

Remote Learning/NTID

Week 2020/2021

Week **1** PACKET

This packet is to be completed when you receive a message of
"NO SCHOOL – Remote Learning Week"

The work must be completed and turned in after we miss for inclement weather or
other special circumstances, such as COVID-19.

You may send a message on LiveGrades or call the school if you have any
questions about the assignments.

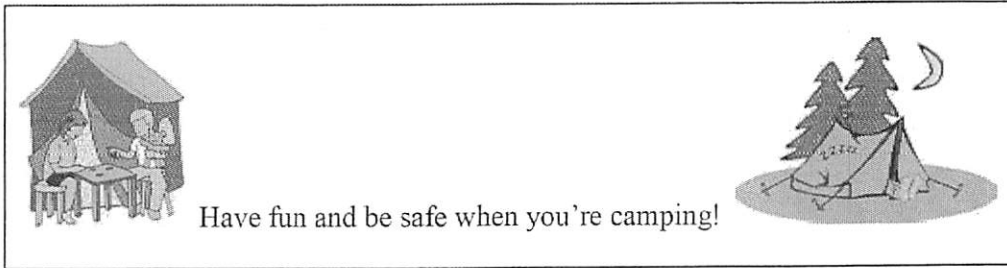
Please do not work ahead and ONLY complete ONE Packet for each Week that we
miss school.

Student Name: _____

Parent Signature: _____

Date _____

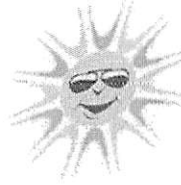
Name _____ Date _____



Play in the water only if an adult is nearby and knows where you are.



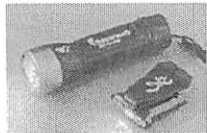
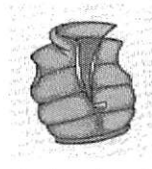
Wear sunscreen so you don't get sunburned!



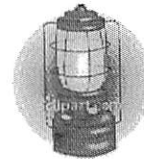
Let the grown-ups take care of the campfire. **Never** play with matches.



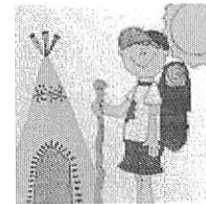
Wear a personal flotation device in a boat or canoe.



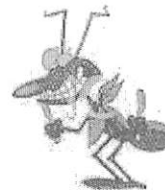
Use a flashlight or lantern at night.



Don't take too much stuff with you!



Watch out for strange plants and bugs!!!!



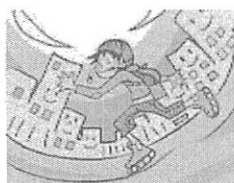
Name _____ Date _____



Have fun and be safe at all times!!!

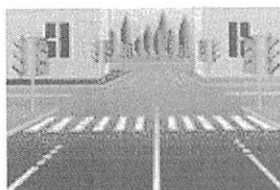


Make sure your parent or other grownup knows where you are.



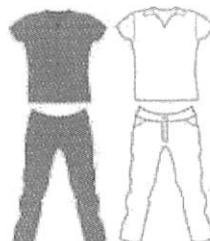
Wear safety gear when you ride your bike or skate.

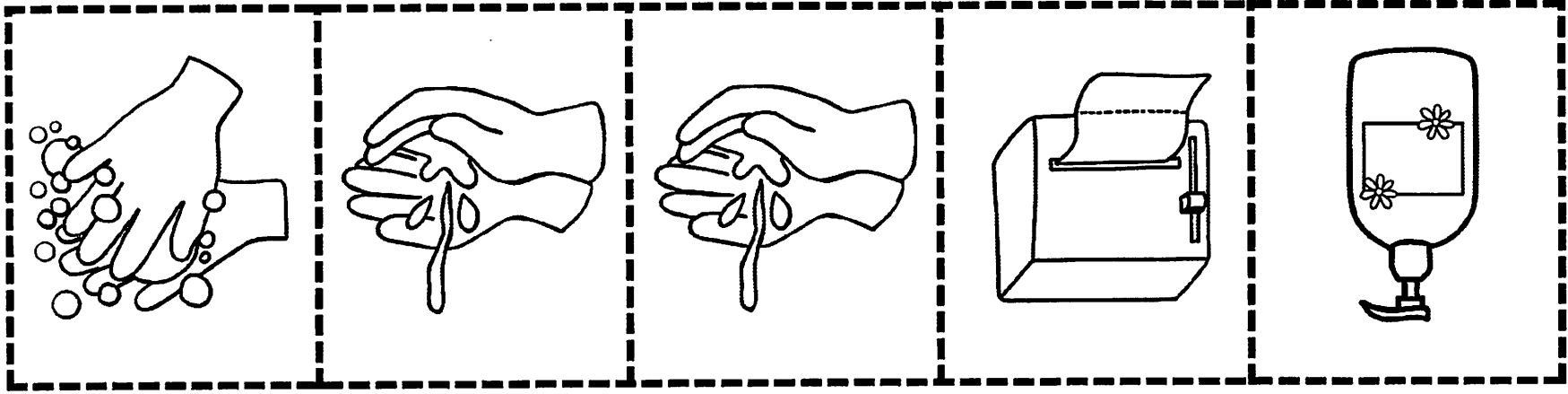
If you're walking on a street, be sure to walk **FACING** the traffic, so you can see the cars coming towards you.



If you're riding your bicycle on a street, ride on the same side of the street as the traffic, going in the same direction as the cars.

Wear light-colored clothing. Dark clothes will make you warm in the summer and will make it hard for cars to see you in the evening.





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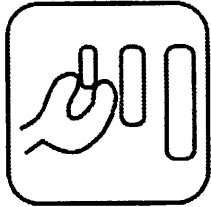
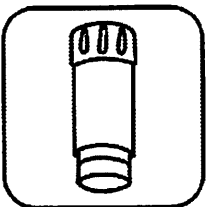
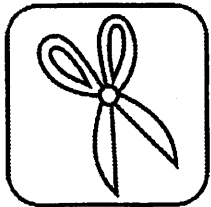
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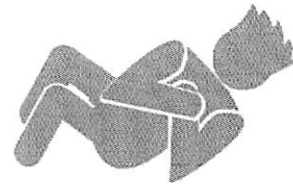
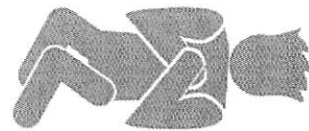
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INVISIBLE DUMBBELL DUMBBELL CRUNCH

- Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
- Slowly curl your head and shoulders up, and then lower back down to the starting position.



Muscle Focus: Rectus Abdominis

OPEN

US Games

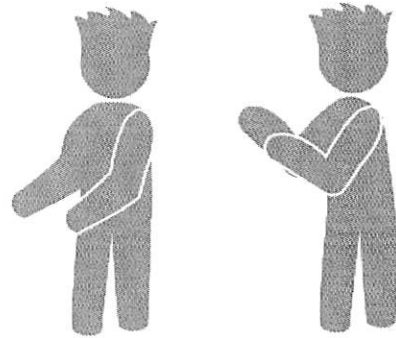
MOVEMENT
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL BICEPS CURL

- Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.
- Curl both invisible dumbbells up toward your shoulders.
- Lower your arms and repeat.



Muscle Focus: Biceps

OPEN

US Games

MOVEMENT
MADE FOR NOW



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CHARADE GAME STATIONS

Notes to instructors:

The game of charades is a fun way for students to be creative, express themselves, and get a healthy dose of moderate physical activity. The games in this packet were designed for small to medium groups and can be played with a mix of ages. Each card includes ideas for charade topics. Encourage students to be appropriately creative and come up with their own topic ideas.

As with any game or activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify this game as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each game to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.

OPEN

US Games

MOVEMENT
MADE FOR NOW 

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