


## Grade 4 Learning Plan

Your well-being is important to us. Please do not participate in physical activity if you are not feeling well.

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>MATH</b> <a href="#">Factors &amp; Multiples Review</a></p> <p><b>Memory Jogger:</b> <a href="#">Week 2, Day 1</a> <b>Memory Jogger:</b> <a href="#">Week 2, Day 2</a> <b>Memory Jogger:</b> <a href="#">Week 2, Day 3</a></p> <p><b>Brain Break:</b> Find a line on the ground and jump from side to side 10 times. Rest 10 seconds repeat.</p>	<p><b>LITERACY</b> <b>Read These Two Texts:</b> <a href="#">Food For Thought</a> and <a href="#">Healthy Muscles Matter</a>. Provide a statement that integrates information from both texts using this <a href="#">handout</a>.</p> <p><b>Brain Break:</b> Hold the tree pose for 30 seconds on each leg and repeat.. </p>	<p><b>SCIENCE</b> <a href="#">Complete Lesson 1 Food as Energy and Lesson 2 Balanced Diet</a></p> <p><b>Brain Break:</b> Sit in a comfortable position and relax your body. Close your eyes. Focus on slowly breathing in and out.</p>	<p><b>MATH</b> <a href="#">Factors, Multiples, Prime, and Composite Review</a></p> <p><b>Memory Jogger:</b> <a href="#">Week 2, Day 4</a> <b>Memory Jogger:</b> <a href="#">Week 2, Day 5</a></p> <p><b>Brain Break:</b> Try moving around like these animals: chicken, snake, horse, dog. Try without making noises to see if someone can guess.</p>	<p><b>LITERACY</b> <b>Read these two texts:</b> <a href="#">Michelle Obama</a> and <a href="#">Casimir Funk</a>. Provide a statement that integrates information from both texts using this <a href="#">handout</a>.</p> <p><b>Brain Break:</b> Hold the bridge pose for 30-60 seconds, release and repeat. </p>
Day 6	Day 7	Day 8	Day 9	Day 10
<p><b>SCIENCE</b> <a href="#">Complete Lesson 3 Vitamins and Minerals and Digestion</a></p> <p><b>Brain Break:</b> Extend your arm out into the air. Using two fingers, begin writing your name in huge letters in the air. Continue drawing and writing in the air. Continue drawing and writing in the air for at least two minutes.</p>	<p><b>MATH</b> <a href="#">NBT.5 Multiplication Review</a></p> <p><b>Memory Jogger:</b> <a href="#">Week 3, Day 1</a> <b>Memory Jogger:</b> <a href="#">Week 3, Day 2</a> <b>Memory Jogger:</b> <a href="#">Week 3, Day 3</a></p> <p><b>Brain Break:</b> With a friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p><b>LITERACY</b> <b>Read these two texts:</b> <a href="#">Healthy- Eating Expert</a> and <a href="#">Ready, Set, Go</a>. Provide a statement that integrates information from both texts using this <a href="#">handout</a>.</p> <p><b>Brain Break:</b> Hold the bow pose for 30-60 seconds, release and repeat. </p>	<p><b>SCIENCE</b> <a href="#">Complete Lesson 4 Digestive System</a></p> <p><b>Brain Break:</b> Using the physical space around you, focus on identifying: 5 things you can see; 4 things you can touch; 3 things you can hear; 2 things you can smell; 1 thing you can taste</p>	<p><b>MATH</b> <a href="#">NBT.6 Division Review</a></p> <p><b>Memory Jogger:</b> <a href="#">Week 3, Day 4</a> <b>Memory Jogger:</b> <a href="#">Week 3, Day 5</a></p> <p><b>Brain Break:</b> Just Play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>
Day 11	Day 12	Day 13	Day 14	Day 15
<p><b>LITERACY</b> <b>Read these two texts:</b> <a href="#">Trading Places</a> and <a href="#">An Engine Without Breaks</a>. Provide a statement that integrates information from both texts using this <a href="#">handout</a>. </p> <p><b>Brain Break:</b> Hold the half pigeon pose for 60 seconds on each leg and repeat.</p>	<p><b>SCIENCE</b> <a href="#">Complete Lesson 5 Digestive System</a></p> <p><b>Brain Break:</b> Sit in a comfortable position. Close your eyes. Picture a waterfall flowing over a cliff into a stream of water. Imagine what you can see, smell, hear, feel, and taste.</p>	<p><b>MATH</b></p> <p><b>Brain Break:</b> Through a soft object up into the air. See how many times you can clap before you catch it.</p>	<p><b>LITERACY</b> <b>Read these two texts:</b> <a href="#">Health is Wealth</a> and <a href="#">A Healthy Body Means a Healthy Mind</a>. Provide a statement that integrates information from both texts using this <a href="#">handout</a>.</p> <p><b>Brain Break:</b> Hold the windmill pose for 3 seconds for each side and </p>	<p><b>SCIENCE</b> <a href="#">Complete Lesson 6 Forces Can Act Over Distance</a></p> <p><b>Brain Break:</b> Sit comfortably and close your eyes. As you breathe slowly, think of the top 10 words that describe who you are. Picture those words written in your mind.</p>

			repeat.	
Day 16	Day 17	Day 18	Day 19	Day 20
<p><b>MATH</b></p> <p><b>Brain Break:</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p><b>LITERACY</b>  <a href="#">Reading Marathon</a>  Read books of interest or books on the Reading Marathon list about the topic and utilize the last five minutes to reflect on the content knowledge gained from your reading about this topic.</p> <p><b>Brain Break:</b> Hold the reverse table for 30-60 seconds, release and repeat.</p> 	<p><b>SCIENCE</b>  <a href="#">Complete Lesson 7 Magnets Pull On All Things Made Of Iron and Lesson 8 Magnets Can Push or Pull</a></p> <p><b>Brain Break:</b> Without talking, eat a snack slowly. As you eat, close your eyes. Think about all the sensations, tastes, and textures you experience.</p>	<p><b>MATH</b></p> <p><b>Brain Break:</b> Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a friend or sibling? Each picks a room to clean and race each other.</p>	<p><b>LITERACY</b>  <a href="#">Performance Task</a>  Reference all of the work you have done from days 1-6 to complete the performance task.</p> <p><b>Brain Break:</b> Hold the head-to-knee pose for 30-60 seconds, release and repeat for each side.</p> 