



SCHOOL DISTRICT 5

S O U T H E A S T K O O T E N A Y

Grade 7-9

Learning Experiences for the Week of: APR 27th – APR 30th

Please refer to the learning plan mapped out below to establish a routine for your child during the time away from in class instruction. Please keep in mind your child's learning will look different and is **not meant to be a stressful experience**.

LITERACY/LANGUAGES (30-45 minutes per day):

Week 4

Journal – Start a gratitude journal and focus on creating a list of people in your life who you are grateful for and why. Also add 2 things you are thankful for daily.

A **Limerick** is a five-line poem that consists of a single stanza, an AABBA rhyme scheme, and whose subject is a short, pithy tale or description. Many limericks are comedic (funny) and do not make sense, and nearly all are trivial in nature.

Experiment with this type of poetry to see what you can create.

Example:

There once was a man from Peru
Who dreamt that he swallowed his shoe.
He woke up in fright
In the mid of the night
To learn that his dream had come true!



NUMERACY (30-45 minutes per day):

Week 4 – Measure (using string, ruler and/or a measuring tape) the perimeter of the top or face of a table or box in your home. Can you find something that is not a square or rectangle? The perimeter is the total distance around all the sides. What measuring tool and unit will you use? Find a similar shape to measure in your home and estimate whether its perimeter will be more or less than the shape you measured. Show what you did using pictures, numbers and words.

AND

IF you have internet access and any device eg. A phone, ipad or laptop:

Log in to your Mathletics account and complete the activities;

OTHERWISE continue working in the booklets provided.

Mathletics

Website – <https://login.mathletics.com>



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OUTDOORS/HEALTHY LIVING:

Week 4 - Skip to the rhythm! Play your favourite music and use a skipping rope, string or any found materials and SKIP as many consecutive skips as you can. Try for 80 skips in a row – keep working until you get to this goal.

AND

THE 7 MINUTE WORKOUT

SET YOUR TIMER - 20 seconds of work, 10 seconds of rest

Exercises are performed for 30 seconds, with 10 seconds of transition time between workouts. Total time for the entire circuit workout is approximately 7 minutes. The circuit can be repeated 2 to 3 times.

1. Jumping jacks - Total body
2. Wall sit - Lower body
3. Push-up - Upper body
4. Abdominal crunch - Core
5. Step-up onto chair - Total body
6. Squat - Lower body
7. Triceps dip on chair - Upper body
8. Plank – Core
9. High knees/running in place - Total body
10. Lunge - Lower body
11. Push-up and rotation - Upper body
12. Side plank - Core
13. **1-minute rest**

SCIENCE

Week 4 – (Follow-up from last week activity)

Sketch or create a model of an ecosystem of your choice. **An ecosystem is any place where interactions between biotic (living) and abiotic (non-living) factors occur.** This can be an existing ecosystem that you’ve seen (**the Amazon Rainforest**, which we have looked at on a virtual tour), one that you’ve heard of (the Sahara Desert), or even one from a TV show or movie (e.g. a landscape from Avatar, The Avengers or even the game Minecraft.)

Label, highlight and explain 5 interactions between the elements of your ecosystem.

For example:

Biotic to Biotic	Abiotic to Biotic	Abiotic to Abiotic
Ponderosa pine tree and White-headed woodpecker. The White-headed woodpecker eat the insects that live in the bark of the pine trees.	Soil and tree – the soil provides nutrients (food) for the tree.	Temperature and sun – the temperature rises with more sunlight.



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BE GRATEFUL AND KIND

Sources: <https://www.rd.com/funny-stuff/limericks-for-kids/>

ONLINE LEARNING LINKS: Please contact me if you want to login your account:

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<https://login.mathletics.com/>

<https://www.getepic.com/>

<https://scratch.mit.edu/>

<https://code.org/>

Pathways
to
Learning

