## 7<sup>th</sup> Grade Student eLearning Activities Log Day 4

Student Name	Grade
Teacher	

Complete your selected activity per subject and have your parent/guardian sign it. You can use a device for the online activities <u>or</u> complete the hard copy activities. Students must participate in the eLearning activities to be counted as in attendance for the eLearning days. Submit form to your homeroom teacher the day after the eLearning day. Together the activities should take about 5 hours to complete.

Day 4

Language Arts	Math	Social Studies	Science	Encore
				PE:
Engage in Reading activities	Engage in Math	Complete Social	Go to	Create an 8 step dance using the Dance
with Compass Learning	activities with	Studies Activities on	StemScopes	Party Cards.
accessed via Clever.	MATHia accessed	HMH Ed via Clever	accessed via	
www.clever.com/in/maywoo	via Clever.	assigned by your	Clever to	Health:
<u>d89</u>	www.clever.com/in/	teacher.	complete	Track the nutrition of one of your snacks or
	maywood89	www.clever.com/in	assignments	meals like calories, ingredients, and
		/maywood89	assigned by your	nutritional labels. Record this and explain its
			teacher.	nutritional value.
Read for 20 minutes using a			www.clever.co	Drama:
book at home <b>or</b> use World			m/in/maywood	Create a costume for at least one character
Book Online accessed via			<u>89</u>	in your script. Take a picture of someone
Clever and complete a				wearing. <b>OR</b> Create at least 2 props that
Reading Log and 4 Square				could be used for your script. Take a picture
<u>activities</u>				of them and describe how you made each in
				a paragraph.
OR				
Read for 20 minutes using a	Complete the Math	Complete the Social	Read "Where	Art:
book at home and complete	handout. Show your	Studies handouts	Do Bat Wings	Create a drawing of your favorite room
a Reading Log and 4 Square	work on a separate	and return them to	Come From?",	in your home. Add details like the
<u>activities</u>	sheet of paper and	school.	answer the	furniture, pictures on the walls, objects
	return them to		questions and	in the room, etc. Add color with colored
Then complete a <u>Z-chart</u>	school.		return them to	pencil or markers, OR use a range of
graphic organizer			school.	values to fill in the space.
Using the Z-chart graphic			•	https://youtu.be/-WR-FyUQc6I
organizer, write two				inteps.//youtu.be/ www.yoccor
paragraphs summarizing				Music:
what you have read.				Complete a song reflection for a favorite
				song that is appropriate for school. Describe
				the reasons you like or dislike about the
				song and genre.
				Journalism /Global Awareness:
				This assignment should be completed during
				an eLearning day. Research a person, topic,
				or event you are interested in and write
				down 3-5 interesting findings. List research
				resources and create a summary of what
				you learned.
				STEM:
				Build a simple machine from small items you
				find in your home (sticks, straws,
				Marshmallows, Legos, etc.). Click here for
				some examples.

Parent Signature	Date
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#### Registro de actividades de aprendizaje electrónico para estudiantes Día 4: Grado 7

Nomber	_Grado
Maestro/a	

Complete su actividad seleccionada por materia y haga que sus padres / tutores la firmen. Puede usar un aparato electronico para las actividades en línea o completar las actividades en papel. Los estudiantes deben participar en las actividades de eLearning para ser contados como presentes durante los días de eLearning. Envíe el formulario a su maestro de aula el día después del día de eLearning. Las actividades deben tomar alrededor de 5 horas para completarse.

Dia 4

Language Arts	Math	Social Studies	Science	Encore
Engage in Reading activities with Compass Learning accessed via Clever.	Engage in Math activities with MATHia accessed	Complete Social Studies Activities on HMH Ed via Clever	Go to StemScopes accessed via	PE: Create an 8 step dance using the Dance Party Cards.
www.clever.com/in/maywoo d89	via Clever.  www.clever.com/i n/maywood89	assigned by your teacher. www.clever.com/in/ maywood89	Clever to complete assignments assigned by your teacher.	Health: Track the nutrition of one of your snacks or meals like calories, ingredients, and nutritional labels. Record this and explain its nutritional value.
Read for 20 minutes using a book at home or use World Book Online accessed via Clever and complete a Reading Log and 4 Square activities			www.clever.co m/in/maywood 89	Drama: Create a costume for at least one character in your script. Take a picture of someone wearing. OR Create at least 2 props that could be used for your script. Take a picture of them and describe how you made each in a paragraph.
Read for 20 minutes using a book at home and complete a Reading Log and 4 Square activities  Then complete a Z-chart graphic organizer Using the Z-chart graphic organizer, write two paragraphs summarizing	Complete the Math handout. Show your work on a separate sheet of paper and return them to school.	Complete the Social Studies handouts and return them to school.	Read "Where Do Bat Wings Come From?", answer the questions and return them to school	Art: Create a drawing of your favorite room in your home. Add details like the furniture, pictures on the walls, objects in the room, etc. Add color with colored pencil or markers, OR use a range of values to fill in the space. https://youtu.be/-WR-FyUQc6l
what you have read.				Music: Complete a song reflection for a favorite song that is appropriate for school. Describe the reasons you like or dislike about the song and genre.
				Journalism /Global Awareness: This assignment should be completed during an eLearning day. Research a person, topic, or event you are interested in and write down 3-5 interesting findings. List research resources and create a summary of what you learned.  STEM: Build a simple machine from small items you find in your home (sticks, straws, Marshmallows, Legos, etc.). Click here for some examples.

Firma de Padres	Fecha
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## COMMON CORE COMPANION • COMMON CORE COMPANION • COMMON CORE COMPANION

Name	Date	Assignment
Apply the Standard		
<b>A.</b> Use context clues in nearby words at meaning of the underlined word in each		2
1. This blue sweater will complement yo	our outfit perfectly	
<b>2.</b> Students in the seventh grade were $\underline{f}$	ormerly in the sixth grade	
3. If you want to be a great pianist, you	must practice <u>diligently</u>	
4. Only unkind people would spread suc	ch <u>malicious</u> rumors	
5. Because we eat both plant matter an	d meat, we are <u>omnivores</u>	<u> </u>
6. Chopping wood and shoveling snow	are <u>laborious</u> tasks	
7. Eating lots of sugary foods can be <u>de</u>	trimental to your health	
8. Jen and I tried to think serious thoug	hts in order to <u>suppress</u> or	ur laughter
9. To pay for the magazine subscription	, enclose your <u>remittance</u>	in this envelope
10. We had to be home by four o'clock, s	so we couldn't <u>tarry</u> any lo	nger
<b>B.</b> Think about the underlined word's a plus any other context clues, to define the	-	
1. I hoped that he would remain calm d	luring the debate, but he	was <u>temperamental</u>
2. She used at least ten yards of fabric t	o sew the <u>voluminous</u> skir	t
3. Please pull that loose rope as hard as	you can to make it <u>taut</u>	
<b>4.</b> Plants use seeds to <u>propagate</u>		
5. <u>Divvy</u> up the remaining cookies so th	at each child gets an equa	al share

Topic or Title: \_\_\_\_\_\_ Main Idea: \_\_\_\_\_

3 main points

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Draw a picture or create a visual representation

Name: _			Period:	_ Date:	
		(Ev	erybody Writes - 1	ı)	
Write yo	ur first & las	st name, period, & do	ate.		
\$1.99 ed fleece b cashier d	ach, 5 pairs lankets for :	of gloves for \$1.0 \$5.59 each. Find How much change	00 each, 2 cases of the total amount M	the homeless. He bought water for \$3.99 per case Ir. Parker spent. He gave Show your work and explo	e, and 5 the
1.	Show and	label your work	<b>!</b>		
2.	Explain in	words what you	ı did and why yo	ou did it.	
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## The Rise of Islam/El surgimiento del islam

## Lesson/Lección 2



#### MAIN IDEAS/IDEAS PRINCIPALES

- 1. Muhammad became a prophet and introduced a religion called Islam in Arabia./Mahoma se convirtió en profeta y llevó a Arabia una religión llamada islam.
- 2. Muhammad's teachings had similarities to Judaism and Christianity, but they also presented new ideas./Las enseñanzas de Mahoma tenían semejanzas con el judaísmo y el cristianismo, pero también presentaban ideas nuevas.
- **3.** Islam spread in Arabia after being rejected at first./Al principio, el islam fue rechazado, pero luego se expandió por toda Arabia.
- 4. The Qur'an is the holy book of Islam./El Corán es el libro sagrado del islam.
- **5.** Along with the Qur'an, the Sunnah guide Muslims' lives./Junto con el Corán, la Sunna guía la vida de los musulmanes.
- **6.** Islamic law is based on the Qur'an and the Sunnah./La ley islámica se basa en el Corán y la Sunna.

# Key Terms and People/Personas y palabras clave

**Muhammad/Mahoma** an Arabian man whose teachings became the basis for a new religion/hombre árabe cuyas enseñanzas formaron la base de una nueva religión

Islam/islam religion based on messages Muhammad received from God/religión basada en mensajes que Mahoma recibió de Dios

Muslim/musulmán a person who follows Islam/seguidor del islam

Qur'an/Corán the holy book of Islam/el libro sagrado del islam

**shrine/santuario** a place where people worship a saint or god/lugar donde se alaba a un santo o dios

pilgrimage/peregrinación journey to a sacred place/viaje a un lugar sagrado mosque/mezquita a building for Muslim prayer/edificio musulmán para la oración

jihad/yihad literally means "to make an effort" or "to struggle"/literalmente, significa "esforzarse" o "luchar"

Sunnah/Sunna a collection of actions or sayings by Muhammad/recopilación de las acciones y palabras de Mahoma

Five Pillars of Islam/los cinco pilares del islam the five acts of worship required of all Muslims/las cinco prácticas religiosas que todos los musulmanes tienen que cumplir

# Lesson Summary/Resumen de la lección

# MUHAMMAD BECOMES A PROPHET/MAHOMA SE CONVIERTE EN PROFETA

Muhammad brought a new religion to Arabia. What is known about him is from religious writings. He was born in the city of Mecca around 570./Mahoma llevó a Arabia una religión nueva. Lo que se sabe de él proviene de escritos religiosos. Mahoma nació en la ciudad de La Meca, alrededor del año 570.

Muhammad became upset that Mecca's rich people did not help the poor. According to Islamic teachings, when he was 40, an angel revealed God's messages to him. These form the basis of Islam. A follower of Islam is a Muslim. Islam's messages were written in the Qur'an, the holy book of Islam./A Mahoma le molestaba ver que las personas adineradas de La Meca no ayudaban a los pobres. Según las creencias islámicas, cuando Mahoma tenía 40 años de edad, un ángel le transmitió los mensajes de Dios que formaron la base del islam. Las personas que practican el islam se llaman musulmanes. Los mensajes del islam se escribieron en el Corán, el libro sagrado del islam.

Underline the name of Islam's founder./Subraya el nombre del fundador del islam.

What did the messages Muhammad received from God form?/¿Qué formaron los mensajes que Mahoma recibió de Dios?

## MUHAMMAD'S TEACHINGS/ENSEÑANZAS DE MAHOMA

Some of Muhammad's ideas came from Judaism and Christianity, including monotheism, or belief in one god. This was a new idea for many Arabs who prayed to gods at a **shrine**. The most important shrine was in Mecca. People traveled there on a **pilgrimage**./Algunas de las ideas de Mahoma provenían del judaísmo y el cristianismo, incluido el monoteísmo, o la creencia en un solo dios. Esta era una idea nueva para muchos árabes, que rendían culto a muchos dioses en los **santuarios**. El santuario más importante estaba en La Meca. Muchos iban en **peregrinación** hasta allí.

lecca on a pilgrimage?	?/
,Por qué las personas peregrinaban a La Meca	a?
eregrinaban a La Meca	a i
250-2	_

Name/Nombre	Class/Clase	Date/Fecha	

Lesson/Lección 2, continued/continuación

# ISLAM SPREADS IN ARABIA/EL ISLAM SE EXTIENDE EN ARABIA

Mecca's rulers felt threatened by Muhammad. So he left and went to Medina. His house became the first mosque, or Muslim prayer building.

Many Arab tribes accepted Islam. After years of fighting, Meccans welcomed back Muhammad and accepted Islam./Los gobernantes de La Meca se sintieron amenazados por Mahoma. Por eso, Mahoma se fue a Medina. Su casa en esa ciudad se convirtió en la primera mezquita, o edificio musulmán para la oración. Muchas tribus árabes aceptaron el islam. Después de muchos años de conflicto, los habitantes de La Meca aceptaron a Mahoma y al islam.

Underline the name for a Muslim prayer building./ Subraya el nombre de un edificio musulmán para la oración.

## THE QUR'AN/EL CORÁN

Muslims believe that the Qur'an is the word of God as told to Muhammad. Muslims believe that God wishes them to follow rules. These rules affect Muslims' everyday life./Los musulmanes creen que el Corán es la palabra de Dios, tal como le fue dada a Mahoma, y que Dios desea que sigan sus normas. Estas normas afectan la vida cotidiana de los musulmanes.

Jihad is an important Islamic concept, which means "to make an effort" or "to struggle." It refers to the internal struggle of a Muslim trying to follow Islamic beliefs. It can also mean the struggle to defend the Muslim community or convert people. The word has also been translated as "holy war."/La yihad representa un importante concepto islámico. Literalmente, yihad significa "esforzarse" o "luchar". Se refiere a la lucha interior de un musulmán que trata de seguir las creencias islámicas. Además, puede referirse a la lucha para defender a la comunidad musulmana o para convertir personas al islam. Esta palabra también se ha traducido como "guerra santa".

importante el Corán?
What two struggles does
jihad refer to?/¿A qué dos luchas hace referencia la
yihad?
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The state of the s

Why is the Qur'an so

important?/¿Por qué es tan

Name/Nombre	Class/Clase	Date/Fecha	
Lesson/Lección 2, continue	d/continuación		

### THE SUNNAH/LA SUNNA

Another important Islamic holy book is the Sunnah, a written record of Muhammad's words and actions. It spells out the five acts of worship required of Muslims—the Five Pillars of Islam./
Otro libro sagrado importante para el islam es la Sunna, un conjunto de escritos sobre las palabras y las acciones de Mahoma. La Sunna explica en detalle los cinco actos de alabanza que deben respetar los musulmanes, es decir, los cinco pilares del islam.

### ISLAMIC LAW/LEY ISLÁMICA

The Qur'an and the Sunnah form the basis of Islamic law, or Shariah. This sets punishments or rewards. It makes no distinction between religious and secular life. Most Islamic countries today blend Islamic law with a legal system like that in the United States./El Corán y la Sunna son la base de la ley islámica, o Sharia. La Sharia establece castigos y recompensas, y no hace distinciones entre la vida secular y la vida religiosa. Hoy en día, la mayoría de los países islámicos combinan la ley islámica con un sistema jurídico parecido al de los Estados Unidos.

How is Shariah law used in Islamic countries today?/ ¿Cómo se aplica la Sharia en los países islámicos hoy en día?

#### CHALLENGE ACTIVITY/ACTIVIDAD AVANZADA

Critical Thinking: Summarize/Pensamiento crítico: Resumir Suppose you had to explain Islam to someone who knew nothing about it. Write a one-page paper that includes important information about the religion./Imagina que debes explicar el islam a alguien que no sabe nada sobre él. Escribe un texto de una página en el que incluyas información importante sobre esta religión.

Name/Nombre	Class/Clase	Date/Fecha	
Lesson/Lección 2, continued/	continuación		
Five Pillars of Islam/los cinco pilares del islam	Islam/el islam	jihad/la yihad	
Mosque/mezquita	Muhammad/Mahoma	Muslim/un musulmán	
pilgrimage/peregrinación	Qur'an/Corán	shrine/santuario	
Sunnah/la Sunna			
the sentence./Lee cada oraci la palabra del banco de pala  1. The first acts of worshi the Los primeros actos de a	the word bank that best conton y escribe en el espacio en abras que mejor la completa p required of all Muslims ar labanza que deben respetar	re known as los musulmanes se	
conocen como			
3. The religion based on n man is La religión que se basa	The religion based on messages sent by God through an angel to an Arabian man is		
4. A collection of actions is the La recopilación de las a	A collection of actions or sayings by an Arabian man who founded a religion is the La recopilación de las acciones y palabras del hombre árabe que fundó una religión se llama		
5. A person who follows I	slam is a(n)		
6. A building for Muslim	. A building for Muslim prayer is known as a(n)		

Se denomina \_\_\_\_\_\_ al edificio musulmán para la oración.

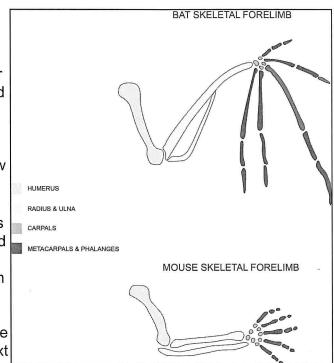
Nam	ne/NombreDate/Fecha		
Less	son/Lección 2, <i>continued/continuación</i>		
	The holy book of Islam is the		
	A place where people worship a saint or god is a(n)		
	9. A journey to a sacred place is a(n) Un viaje a un lugar sagrado se denomina		
10.	The Arabian man whose teachings became the basis for a new religion was		
	El hombre árabe cuyas enseñanzas formaron la base de una nueva religión se		



Name:	Date:

# Where Do Bat Wings Come From?

- 1 Bats are the only mammals that have evolved the power of flight. They can fly around obstacles. They can fly through tight spaces. Many species are nocturnal. They use echolocation to guide their flight and find prey. Each species has a specialized diet. There are bats that eat fruit or nectar. There are bats that hunt insects, fish, blood, and even other bats! The most common bats in North America eat insects. But how did bats evolve? How different from other mammals are they?
- 2 Bats are in the order *Chiroptera*. *Chiroptera* means "hand wing." Why this name? Bat wings are formed from the bones we see in most tetrapod forelimbs. Tetrapods are the vertebrates that descended from the first four-legged creatures. Amphibians, reptiles, birds, and mammals are all tetrapods. All tetrapod forelimbs have the same basic plan. There is one large bone and then two smaller bones. Next are many bones forming a movable wrist. Last are



bones for digits, which are called phalanges. Tetrapods usually have five digits. In tetrapods, the bone closest to the body is the humerus. In bats, the humerus is lighter than in most mammals. The shape is very similar, though. The next two bones, the radius and ulna, have become more specialized. The radius looks fairly normal. The ulna is smaller. The ulna is also fused with the radius. The wrist structure is similar to other mammals. A bat's wrist is less mobile to support flying. The phalanges have the biggest difference. All bats have a thumb. The other four phalanges support the wing membrane. Each of these bones is much longer than those of any other mammal.

The wing membrane is called patagium. Usually, patagium connects along the side of the body. It is made of two layers of skin. Blood vessels and muscle lie between the layers. A membrane joins the hind legs as well. For most bats, the tail joins with the membrane. The tail of free-tailed bats is partially free. Although bats carefully fold up their wings to protect them, injuries to the membrane do occur. Just as most human skin injuries tend to heal well, bats' wings also heal. Some scientists use scars on the wings to identify individual bats.



- 4 Adult bats do not look much like any other mammal. Few bat fossils exist. Bat skeletons are very light. Also many bats live in wet tropical areas where fossils are less likely to form. Furthermore, it is likely that bats evolved relatively rapidly. This left even less chance for intermediate forms to fossilize. The earliest bat fossils date from about 50 million years ago. They look remarkably like modern bats. Therefore, fossil evidence is not helpful when it comes to bat evolution.
- Developmental biology offers clues to evolutionary relationships. Early embryos of all vertebrates look much more alike than the adult forms. It can be difficult to tell an embryonic fish from a lizard from a bird from a mammal. Scientists once thought the development of an embryo held the secret to an organism's evolutionary history. Scientists thought the complete evolutionary line was shown in the intermediate stages of the embryo. Take human embryos as an example. They appear to pass through a fish stage, then an amphibian stage, and then a reptile stage. Embryonic development was thought to summarize evolutionary relationships. Modern biology is more complicated but no less fascinating.
- As tetrapod embryos develop, the forelimbs form before the hind limbs. Digits in the forelimb are similar to each other. At first, there is a membrane between them. As the embryo develops, the membrane often disappears. You can still see it in the webbed feet of frogs. The digits turn into different structures, depending on the animal. Sometimes, the webbing does not disappear completely. Even humans can be born with webbed toes. When limb buds first appear, it is difficult to tell the difference between the digits of mice and bats. Scientists hypothesize that events leading to long digits in bats must happen after the initial limb bud formation.
- 7 Scientists examined early bat embryos. They were compared to mouse embryos. Bats are not closely related to rodents. However, mice are readily available. Mice are also a well-studied model of mammalian development. There are two different changes to forelimbs necessary for powered flight. Longer digits and the patagium are both needed. The lengths of the forelimb digits of adult bats are different from those of mice. Some scientists have studied how digit length is determined. Scientists studied cells called chondrocytes. These cells are involved in cartilage growth. They divide more in bat digits than in mice. They identified a gene pathway that leads to making more chondrocytes. This pathway was present in bats and mice. But the pathway was more active in bat forelimbs than in mice limbs. This pathway is also more active in bat forelimbs than in bat hind limbs. They found that bats use the same pathway to grow longer digits. It is the amount of activity in the gene pathway that differs from mice.
- Powered flight also needs patagium. In mice, the webbing between the digits disappears as development moves forward. It disappears because of programmed cell death of cells making up the webbing. In bats, the webbing remains and develops into the patagium. Another membrane grows between limbs and body. An additional gene is expressed in the tissue between the digits in bats. This gene makes a fibroblast growth factor. It appears to block programmed cell death so that the primitive patagium remains.



9 What the ancestors of modern bats looked like remains a mystery; however, developmental biology has shed some light on the story. Scientists found some relatively simple changes in gene expression in the embryo. These led to dramatic changes in the adult organism. Bats use the same genetic building blocks as other tetrapods to form their limbs. Bats regulate these genes differently to produce the complex and well-adapted structure of bat wings. Next time you see a bat chasing insects in flight, think about how relatively few differences separate it from other mammals.



# **Reading Science**

- 1. What ability listed below is unique to bats compared to all other mammals?
  - A. Echolocation
  - B. Nocturnal hunting
  - C. Eating insects
  - D. Powered flight
- 2. How are bat forelimbs different from other mammals' forelimbs?
  - A. There are more bones.
  - **B.** The bones in the digits are longer.
  - C. Bats lack a thumb.
  - **D.** The wrist is more mobile.
- 3. Which of the following best characterizes injuries to the patagium? Injuries are-
  - A. rare and small injuries heal well.
  - B. frequent due to fighting between bats.
  - **C.** not likely to heal and bats usually die from them.
  - **D.** common during birth and can contribute to infant mortality.



# **Reading Science**

- 4. Which of the following is NOT a reason for the limited fossil record of bats?
  - A. Bats have lightweight skeletons.
  - B. Bats likely evolved over a short period of time.
  - C. Bats are small animals.
  - **D.** Many bats live in the tropics.
- 5. Which explanation is most consistent with how long digits develop in bat embryos?
  - A. Digits start the same length and some grow longer.
  - **B.** All digits start out long and some get shorter.
  - **C.** Initially the forelimb only has one digit; later, long digits form from the webbing.
  - **D.** As embryos use their wings in the womb, digits grow.
- 6. Which of the following descriptions is MOST plausible for an ancestor of bats? An animal with-
  - A. two limbs and webbed toes.
  - **B.** a long tail that ate insects and lived in forests.
  - **C.** four limbs and a membrane consistent with gliding.
  - **D.** four fins that glided through the water.



# ACTIVE AT HOME



### THE DANCE PARTY

## **ACTIVITY GOALS**

 I will demonstrate cooperation and positive communication while creating a group dance.

## **ACTIVITY SET-UP & PROCEDURE**

### **Equipment:**

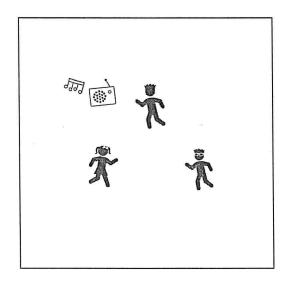
- Dance Cards
- · Upbeat, fun music and music player

### Set-Up:

- 1. Create a safe space large enough to dance with friends.
- 2. Get your music ready!

## TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



### **Activity Procedures:**

- 1. It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
- 2. You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
- 3. Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
- **4.** Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
- 5. Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

#### Tips:

Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while
counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat
until everyone understands how to count 8 beats of music.



Healthy Lifestyle: Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

**OPENPhysEd.org** 



# ACTIVE **AT HOME**



# DANCE PARTY CARDS

Robot	Basketball
Dance	Dance
Football End Zone Dance	Superhero Dance
Grasshopper Dance	Soccer Dance
Tiptoe	Super Cardio
Dance	Dance