



WEEK 4
APRIL 20 - APRIL 24
11:00-1:00 A.M.

PBS Arkansas Shows and Times	
Life from Above Moving Planet	Behold Earth as it's never been seen before. Cameras in space tell stories of life on our planet from a brand-new perspective, revealing its incredible movements, colors, patterns and just how fast it's changing.
Arthur The Squirrels/Fern and Persimmo Glitchet	Arthur's goals are to help foster an interest in reading and writing, to encourage positive social skills, and to model age-appropriate problem-solving strategies.
SciGirls Code Center	SciGirls showcases bright, curious, real tween girls putting science, technology, engineering and math (STEM) to work in their everyday lives.
Nature The Mighty Weasel	NATURE brings the beauty and wonder of the natural world into your home, becoming in the process the benchmark for natural history programs.
Odd Squad Portlandia/Slides & Ladders	The show focuses on two young agents, Olive and Otto, who are part of the Odd Squad, an agency whose mission is to save the day whenever something unusual happens in their town.
Changing Seas Corals in Crisis Mystery of the Humpback Whale Songs	Protected inside a National Marine Sanctuary, the Cordell Bank is a hotspot for marine life. Cold, nutrient-rich waters swelling up from the deep fuel the base of the marine food chain in the region, which in turn feeds birds, sea turtles, and marine mammals who travel from thousands of miles away.
Magical Land of Oz Human	Burrow into the magical depths of Australian animal life as unique species navigate extremes on land and sea. Blue chip cameras capture the continent's diverse animal populations in its highest snow peaks, frigid southern seas and suburban backyards.
Ireland's Wild Coast Part 2	Follow a unique journey along one of the most spectacular coastlines in the world featuring the wildlife and wild places that make it so special.
NOVA Inside Animal Minds: Dogs & Super Senses Decoding the Great Pyramid	How do dogs experience the world? New archeological evidence sheds light on the stunning engineering of the Great Pyramid of Giza.
Yoga in Practice Allow Yourself to Soar	Designed to teach the foundations of yoga to the at-home student, and to encourage a daily yoga practice that is more than simply physical exercise.
Wild Metropolis Residents	Discover the extraordinary animals adapting to life in the world's most loved cities and witness the remarkable ways they meet the challenges of surviving in the newest habitat on the planet.

Literacy Corner

Choose 4-6 literacy learning opportunities to practice your reading, writing and communication skills. Don't forget to grab a good book and **read daily**.

- **Presentation:** Time for YOU to be the expert! Make a presentation about something you learned this week. Be sure to include facts and pictures. This can be done on paper, poster, google presentation, etc. You can present for family at home or video chat with family and friends for a learning experience for all!
- **Read the Article:** Read *Cross-Training* and answer the questions.
- **Animal Perspective:** In the episode *Inside Animal's Minds*, you learned about the science behind what animals are thinking. Take a picture of an animal (pet or one outside) OR find a picture of an animal. Write a diary entry from the perspective of the animal in your picture. Consider how it speaks, its daily routine, and what it is thinking about you, other animals, and/or its surroundings. Extension: Create a meme using the picture to summarize or highlight an important part of the diary entry.
- **Working it OUT:** In the episode *Allow Yourself to Soar*, a series of stretches are taught. What is your workout and stretching routine? What motivates you to workout and stretch, and how does it help you? Consider how you feel prior to working or stretching to how you typically feel afterwards. Design a workout routine, identify the purpose of the workout and the intended outcomes.
- **Symbol Poster:** In the episode *Decoding the Pyramids*, historians and archeologists discuss the importance of the Egyptian Pyramids to world history and Egyptian culture. These Pyramids have become a symbol for something more. Remember, a symbol is something that represents or stands for something else; a physical object that might represent an idea. Is there a building or monument in your community or in the United States that is important to your community or our nation? Explain. (Consider: Where is it located? What does it look like? When was it built? What does it represent? Why is it important to the community or culture? Is it a symbol for an idea?) Create a poster of the symbol and include detailed information.
- **Human Nature:** Everyone experiences fear. It is human nature that we, as people, are afraid of certain things or situations. What fears do you experience? For example, are you afraid of specific animals or are you afraid of failing or embarrassing yourself? How do you overcome those fears? What do you say to yourself? What is your routine? Write about a time when you overcame your fear, or describe a time you did not overcome your fear. What did you learn from this? (Note: If you do not feel comfortable writing about yourself, select a character from a short story, novel, or film that has experienced fear and address the questions provided.)



- **Writing Creativity:** Select a short story, movie, play, or film that has an ending you would like to change. Write a different ending. Will it be a happier or sadder ending? Will it end on a cliffhanger? (Extension: Why did you want to change the ending to this short story, movie, play, or film?)
- **Journal Writing:** Begin keeping a daily journal or diary on the current pandemic.
- **FREE Choice-** What are your interests? Choose a topic and create a document, presentation or performance that will teach someone else about your topic.

Math Mania:

Choose 3 to 4 math learning opportunities to build and reinforce your math skills.

- **Khan Academy:** If you have internet access, it is recommended that your child utilize the Khan Academy modules with built-in instruction to support math learning at least 3 days a week. Select your grade level or type in the web address and select the GET STARTED button. (Counts as one each day) If needed students may select a different grade, regardless of age.

[5th grade math](#)

<https://www.khanacademy.org/math/cc-fifth-grade-math>

[6th grade math](https://www.khanacademy.org/math/cc-sixth-grade-math) <https://www.khanacademy.org/math/cc-sixth-grade-math>

[7th grade math](https://www.khanacademy.org/math/cc-seventh-grade-math) <https://www.khanacademy.org/math/cc-seventh-grade-math>

[8th grade math](https://www.khanacademy.org/math/cc-eighth-grade-math) <https://www.khanacademy.org/math/cc-eighth-grade-math>

[Algebra I](#)

- **Friends You Can Count On:** You and your friend went to get ice cream. The restaurant has a sign with the different kinds of ice creams, candies/cookies, and toppings. You and your friend wonder how many different blasts you can make. Find all the combinations you can make and explain how you know you have found all of them.

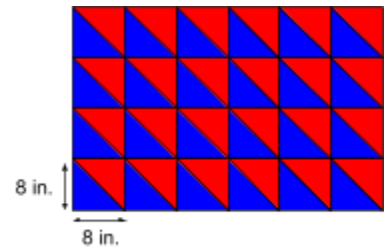
Ice Cream	Candy/Cookie	Topping
Vanilla	Snickers Bar	Gummy Bears
Chocolate	Oreo Cookie	Rainbow Sprinkles
Strawberry	M & M Candy	Hot Fudge
	Peanut Butter Cup	

- **Cube Tower Challenges:** *Material: Paper and pencil; Crayons/Markers (Optional)*

Work with a partner. Both of you read the challenge and secretly draw the tower on your paper. Then compare to see if you have the same tower. If the towers don't match, work together to decide what the tower should look like. Optional: make a color drawing of the tower. Create your own Cube Tower Challenge.

Challenge:

- There are 5 cubes: 2 white, 1 green, 1 blue, and 1 red.
 - The top and bottom of the tower are the same color.
 - Blue is between the two whites, but blue does not touch white.
 - The red cube is above the blue cube.
- **More Garage Sale Dominoes:** Mr. Blake knows that there are 28 dominoes in a double-six set. Since nine is $6 + \frac{1}{2}$ of 6, he estimates that there should be $28 + \frac{1}{2}$ of 28 dominos altogether in a double-nine set for a total of 42 dominoes. Is Mr. Blake correct in his estimate? Explain your reasoning using words, pictures and/or numbers.



- **Area of Rectangle:** In *Odd Squad: Portlandia*, the second rectangular portal was composed of right triangles as seen in the picture to the right. What is the total area of the rectangle? Explain your thinking and don't forget the units.

- **Would you rather?** Which amount of 1 inch square pieces of chocolate would you rather have? Explain the reason for your choice.
 - a. Enough to cover a rectangle with a length of 9 in. and a perimeter of 22 in.
 - b. Enough to cover a rectangle with a length of 5 in. and a perimeter of 20 in.

- **Wrapping Presents:** *Material: Rectangular box*

Choose a box and find the smallest amount of paper needed to cover it on all sides. Think about nets and the surface

area for rectangular prisms, including measures of length, width, and height. What is the volume of your box?

Would

the units for surface area and volume be the same or different? Explain your thinking.



- **Integer Subtraction Battle:** 2 players. *Materials:* Deck of Cards, Ace = 1, Jack = 11, Queen = 12, King = 13, Red cards = negative, black cards = positive.

How to Play: Each person turns over two cards then subtracts the value of the second card from the value of the first card. The player with the highest value hand wins all 4 cards. Continue play until all cards have been used. The player with the most cards wins. (Remember: $2 - 3 = -1$, $-2 - (-3) = 1$, $2 - (-3) = 5$, $-2 - 3 = -5$)

- **Integer Addition:** In *Odd Squad: Slides and Ladders*, Oswald is lost in the OSMU van. The floors are connected with ladders and slides. The ladders take him up floors and slides take him down floors. He started on floor 10, then took an 8 slide, 2 ladder, 3 slide, and finally a 5 slide. What level is he on now? Does he need to take a slide or ladder to get back to the main floor (floor zero)? What number will the slide or ladder need to be? Use a vertical number line and/or an equation to help Oswald.

THINK like a Scientist!

Choose at least 2 -3 science learning opportunities for the week.

- **Compare/Contrast:** Before watching *NOVA Inside Animal Minds: Dogs and Super Senses*, draw a T-chart. On the left-side draw an image of a dog. On the right-side draw an image of a wolf. After watching the video, compare and contrast the super senses of a dog versus a wolf
- **Coral Reef:** After watching the video *Changing Seas: Corals in Crisis*, draw and color a coral reef ecosystem. Include fish, plants and etc. Identify how fish use the coral reefs for survival. Challenge: Build a coral reef diorama (see link [Build a Coral Reef Diorama](#))
- **Design a Code:** After viewing the *SciGirls: Code Concert*, design your own code to give a set of instructions for something to move through a grid, to color a drawing, or create your own idea.



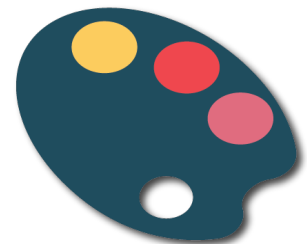
notebook.

- **Make a prism** with commonly found objects. Use the sun as an alternate source of white light. Set a drinking glass half filled with water on the edge of a window sill and adjust its position to get the sunlight to make the prism effect on a sheet of white paper. You can also make a prism using a CD. Poke a small hole in a piece of aluminum foil and fold the foil over a flashlight. Shine the flashlight on the back of the CD and rotate until you see the prism effect. Record your observations in your science

- **Reflection:** Using different types of reflective materials like a mirror, place them in the garden and make observations of the reflections and shadows cast by the different materials on the plants. Record in your science notebook.

FUN ZONE

- ★ **Get active-** dance, do exercises, create an obstacle course, go for a walk or run.
- ★ **Perform-** Write and perform an original song or dance.
- ★ **Play** a family game (Uno, Heads Up, Battleship, Chess, etc...)
- ★ **Create a masterpiece-** Paint or draw
- ★ Check out the PBS.org for additional learning opportunities for each show.



Cross-Train Your Way to Fitness (From ReadWorks.org)



You've been running four miles a day, five days a week, for eight weeks. You made the track team, but your times aren't improving. Suddenly you can't stand the thought of running. You just want to veg out in front of the TV. Are you burned out at such a young age?

For many athletes, a loss of interest can mean boredom. Luckily, there's a cure for this that will also improve your overall fitness. It's called cross-training.

What Is Cross-Training?

Cross-training is a way of adding variety to your exercise program by doing two or more different types of exercise in one workout. Athletes have been cross-training since the days of the Olympic pentathlons of ancient Greece.

At first, cross-training may seem contradictory. You might have been taught that the way to improve performance is to concentrate on that area.

If you want to be a runner, you might think strength training would only waste your time. Research has found, however, that for runners, strength training can actually improve performance by about 20 percent.

What Are the Benefits?

There's a lot to be said about cross-training.

- *Cross-training reduces the risk of injury.* When you run all the time, you stress the same muscles. If you alternate running with swimming or cycling, you use different muscles, and give the running muscles a rest.
- *Cross-training improves your overall fitness.* Jogging gives you aerobic fitness, but doesn't do anything to develop the upper body. Strength training makes muscles stronger, but doesn't give you flexibility.
- *Cross-training adds variety to your routine.* If you get into a rut, chances are you'll quit your workouts. On the other hand, if you don't have to face that four-mile run every day, you'll have more enthusiasm on the days that you do run.
- *Cross-training allows you to become good at more than one activity.* You can spend time doing more than one activity, like bike riding for an hour and lifting weights for another hour.
- *Cross-training keeps you improving.* According to many fitness trainers, sticking with one activity, your body adapts to your exercise routine. Pretty soon your body thinks it has to have a four-mile daily run to survive. Eventually, no matter how much you run, your performance doesn't improve. To avoid such plateaus, you need to throw your body off its schedule by including other activities.

One Person's Experience

Alli Rainey is a professional climber, and there was a time when she was ranked the number one climber in the United States. Although rock climbing is her passion, she spends a lot of time cross-training. "All the other sports have a positive impact overall," she says.

"Cross-training helps me to avoid burnout, and to step away from being so serious about rock climbing." Cross-training also gives her a mental break. "I don't push as hard in the other sports," Alli says.

Alli cautions against overtraining. "I still struggle with doing too much. The key to not getting injured is working into a new sport slowly. If you haven't been running, you can't start out running six miles at top speed. Listen to your body. When it tells you it's tired, stop."

Having a second sport helps Alli avoid depression when she's injured. "When I hurt my finger and couldn't rock climb, I learned how to snowboard. I was able to continue exercising, and I could socialize too."

How Do I Get Started?

Cross-training should include activities that challenge the heart and lungs; increase the body's flexibility; and strengthen the muscles. If you've been running or cycling, you should add strength-training workouts for strength and muscle definition. If you've been concentrating on strength training, pick an aerobic activity to add. Examples of aerobic activities include swimming and jumping rope. If you're involved in competitive sports, ask your coach for suggestions for cross-training activities.

The main rule to follow when setting up a cross-training program is to choose activities you like. If you hate what you're doing, you'll only get discouraged and quit.

What About Equipment?

Once you start cross-training, probably the most important equipment you'll have to think about is cross-training shoes. Cross-training shoes have wide bottoms to provide stability for your feet. They have durable soles, so you can wear them inside and outside. When you choose a cross-training shoe, be sure to get one with the most cushioning per square inch.

Setting Up a Cross-Training Schedule

Here are some physical activities you can combine to make your own cross-training schedule.

Aerobics

- running
- cycling
- swimming
- kickboxing
- power walking
- skating
- jumping rope
- stair climbing

Strength Training

- using upper-body machines

- using lower-body machines
- using free weights
- doing calisthenics
- doing crunches
- doing push-ups and sit-ups

Flexibility

- stretching
- doing yoga
- doing calisthenics

Now write down an exercise plan in this order with these guidelines.

- Warm-up: 10-20 minutes of walking, stretching muscles that are used in your aerobic activity, and doing flexibility exercises.
- Aerobics: 20-60 minutes of an aerobic activity; alternate two activities throughout the week.
- Strength Training (no more than three times a week): 20-30 minutes of strength-training exercises.
- Cooldown: about 10 minutes of slow walking and stretching.

Here's an example of an exercise plan.

- 9:00 – 9:15 a.m. – walking, stretching arms and legs, and doing yoga (Monday through Saturday, except Wednesday)
- 9:15 – 10:00 a.m. – swimming (Monday, Thursday, and Saturday); jumping rope (Tuesday and Friday)
- 10:00 – 10:20 a.m. – using free weights, doing push-ups and sit-ups, and doing calisthenics (Tuesday and Friday)
- 10:00 a.m. (Monday, Thursday, and Saturday); 10:20 a.m. (Tuesday and Friday) – 10 minutes of slow walking and stretching

Keep a record of your progress, such as distances covered, increase in weights lifted, and number of push-ups.

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Comprehension Questions

1. According to the text, what is cross-training?
 - A. doing two or more different types of exercise in one workout
 - B. doing two or more of the same type of exercise in one workout
 - C. doing the same exercise in many workouts throughout the week
 - D. doing two or more different exercises that make muscles stronger

2. What does the author list in the text?
- A. the different definitions of cross-training
 - B. the different athletes who do cross-training
 - C. the different benefits of cross-training
 - D. the different pieces of equipment used for cross-training

3. Read these sentences from the text.

According to many fitness trainers, sticking with one activity, your body adapts to your exercise routine. Pretty soon your body thinks it has to have a four-mile daily run to survive. Eventually, no matter how much you run, your performance doesn't improve. To avoid such plateaus, you need to throw your body off its schedule by including other activities.

Based on these sentences, what can you conclude about doing different kinds of physical activities in your exercise routine?

- A. It helps your body adapt to your routine.
- B. It makes your body think you have to do the activities to survive.
- C. It can help your performance in a sport improve.
- D. It makes your performance reach a plateau.

4. Read these sentences from the text.

At first, cross-training may seem contradictory. You might have been taught that the way to improve performance is to concentrate on that area. If you want to be a runner, you might think strength training would only waste your time. Research has found, however, that for runners, strength training can actually improve performance by about 20 percent.

As used in these sentences, what does the word "contradictory" mean?

- A. constant
- B. steady
- C. opposite
- D. reliable

5. What is the main idea of this text?

- A. Cross-training should involve strength training every day.
- B. Cross-training is only helpful to rock climbers.
- C. Cross-training does more harm than good to athletes.
- D. Cross-training can provide many benefits to athletes.

6. How does cross-training add variety to an exercise program?

7. An effective cross-training workout is a mix of kickboxing, using free weights, and doing yoga.

Why is this an effective cross-training workout? Use evidence from the text to support your answer.

8. Choose the word that best completes the sentence.

You should choose activities you like for your cross-training program _____ you'll get discouraged and quit if you hate the activities.

- A. but

- B. so
- C. until
- D. because