



# Novak/Sancinito Learning Day from Home

## Day 22: Tuesday, April 14, 2020

We are two Mommas/educators trying to support continuation of learning in our homes. Join us!

Time	Task	Details
Before 9:00am	Wake Up	Eat breakfast, get dressed, brush your teeth! Once you complete all these tasks, you can have free time until 9.
9:00-9:30am	Get moving!	<b>Options:</b> <ul style="list-style-type: none"><li>• Start your day playing soccer, lacrosse or basketball outside. Choose your favorite!</li><li>• Each kid tries a <a href="#">new form of tag</a> to run around the yard.</li><li>• Organize some relay races in the backyard or on a quiet street (adult supervised, of course).</li><li>• Little ones will enjoy Jack Hartman's <a href="#">Follow the Directions</a> mirror dance song</li><li>• Is it a rainy day? Try wheelbarrow, crab, and bear-walk races around the house: Holding one of these tough positions gives you a real workout.</li><li>• This <a href="#">kids HIIT (high intensity interval training) workout</a> will help you to stay fit for your next season.</li></ul>
9:30-10:30am	Universal Design for Learning!  Theme: Sports and Games	If your teacher shared any work for ELA or social studies, dive in now.  We all love playing sports and games, but believe it or not, there is also a lot we can learn about them! Do you know the origins of some of your favorite sports and games? Have the rules changed over time? The options below allow you to practice your ELA and social studies skills while exploring some of your favorite sports and activities.  <b>Options:</b> <ul style="list-style-type: none"><li>• What games today are similar to the world's first games? Explore the <a href="#">favorite board games from the ancient world</a> from the Smithsonian. Take out a game and explain the connection to what you learned in writing or orally. Be sure to defend your connection with evidence from the article.</li><li>• Dig into the details of the <a href="#">game of Senet</a> from ancient Egypt. YouTuber Tom Scott faces a British Museum curator in the video. While you are watching, write down a "How To" guide for others you want to play. You will get your own chance during choice time!</li><li>• Listen to Nike's staff <a href="#">explaining the design</a> of the new Vaporfly sneaker. Now read this article from NewsELA on the success of</li></ul>

If you have any questions:

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		<p>Nike's VaporFly shoes in the sport of running. High school students can learn more from this <a href="#">additional article</a> on the topic. Do you think it is fair for runners to use these shoes in races? Write an argument using evidence from the text.</p> <ul style="list-style-type: none"> <li>• What makes sports fun? This <a href="#">article reviews the factors</a> that influence the "fun factor." After reading the article, write your own opinion piece on a sport you love. What makes soccer fun?</li> </ul>
10:30-12:00	Free Time/Recess	<p>Decide as a family if free time/recess is best before or after lunch. Free time is when the kids are in charge. All screen-free choices are honored here. Choose your favorite option today even if it is muddy or messy!</p> <p>Additional Options:</p> <ul style="list-style-type: none"> <li>• Arts &amp; crafts</li> <li>• Sports</li> <li>• Reading</li> <li>• Nature walk or playing outside</li> </ul>
12:00-12:30pm	Lunch	Everyone has to eat at least one fruit and one veggie!
12:30-1:00pm	Helping Job	Look inside and outside your home. Make a to-do list of all the little projects that need to get done. Do you have a garden bed that needs weeding? A nail that needs pounding in? Does your sink need to be cleaned? Every day this week, work together to cross as many things off the list as you can during helping time!
1:00-1:30pm	Connect	Connect with friends or family members from a digital platform (like Facetime or Zoom) or make something to send in the mail to someone you miss.
1:30-2:30pm	Creative Time	<p><b>Options:</b></p> <ul style="list-style-type: none"> <li>• Play a game of <a href="#">tag team art</a> indoors or outside with chalk.</li> </ul>
2:30-3:30	Universal Design for Learning!	<p>If your teachers sent you any work for STEM (science or math), review that work and complete it at this time. When you are done, or if you don't have anything on your to-do list, check out the resources that follow.</p> <p>The <a href="#">New York Times</a> explains how great sport analysts use numbers to make big decisions in sports. Practice this skill by exploring data from your favorite sports team. Answer the following questions:</p> <ul style="list-style-type: none"> <li>• What kind of data is gathered for this sport?</li> <li>• Who gathers this data?</li> <li>• What data do you find interesting?</li> </ul> <p>Now explore some additional options on how sports and math work together.</p> <p><b>Options:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Read about geometry in sports</a>. Now try this <a href="#">STEM challenge</a> to build a display stand to hold a football for a sports exhibit. Be sure to read the guidelines for height!</li> </ul>

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		<ul style="list-style-type: none"> <li>• Middle and high school students can explore the <a href="#">ESPN series Sports Science</a>. The Emmy Award-winning TV series uncovers sports' biggest myths and mysteries by using technology to measure momentum, friction and gravity.</li> <li>• Look at the schedule of your <a href="#">favorite sports team</a>. How many miles did the team travel during their recent season? Make a prediction! Then use <a href="#">this tool</a> to figure it out.</li> <li>• Do additional data analysis. Check out the stats of your favorite basketball team. Who would you foul at the end of the game? Who would you put your best defensive player on? Who would you release and why?</li> <li>• Watch this video on <a href="#">The Longest Homerun Ever</a>. Now use <a href="#">Google Earth measuring tool</a> to decide which parks would be the best and worst for hitting a home run. Consider the distance between the bases, the distance from home plate to the outfield wall in various locations and the height of the fence or wall.</li> </ul>
3:30-4:00	Free Reading	You know the drill. Snuggle up with a good book!
4:00 - 5:30pm	Outside/Indoor Playing	This is kid time (i.e, Parents check email or chat on the phone time). Time to run free! Start a game or join one your sibling wants to play.
5:30-6:00pm	Dinner	Devices not allowed during dinner! Eat together and share highs and lows from the day. Enjoy your dessert from creative time.
6:00-6:30pm	More fresh air	<b>Options:</b> Family walk, bike ride, family soccer game or lacrosse. Kids vote.
6:30-8:30pm	Free time	<ul style="list-style-type: none"> <li>• You can use technology if you were cooperative with everything else during the day. Try a funny family movie tonight to enjoy together.</li> <li>• Everyone has to take a shower to clean off germs during this window.</li> <li>• 8:30pm bedtime!</li> </ul>

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