

Grades K-2

Parents, I want you to please continue to work on your child's ability to tie a shoe. From Kindergarten up, I would love to see every student next year being able to tie their own shoes. It will save my knees and all teachers knees bending down to tie them, but most important, it's learning to work on coordination for that student, and is a great way to achieve an occupational lifelong skill.

LESSON: Please get a balloon and blow it up. Each day, I would like for you to have your child see how long they can keep a balloon in the air using body parts. Some ideas: Have the start by hitting it up, then you call it out what body part they must use to hit it. Say head, arm, elbow, shoulder, etc. Make a game out of it. Maybe hit it back and forth if they are not advanced yet. Maybe start with just the hands if they need. Find their level of difficulty, and keep advancing them to make it harder and more challenging. This is a great way to do things and get them away from the computer, and the television. You will find that your child will fall in love with this activity, and I hope so.

Parents, I did this with my daughter growing up, and many sports and activities, and she is now a senior in High School, like Mrs. Hall's daughter. These kids grow fast, and I'm already missing those great times. As we may have tough schedules and time is limited, it also passes us by, and it's so important to interact with our kids, they want that from us. Build great memories with them. The simple things such as hitting a balloon with them is a lifetime memory your child, and you, will always have, as well as many other memories doing activities with them, Be involved with them daily. Good luck, have fun.

Grades 3-6

Continue your exercise logs! Something you may feel good about keeping and using after school is out.

The Olympic games for 2020 was postponed but now scheduled for August 8th. I encourage each of you to plan on watching the Olympics. The Olympics is in Tokyo, so it will be really neat for you to see their culture, and they talk about countries throughout the Olympic games.

Lesson:

1. Research an American Olympic athlete of your choice and sport. Track and field, Gymnastics, whatever sport you may have a passion for. See if you can find detail on that athlete such as, there training regiment, their nutrition, what age and when did they start playing or take up that sport. You will find it amazing and inspirational when you do this. Think about the sacrifice they gave to become great and the best in the world at their sport. Feel free to share it with me and on the 6-3 classroom google, and please read what others have researched. Please don't spend too much time on the computer doing this, as you have other work on the computer, but since the Olympics is coming up, it's a great time to grasp a good understanding of some American Athletes.

2. Aside from your exercise logs, please keep your hand eye coordination in check. Ask your parent/guardian to play catch, or kick a soccer ball with you. Dribble a basketball, in/out between your legs as this is a high level of difficulty. If you have access to a basketball hoop, shoot basketball with your family. Play horse while playing basketball. For in home coordination, take a piece of paper, ball it up to size of a golf ball. Ask your parents for heavy tape if you have it, and put tape around it. Make it little heavy aside from just the paper, and kick it up/down keeping it alive with just your feet. To work up to that, see if your parents can get a balloon for you, play keep it up with your family, so it doesn't hit the ground. Please share on the google classroom so others can see your creativity and what you're doing, and so I, myself, can see.

3. HAVE FUN... Whatever you have, do it and enjoy it. Creativity is important and fun.