

## Bradford Junior High Alternative Learning Day Choice Board

<b>Math</b>	<p>Measure a room and find the area of that room.</p> <p>Date: Initial:</p>	<p>Look at the labels on the food you eat for the day. Count the calories and see how much fat, protein, etc. is in your food</p> <p>Date: Initial:.</p>	<p>Weigh yourself and then convert your weight into metric measurements (grams, kilograms, etc.)</p> <p>*conversion chart on back</p> <p>Date: Initial:</p>	<p>Figure out how many cups are in a 2 liter bottle?</p> <p>20 ounces of pop is how many cups?</p> <p>*conversion chart on back</p> <p>Date: Initial:</p>	<p>Practice your math facts, make your own multiplication chart or practice online:</p> <p><a href="https://xtramath.org/#/signin/student_other">https://xtramath.org/#/signin/student_other</a></p> <p>Date: Initial:</p>	<p>Measurements can be crucial to having your dish turn out correctly. Cook something at home (with your parents permission): Report back on what you made.</p> <p>Date: Initial:</p>
<b>Language Arts</b> <small>All assignments can be done with paper and pencil or on a Google Doc and shared.</small>	<p>Read for 15 minutes- anything you have at home or can read online. Write a paragraph summary of what you read.</p> <p>Date: Initial:</p>	<p>Think of something you want to change about your room. Write an argumentative essay to convince your family to make the change.</p> <p>Date: Initial:</p>	<p>Write a story about the best day off of school using as many adjectives, adverbs, and descriptive phrases as possible.</p> <p>Date: Initial:</p>	<p>Write a free verse poem- with or without rhyming- about your favorite hobby/activity. Be sure to use figurative language techniques.</p> <p>Date: Initial:</p>	<p>Choose your favorite movie, video, or book character and write a letter to them telling them why you admire them and how they affected your life.</p> <p>Date: Initial:</p>	<p>Think of something you are good at doing and write an explanatory paragraph on the steps and skills it takes to do it. For example: How to draw a self portrait. How to create a Google Slide presentation.</p> <p>Date: Initial:</p>
<b>Science</b>	<p>Make snow ice cream. Write down your recipe and compare the taste of snow ice cream to regular ice cream.</p> <p>Date: Initial:</p>	<p>Build any sized snowman. Take a picture when completed. Measure the diameter of each segment of the snowman.</p> <p>Date: Initial:</p>	<p>Take a virtual field trip to a museum or zoo.</p> <p>*Virtual field trip options on back of page</p> <p>Date: Initial:</p>	<p>Make a paper airplane. Test how far it goes, and research ways to make it better. Record how far it goes.</p> <p>Date: Initial:</p>	<p>Bake a cake or muffins. Write down your recipe. Describe what chemistry is happening throughout the process.</p> <p>Date: Initial:</p>	<p>Create an upcycled item with items around your house. Bring the completed project to school.</p> <p>Date: Initial:</p>
<b>History/ Geography</b>	<p>Compare and contrast any two historical figures.</p> <p>Date: Initial:</p>	<p>Ask a family member about your family history. Write a brief summary about what you learned.</p> <p>Date: Initial:</p>	<p>Research the history of your favorite American sports team and write a brief summary.</p> <p>Date: Initial:</p>	<p>Watch the news and give a summary of one story you found interesting.</p> <p>Date: Initial:</p>	<p>Make a map of your neighborhood. Include a compass rose, key and label as needed. Bring the map to school.</p> <p>Date: Initial:</p>	<p>Compare CNN and Fox News. Watch each station for 30 minutes and write about how they are the same and how they are different.</p> <p>Date: Initial:</p>
<b>Specials</b>	<p>PE - Fitness Stations</p> <p>*Description on back of page</p> <p>Date: Initial:</p>	<p>PE - 30 minutes of fitness</p> <p>*Description on back of page</p> <p>Date: Initial:</p>	<p>PE - Cosmic Kids Yoga</p> <p>Go to: <a href="https://www.youtube.com/c/CosmicKidsYoga">https://www.youtube.com/c/CosmicKidsYoga</a>. Choose a yoga adventure to help with flexibility.</p> <p>Date: Initial:</p>	<p>Music -</p> <p>Give a concert for your family. Record the concert and submit it.</p> <p>Date: Initial:</p>	<p>Music -</p> <p>Listen to a piece of music and write or draw a picture: How did the music make you feel? Did you like the song?</p> <p>Date: Initial:</p>	<p>Music -</p> <p>Practice keeping a steady beat to any song. OR Learn and sing a new song from a movie, TV show or video game.</p> <p>Date: Initial:</p>

## Bradford Jr. High Physical Education Alternative Learning Day Choice Board.

Choose 5 for each day. Choose from each of the categories below for each Alternative Learning Day. Highlight the ones that you choose to complete and make sure to either bring back the completed projects to school or share the assignments with your teachers through Google Classroom.

### PE- Fitness Stations

**Part 1:** Complete the following fitness stations. Try to complete as many exercises as you can in 1 minute. Take 30 seconds rest between stations.

1. Jumping Jacks
2. Squats
3. Sit-Ups or Crunches
4. Line Jumps
5. Push-Ups
6. Mt. Climbers
7. Opposites
8. Burpees
9. Arm Circles
10. Lunges

**Part 2:** Identify the fitness component involved in each of the exercises above.

Fitness components choices: cardiovascular, muscular strength, muscular endurance, flexibility.

### P.E.- 30 Minutes of Fitness

**Part 1:** Go for a 30 minute walk/jog/run/bike/ride

**Part 2:** Record your heart rate before & after. If you have access to be able to record your steps or distance, please record that as well. Based on your heart rate, did you have a good workout? Explain.

### Math conversion chart

1 pound = 453.59237 grams

1 pound = 0.45359237 kilograms

1 ounce = 0.125 cups

1 ounce = 0.02957353 liters

### Science- Virtual Field Trip

<https://mommypoppins.com/boredom-busters/giant-list-of-virtual-field-trips-and-museums-with-free-programs>

(Examples: NASA, Colonial Williamsburg, Kentucky Department of Fish & Wildlife Resources, Louisville Zoo, Monterey Bay Aquarium, Philadelphia Zoo, Paris Opera)

**Science- Sample Snow Ice Cream Recipe** Mix the following ingredients together, Enjoy!

¼ cups powdered sugar    ¼ cup milk    ¼ teaspoon vanilla,    3 cups snow