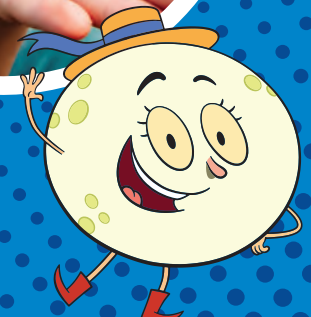




SUMMER!

FUN ACTIVITY BOOK



**UPPER
ELEMENTARY**

On TV. Online. Statewide. VISIT MichiganLearning.org










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.



Try an InPACT Activity Card	 60 mins. of activity	 Read for 20 minutes	Watch Math Park	Watch Curious About Careers
 Read for 20 minutes	Watch DIY Science Time	Research a featured career	Design a new board game	 60 mins. of activity
 60 mins. of activity	Help an adult make a healthy dinner	 HAVE FUN! (Free Space)	Make up a new sport or game	 Read for 20 minutes
Practice portioning with Cyberchase	Watch Story Pirates	Try an InPACT Activity Card	Learn about a famous athlete	Watch Live From the Opera House
Watch InPACT at Home	 Read for 20 minutes	Make an obstacle course	 60 mins. of activity	Try a new food



Name _____

Week of _____

Jackie loves to be active. To help maintain good health and give her enough energy, she needs the following amounts from each food group each day:



Fruits
1 ½ Cups



Grains
5 ounces



Protein
5 ounces



Dairy
3 cups



Vegetables
2 Cups



On the chart below, circle foods and drinks that will give Jackie the total amounts from each food group that she needs for one day. Add your choices up and total carefully to be sure. Note: "oz." is the abbreviation for ounce.

Vegetables	Fruits	Grains	Protein	Dairy
Small bowl of romaine lettuce (1/2 cup)	Small orange (1/2 cup)	2 slices whole-wheat bread (2 oz whole grains)	Slice of turkey (1 oz)	Glass fat-free milk (1 cup)
Small bowl spinach (1/2 cup)	Small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
Medium baked potato (1 up)	Large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	Packet of instant oatmeal (1 oz whole grains)	Small hamburger patty (3 oz)	Snack-size container low-fat yogurt (1/2 cup)
Large sweet potato (1 cup)	Mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	Small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)
6-8 cherry tomatoes (1 cup)	large peach (1 cup)	Medium piece of cornbread (2 oz refined grains)	12 almonds (1 oz)	Slice low-fat American cheese (1/2 cup)
Large ear of corn (1 cup)	large plum (1/2 cup)	Small whole-wheat tortilla (1 oz whole grains)	Small salmon patty (3 oz)	Small low-fat milk carton (1 cup)
TOTAL CUPS:	TOTAL CUPS:	TOTAL OUNCES:	TOTAL OUNCES:	TOTAL CUPS:

For more games and activities, visit pbskidsforparents.org



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CREATE YOUR HERO

Time
to Draw!



Draw and label your hero!

Hero's name



Activity Cards

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



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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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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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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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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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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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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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Alligator 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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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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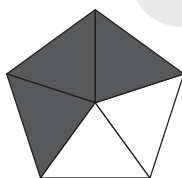
MATH PARK

Fractions of a Set

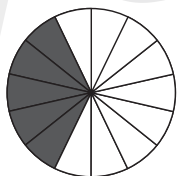
Directions: Scan the QR code to watch the video, and then write the fraction you see in the picture.



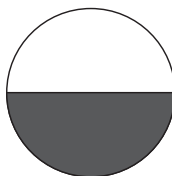
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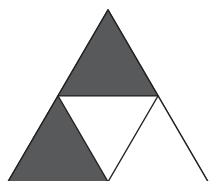
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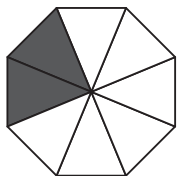
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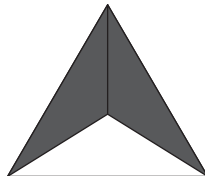
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DIY Snake Bubbles



FUN FACT

Some fish use bubbles as a nest for their baby fish eggs. These fish blow lots of tiny bubbles that float to the top of the water, creating a "hidden" spot for the baby fish eggs to hide from predators until they can hatch.

MATERIALS

- Bowl
- Water
- Dish soap
- Scissors
- Plastic water bottle
- Craft stick
- Sock

DIFFICULTY



What is a bubble's favorite sport?

**Answer on the next page*

SURFACE TENSION

Surface tension allows liquids to be strong. The strength is from cohesion, where a liquid's molecules are attracted to each other. Water is made of many tiny H₂O molecules that are attracted to each other especially at the surface. Soaps and detergents decrease surface tension, breaking down dirt and grime. This decrease in surface tension allows bubbles to be made.

VISIT

DIYSCIENTIME.ORG
FOR MORE SCIENCE FUN!



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DIY Snake Bubbles

EXPERIMENT

Step 1: Gather your materials.

Step 2: Pour 2 cups of water into the bowl.

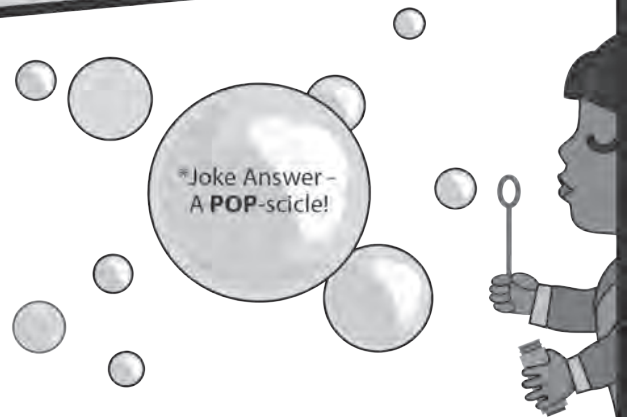
Step 3: Add 1/4 cup dish soap to 2 cups of water, and stir with a craft stick.

Step 4: Use scissors to carefully cut off the bottom of the water bottle.

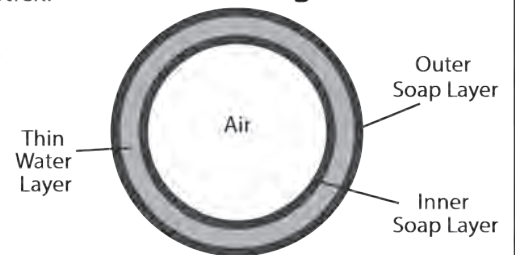
Step 5: Put a sock over the bigger end of the bottle.

Step 6: Dip the sock into the soapy solution.

Step 7: Blow air into the smaller end of the bottle.



Bubble Diagram



WHY IT WORKS

Water mixed with soap decreases the water's surface tension and allows the water to become "flexible". A soap bubble filled with air is made of three very thin layers: soap, water, and another layer of soap. This sandwiches the water, allowing a bubble to form. As you blow the soapy water mixture through the holes in the sock material, tiny bubbles are formed very close together making the shape of a snake.

EXTEND YOUR LEARNING

- Do the bubbles look different if you use socks made of different materials? Try a dress sock or tights?
- What other bubble makers or bubble wands can you design?
- What happens if you change the amount of soap or water in your bubble solution?
- What might happen to the strength of your bubble if you were to add glycerin or corn syrup?

WORKFORCE CONNECTION

Chemists work with soaps and detergents to make the best cleaner. They need to understand the chemistry of the soap molecules and how they reduce the surface tension of water as well as grabbing onto the oils and dirt.

it's Storytime CHALLENGE

Create a better sneaker.



What other materials could you find and use?

- Cardboard
- Paint Stirrers
- Drinking Straws
- Tree Bark
- Tennis Balls
- Styrofoam
- Balloons
- Plastic Shopping Bags
- Popsicle Sticks
- Rubber Bands
- Tape/String/Glue
- Ruler
- Wax Paper
- Aluminum Foil



ASK

▶▶▶ What is the problem?



IMAGINE

▶▶▶ Brainstorm possible solutions.



PLAN

▶▶▶ Pick an idea and plan out how you are going to do it.



CREATE

▶▶▶ Build it!



IMPROVE

▶▶▶ What worked? What didn't?
▶▶▶ How can you make it better?



SHARE

▶▶▶ Share your idea!

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Call: 211

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