rounds as possible.

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IMPACT at HOME

Side Leg Lifts

INSTRUCTIONS

1. Start by laying on your side with your legs stacked on top of each other.
2. Slowly raise your top leg up towards the sky and then back down.
3. Complete 10 repetitions and then switch legs.
4. Complete 3 sets per leg.
5. For added challenge, tape a bag of water to the top leg for some added weight!

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IMPACT at HOME

Tap Backs

INSTRUCTIONS

1. Stand up tall and proud with your feet together and hands on your hips.
2. Take your right foot and tap it right behind you, then place back to starting position.
3. Take your left foot and tap it right behind you, then place back to starting position.
4. Repeat as fast as can to get 100 tapbacks (50 on each leg).

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IMPACT at HOME

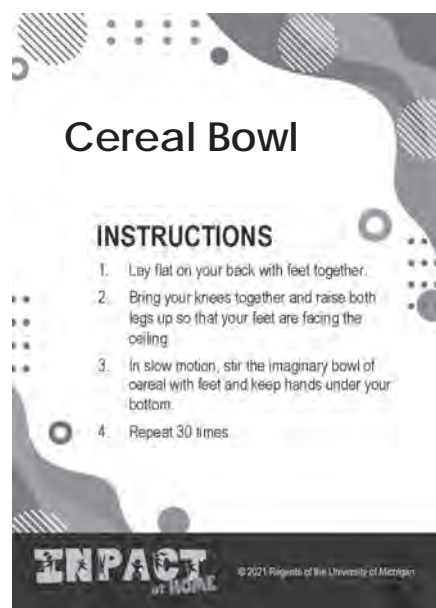
Ski Jumps

INSTRUCTIONS

1. Start by standing tall with your feet shoulder width apart.
2. Using only your right foot, jump to the left about 2-3 feet and land on your left foot.
3. Gather yourself and then using only your left foot, jump to the right 2-3 feet and land on your right foot.
4. Repeat this as many times as you can for 30 seconds.

Bonus: After each time you jump, touch the ground with the same hand as the side you landed on.
Ex: Land on your left foot, touch the ground with your left hand.

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IMPACT at HOME

Cereal Bowl

INSTRUCTIONS

1. Lay flat on your back with feet together.
2. Bring your knees together and raise both legs up so that your feet are facing the ceiling.
3. In slow motion, stir the imaginary bowl of cereal with feet and keep hands under your bottom.
4. Repeat 30 times.

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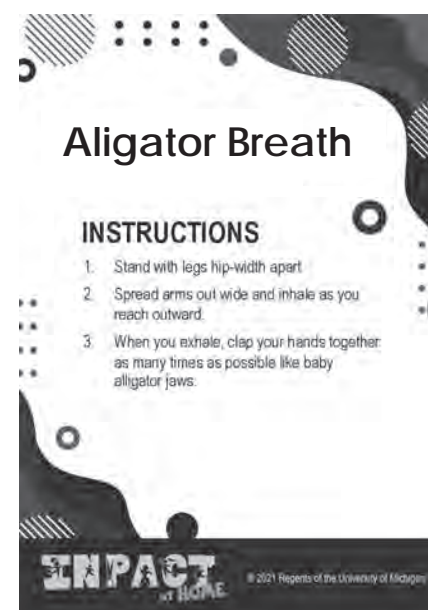
IMPACT at HOME

Lay Down Hip Stretch

INSTRUCTIONS

1. Start by sitting at the edge of a bed in a relaxed position with your feet hanging off.
2. Lay back, and pull your right knee towards your chest while keeping your left leg hanging off the bed.
3. Pull your knee until you feel a stretch in your left hip and hold for 10-15 seconds.
4. Relax, switch legs, and then repeat 2-3 times per leg.

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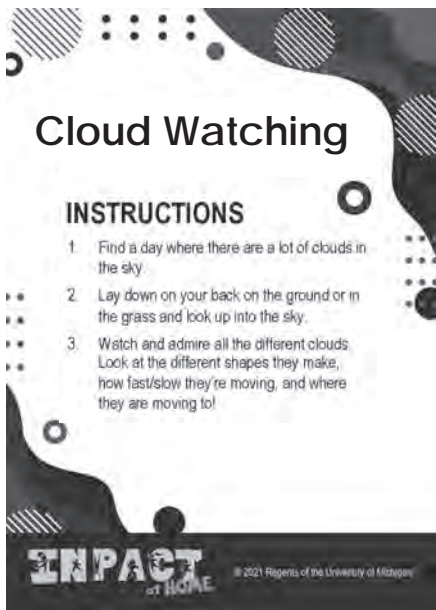
IMPACT at HOME

Aligator Breath

INSTRUCTIONS

1. Stand with legs hip-width apart.
2. Spread arms out wide and inhale as you reach outward.
3. When you exhale, clap your hands together as many times as possible like baby alligator jaws.

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IMPACT at HOME

Cloud Watching

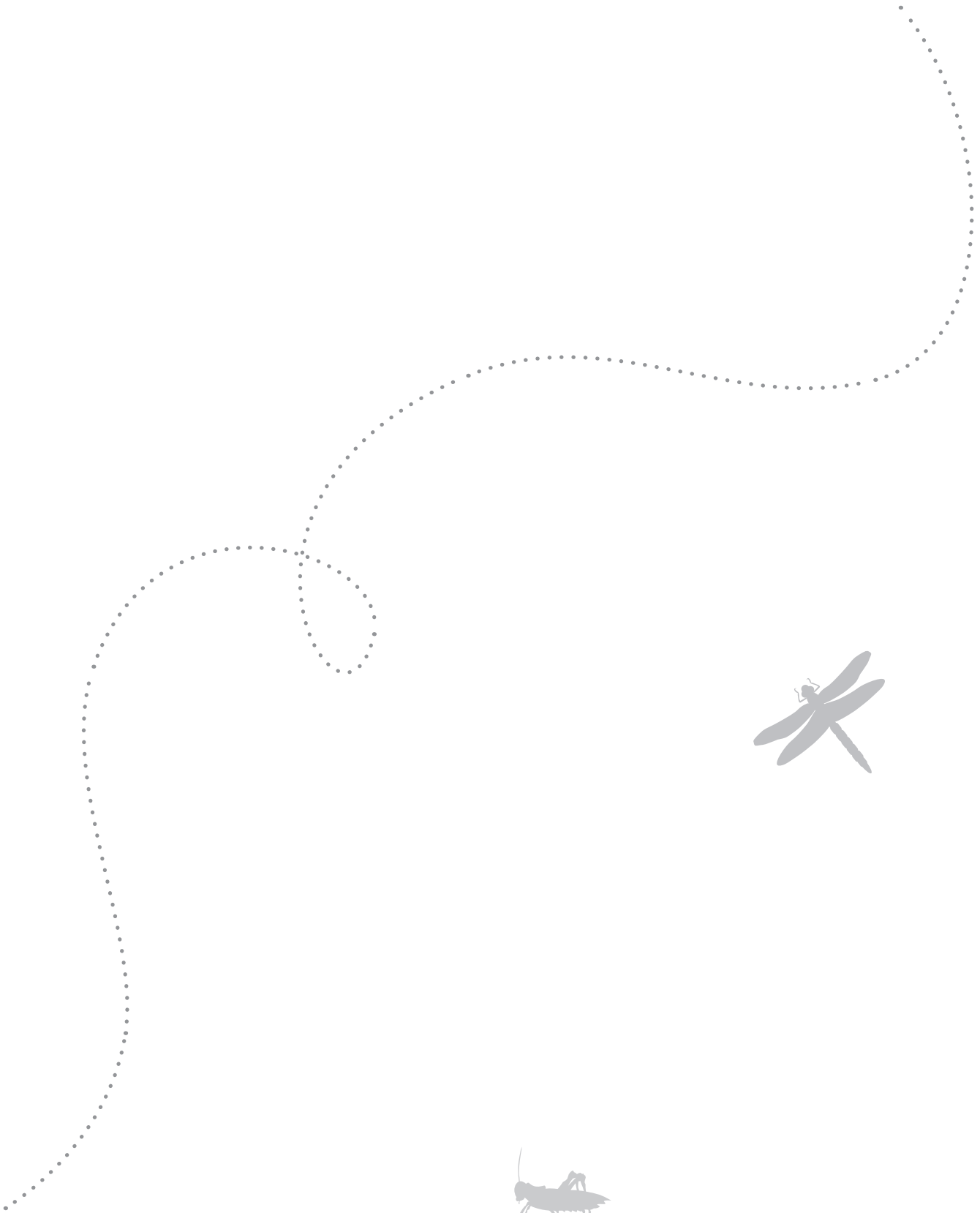
INSTRUCTIONS

1. Find a day where there are a lot of clouds in the sky.
2. Lay down on your back on the ground or in the grass and look up into the sky.
3. Watch and admire all the different clouds. Look at the different shapes they make, how fast/slow they're moving, and where they are moving to!

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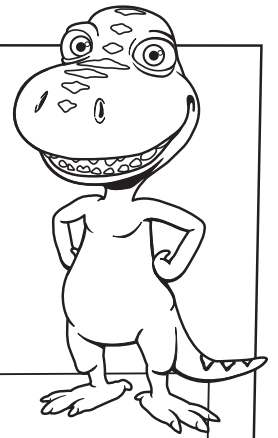


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Move Like a Dinosaur



Instructions: Can you move like a dinosaur? Here's a list of movements to get you and your child started! To play, have your child stand at one end of the room and move towards you using one of the prompts below.



WALK like a Theropod

(a bipedal dinosaur that walked on two legs)



MOVE like a Brachiosaurus

(a quadrupedal dinosaur that walked on all fours)



SPRINT like an Ornithomimus

(a dinosaur with long thin legs for sprinting or running really fast)



GLIDE like a Microraptor

(a small bird-like dinosaur that could move smoothly through the air)



SLITHER like a Sanajeh

(a prehistoric snake that slithered or slid around on its belly)



STOMP like a T. rex!

(a powerful dinosaur who walked around with loud, heavy steps)



DIVE like a Hesperonis

(a dinosaur that was good at diving deep underwater for fish)



FLY like a Pteranodon

(like Tiny, Shiny, and Don, Pteranodons could fly through the air very easily)



SWIM backwards like a Michelinoceras

(a squid-like creature who lived in the ocean and swam backwards)



HOOT like a Corythosaurus

(a dinosaur with a large crest on top of its head that made a hooting sound like a horn)

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ACTIVITY GUIDE

Episode 206: Earth's Hemispheres and Character Dialogue

Scan below to watch lesson



Words to Know

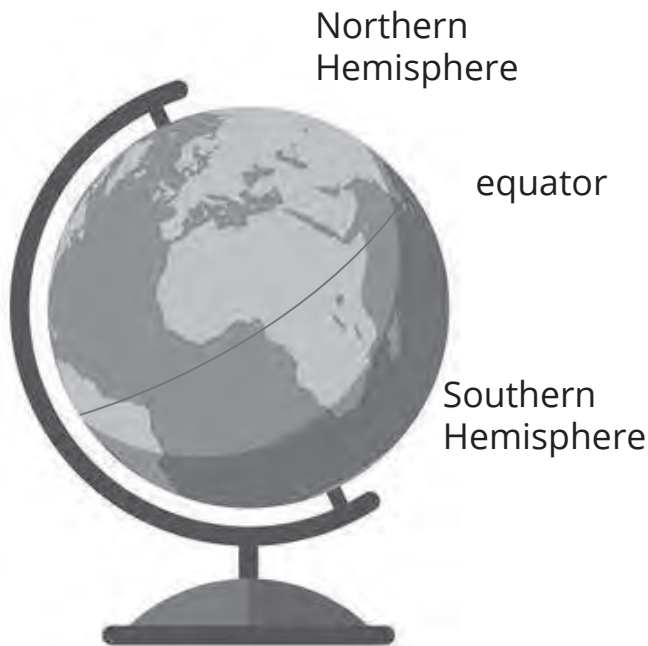
equator - The imaginary line around the middle of the Earth

hemisphere - a half of a sphere or ball

opposite - completely different or located at another side or end

rotate - to move or spin from the center or axis in a circular motion

tilt - when an object is a little bit higher on one side than it is on the other side



Write It

Use the words from above to fill in the blanks.

The _____ separates the northern and southern _____(s). We have day and night because the Earth _____(s) on its axis. We have the seasons because the Earth is _____(ed). If it is summer in the northern hemisphere then it is winter in the southern hemisphere. That is because the northern and southern hemispheres have _____ seasons.



ACTIVITY GUIDE

Episode 205: Earthquakes, Eruptions and Making Words

Book: *Earthquakes, Eruptions, and Other Events that Change Earth* by Natalie Hyde

Scan below to
watch lesson



Foundational Skills

Read the words in the Word Bank. These are all processes that change the Earth's surface. Write a word from the Word Bank on the line that matches each picture and key word in the same row.

earthquake volcano tsunami landslide



wave



slide



erupt



shake



ACTIVITY GUIDE

Episode 205: Prefixes and Saving the Salmon Part 1

Book: *Come Back, Salmon* by Molly Cone

Scan below to watch lesson



Read It

Read the paragraph out loud. Circle the words with the after- and under- prefixes.

Piping Plovers are hard to spot! These endangered, sandy-colored birds are almost invisible on the beach. It is easiest to see plovers when they sprint toward worms and insects that hide just underground. When plovers chase their afternoon snack, you might see their white underside and orange legs.

Foundational Skills

A **prefix** is a word part added to the beginning of a word to change a word and its meaning.

after-
later or after

under-
below or less

Try It

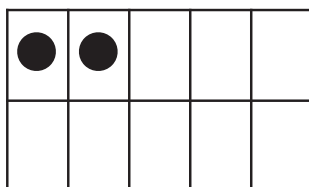
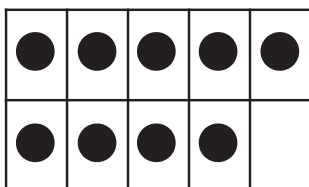
Combine each base word with the given prefix. Write the new word in the space provided and read each definition. Try using the new words in a sentence, and share them with a family member.

base word	prefix	new word	meaning
effect	after-		result that happens after some time has passed
eat	over-		eat more than you should
thought	after-		something you think about later
ground	under-		below ground

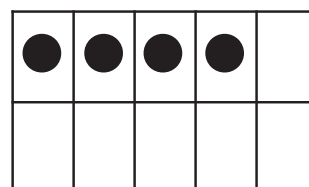
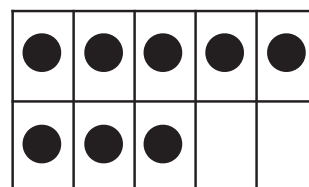


Make a 10 With D.C.

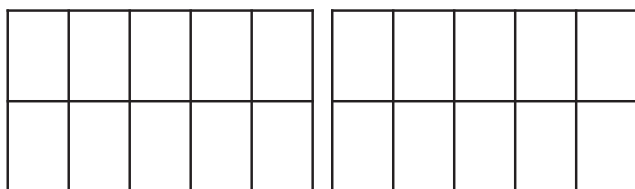
Directions: Use the ten frames to make 10. Solve the addition problem.



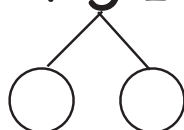
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



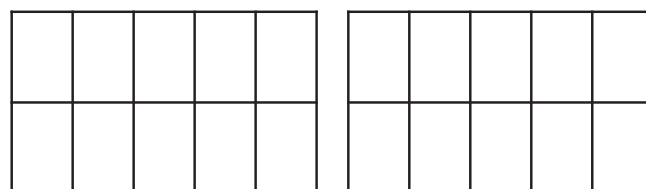
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



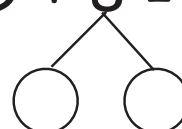
$$7 + 5 = \square$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



$$9 + 8 = \square$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



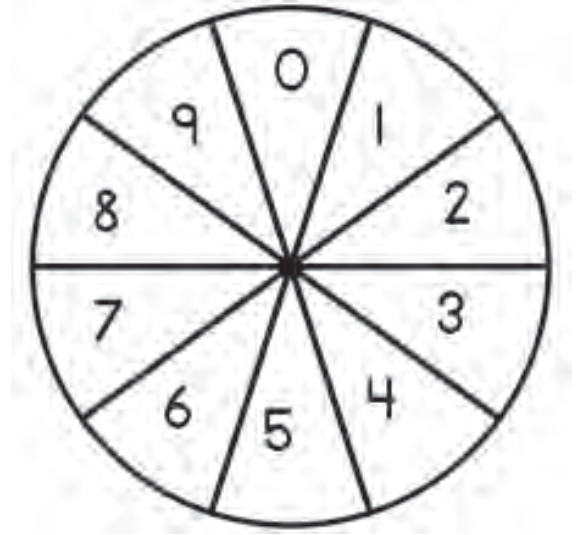
Which is Greater?

Materials:

- spinner (poke a paperclip through the template to the right)
- place value board (one for each partner)

Directions:

1. Work with a partner to try to make the greatest 3-digit number you can.
2. Player 1 spins. Player 1 decides if the number should go in the ones, tens, or hundreds place to make the largest 3-digit number. (ex: I rolled a 2 and I think it should go in the ones place because it is a low number. In the hundreds place, it would only be 200.) Use scrap paper to build your number.
3. Player 2 repeats step 2. Continue taking turns spinning until both players have built their 3-digit number. Record your numbers on the chart below.
4. Work with your partner to compare the 2 numbers and fill in $<$, $>$, $=$. The player with the greater number wins! Play 5 rounds and the best out of 5 wins!

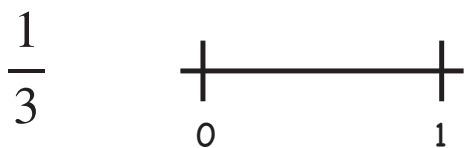
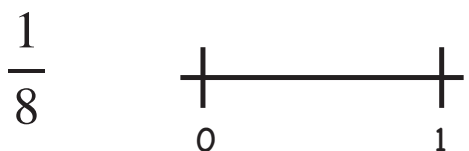
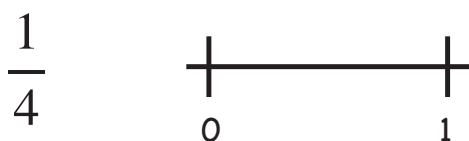


Round	Player 1	Symbol < > =	Player 2	Winner
1				
2				
3				
4				
5				



Locate the Fraction

Directions: Partition each number line. Locate and label each fraction.





WHAT IS MEET UP AND EAT UP?

Meet Up and Eat Up provides FREE nutritious meals for children and teens 18 years and younger.

HOW DO I SIGN UP?

No application or sign-up needed, just come and join us!

WHERE IS IT?

To find a location near you

Visit: www.michigan.gov/meetupeatup

Call: 211

Text: Food to 304-304

Mande por texto "Comida" al 304-304



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