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| 8:00-8:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast and Free Writing  Image result for superhero | If you were a superhero what powers would you have? | Who is your favorite superhero and why? | Name a real life superhero and why do you consider them one? | Create your own superhero. Describe their powers, costume, and appearance. | Create a short fiction story about your hero. |
| Week 1 Superhero Theme: This week’s Free Writing Theme is superheroes. Have your child find a quiet spot and have them write for 20 to 30 minutes. Don’t worry about grammar or spelling as this activity is intended for exploring comprehension over conventions of writing. The most important part is that your child answers the question.  Adaptation: If your child struggles writing, have your child orally answer your question. Make sure they stay on topic. You could also have your child draw a superhero with short descriptions of what they look like. | | | | | |

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| 8:30-9:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Online Amplify  Amplify-1569280410.jpg | Amplify | Amplify | Amplify | Amplify | Amplify |
| Week 1 Amplify: This online reading program is tailored for your child’s individual needs. The system will adjust up and down based on your child’s responses to questions. The more you use the system the more it pinpoints your child’s needs. Please note that there are educational games based on your child’s progress. Please monitor your child to make sure they don’t always end up on the games. | | | | | |

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| 9:30-10:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| PE/Physical Exercise  Healthy Snack | <https://youtu.be/dNL6RwymoNg>  “Milkshake Song”  20 jumping Jacks  Run in place for 60 seconds | <https://youtu.be/59_j0CjY75U>  “Shake yo foot”  Go for a 15 min walk. Get some fresh air. | <https://youtu.be/GxKb_VHCYdc>  “Monster Dance”  20 pushups  20 sit-ups  20 squats | <https://youtu.be/Hl5dRW4E9hc>  “All I eat is pizza”  30 heel kicks  30 lunges  30 jumping jacks | <https://youtu.be/Imhi98dHa5w>  “Dinosaur Stomp”  15 minute walk |
| Week 1 Go Noodle: You can sign up for a free account at <https://www.gonoodle.com/>, however most videos can be found on youtube using the above link. Please be aware that youtube can move on from video to video, meaning that your child could watch something you do not approve of. Please monitor your child while online. For older students have them go for a 30 minute run or walk, shoot some basketball outside, or just play. | | | | | |



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| 10:00-10:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Science | <https://youtu.be/0MhGHa79Wig>  “Coronavirus”  Talk to your child about ways of being healthy and safe. Demonstrate good hand washing. | <https://youtu.be/Qd6nLM2QlWw>  “Exploring Our Planets”  Can you remember all the planets? Do some research on your favorite planet. | <https://youtu.be/bP3nkGrv2HY>  “Recycle”  Can you find some things in your house that need to be recycled? See how many you can find. | <https://youtu.be/_7yvYODHGjI>  “Spaceflight”  Take a look up at the night sky. Do any of the stars make a pattern to you? | <https://youtu.be/RA2-Vc4PIOY>  “Plate Tectonics”  Can you name some natural disasters that can be caused by tectonics? |
| Week 1 Brain Pop: You can sign up for a free account at <https://www.brainpop.com/>, however most videos can be found on youtube using the above link. Please be aware that youtube can move on from video to video, meaning that your child could watch something you do not approve of. Please monitor your child while online. | | | | | |

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| 10:30-11:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Related Arts | Art- Sit at a window and draw the scene you see outside. Plants, animals, people can all be in your picture. | Music- Listen to your favorite song and write down the lyrics. How fast is the beat of the song? What type of music is it? | PE- Go outside and play your favorite game. Or watch a classic sports game online. “Go Steelers” | Library- Do some free reading time. Pick up a good book or article. Let’s see if we can get through a chapter. | STEM- Build the tallest structure you can only using things at home. Use old boxes, noodles, or even dolls. |
| Related Arts can vary: Have you ever played an instrument? Do you have Art around your house? Take some pictures outside with a phone or camera. | | | | | |

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| 11:00-12:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Try something ethnic: Asian, Italian, French, or German | Try a new vegetable: Has your child ever had asparagus, red cabbage, or brussel sprouts? | Try a new fruit: Star fruit, Kiwi, or Plums. | Water intake: Is your child drinking at least 8 cups of water a day? | What service: Have your child serve you at the table. |
| Remember that lunches are served Monday-Friday at any Erie Public school from 9:00-1:00. Food bags will be delivered every Friday also from 9:00-1:00. Have your children become responsible. Have them help you prepare lunch or dinner. Table time is very important. Share a story, laugh, and find something out about your child that you didn’t know. | | | | | |

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| 12:00-1:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| I-Ready online  Math Program | I-Ready | I-Ready | I-Ready | I-Ready | I-Ready |
| This online Math program is tailored for your child’s individual needs. The system will adjust up and down based on your child’s responses to questions. The more you use the system the more it pinpoints your child’s needs. Please note that there are educational games based on your child’s progress. Please monitor your child to make sure they don’t always end up on the games. | | | | | |

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| 1:00-1:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Free Read ½ to 1 hour per day | Free Read | Free Read | Free Read | Free Read | Free Read |
| Looking for some online learning resources to add to your webpage? All of the sites below can also be found on the each school's **Destiny Library Homepage**, along with many other resources. To access the Destiny Library Homepage, simply go to the EPS website and choose the Student Portal Page. Look for the purple Follett Destiny icon.  Click on the icon and then choose your school from the list. | | | | | |