Review-1 Name: _____

(1) Name three(3) sources of light.

Ⓐ _____, Ⓑ _____ and Ⓒ _____.

(2) What did we learn from the experiment with the three(3) index cards with holes and the flashlight?

Light travels _____.

(3) When you try to shine a light through an object, one of three things can happen: <u>all</u> the light shines through; <u>some</u> light shines through; <u>no</u> light shines through.

If <u>all</u> the light shines through, the object is _____.

If <u>some</u> light shines through, the object is _____.

If <u>no</u> light shines through, the object is _____.

Review-2 Name: _____

(4.) If an object is opaque, it causes a _____.

(5.) Identify the following objects as transparent, translucent, or opaque.

a. Ziploc bag _____
b. wax paper _____
c. aluminum foil (silver paper) _____
d. bottle _____
e. cardboard _____

(6.) When light travels from one material to a different material, (ex- air to water) it _____.

(7.) The bending of light is called r _____.

(8.) Refraction happens because the s _____ of light changes in different materials.

Review-3 Name: _____

(9.) Because of refraction, the

(a.) pencil in water looks _____.

(b.) arrows look like they change _____.

(c.) newspaper letters look _____.

(10.) When you shined the light through water, when was the size of the circle the smallest:
(Circle your answer)

a. no milk
b. one spoonful of milk
c. two spoonfuls of milk.

(11.) With mirrors, the angle of incidence = angle of r _____.

(12.) Name three(3) letters of the alphabet that have no symmetry.

_____

Review-1 Name: _____

Our twelve (12) solids:  lego car;

die  ; pattern block  ;  spool

 marble;  tennis ball;

 stick;  cork;  foam ball;

 button;  cube;  cotton;

Movement

(1) Round objects r.

(2) Flat objects s.

(3) The spool and cork do both because their shape is a c.

(4) The marble is easy to move because it is _____, _____, and _____.

Review-2 Name: _____

(5) The stick is hard to move because it is _____.

(6) The tennis ball is hard to move because it is _____.

(7) The white ball is easy to move because it is _____ and _____.

(8) The cotton ball sinks because it _____ the water.

(9) The tennis ball floats because it is full of _____.

(10) As the ramp got higher, the objects rolled _____.

(11) Which object rolled down the ramp and knocked the box off the table? _____

Review - 3 Name: _____

(12) Why was it harder to move the solids over the carpet?

_____.

(13) Why did one pattern block float and another one sink? _____

_____

_____.

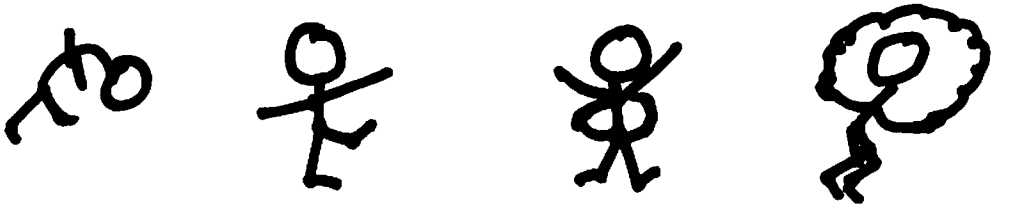
(14) How did we get the aluminum foil (silver paper) to sink? _____

_____.

(15) F _____ is the rubbing of two(2) surfaces together.

(16) We can reduce friction or make it less by making the surface _____ or adding _____.

(17)  .. It is _____, _____, and _____.



Hi Families and Learners,

This is Ms. Woods from the Lower School Gym. We are at home and I miss you and the school.

We can still be Fit!

Physical activity is important!

Please set aside some time for fitness.

Fitness involves doing activities for your:

1. Heart
2. Muscles
3. Flexibility

On the back of this page are Locomotors skills (for your heart).

For your muscles continue to do the Workout I taught you, as well as the wall exercises, push-ups, and sit-ups.

For your flexibility practice the Yoga poses and the Stretches.

Do 60 minutes of activity every day, inside or outside. You don't have to do it all at once. Do a little in the morning, a little in the afternoon, and a little at night.

You can still practice your tossing and catching skills, even if you use a teddy bear.

You can pretend you have a hula hoop or jump rope and practice.

Keep moving and have fun. Have a Dance Party!, everyday!

From,

Ms Woods

☺

Locomotor skills are used to move the body from place to place, or to project the body upwards (as in jumping or hopping). They form the foundation of gross motor coordination and involve large muscle movement.

WALK:

Feet move alternately, with one foot always in contact with the ground or floor. The stepping foot must be placed on the ground before the other foot is lifted. Body weight is transferred from the heel to the ball of the foot and then to the toes for a push-off. Toes point straight ahead, arms swing freely from the shoulders in opposition to the feet. Body is erect, eyes are looking ahead slightly below eye level. Marching is a rhythmic walk accompanied by lifted knees and swinging arms.

RUN:

In contrast to walking, running involves a brief time when both feet are off the ground. Running varies from a slow jog, to a trot, to a sprint.

JUMP:

Jumping is taking off from two feet and landing on two feet. Swinging the arms helps with the upswing, and the movement of the body combined with the force of the feet helps lift the weight. Jumpers should land lightly on the balls of the feet with knees bent.

HOP:

Hopping is done on one foot at a time. The body lean, the other foot, and the arms serve to balance the movement.

GALLOP:

Students face forward, lead with one foot, then bring the other up to it (step-together-step). The same foot always leads, so the movement should be practiced with students changing the lead foot.

SKIP:

Skipping is a series of step-hops done with alternate feet. To teach skipping, have children take a step followed by a small hop. Skipping is done on the balls of the feet with the arms swinging to shoulder height in opposition to the feet.

SIDE-SLIDE:

Similar to gallop, but the direction is sideways with a step-together-step movement. The same foot always leads, so side-slide must be practiced in both directions.

LEAP:

Leaping uses an elongated step to cover distance or to go over a low obstacle. Leaping should emphasize graceful flight through space. To execute a leap, children take off on one foot and land on the opposite foot.

Music & Movement

Dear Families,

Below you will find ideas to continue singing and dancing.

Practice their **locomotor movements** (skip, hop, jump, gallop, etc).
Discuss **directional words** (forward, backward, left, right).
Discuss **sounds** you hear.

Below are some helpful websites that encourage movement. I urge you to share your families' cultural songs and music as well as explore new, fun sounds and dances.

https://www.learningstationmusic.com/
https://jackhartmann.com/
https://app.gonoodle.com/
https://thekiboomers.com/
On you tube subscribe to Moovlee
https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg

From,
Mrs. Fitzgerald