

TRANSFER OF RESPONSIBILITY I DO - WE DO - YOU DO detibutar, internional, between	Monday	Tuesday	Wednesday	Thursday	Friday
Read (20 minutes or more)	Choose one activity from the blue column of the choice board.	Choose one activity from the red column of the choice board.	Choose one activity from the green column of the choice board.	Choose one activity you have not yet completed from the choice board.	Choose one activity you have not yet completed from the choice board.
Move Your Body (2 X 30 minutes or more)	Watch Me (Whip) through Physical Literacy Build Fundamental Movement Skills through dance	<section-header><section-header><image/><image/><image/><text><text><text><text></text></text></text></text></section-header></section-header>	Movement Challenge- 100 Throws Tips for Throwing: • Always look/aim at a target • Step with opposite foot from your throwing arm Tips for Catching: • Keep your eye on the object being thrown • Move your feet towards the object if the throw isn't perfect.	8 Burpees Skip in Place (20 seconds)	15 minute walk outside.
Healthy Snack & Mental Break	Snack/Water	Snack/Water	Snack/Water	Snack/Water	Snack/Water
Math (20 minutes or more)	Choose one or more activities from your math choice board to complete each day this week.	Choose one or more activities from your math choice board to complete each day this week.	Choose one or more activities from your math choice board to complete each day this week.	Choose one or more activities from your math choice board to complete each day this week.	Choose one or more activities from your math choice board to complete each day this week.



Lunch	Healthy Foods	Healthy Foods	Healthy Foods	Healthy Foods	Healthy Foods
Write	Choose one writing	Choose one writing	Choose one writing	Choose one writing	Choose one writing
(20 minutes or more)	activity from the	activity from the	activity from the	activity from the	activity from the
	choice board to	choice board to	choice board to	choice board to	choice board to
	complete each day this	complete each day this	complete each day this	complete each day this	complete each day this
	week.	week.	week.	week.	week.
Healthy Snack &	Snack/Water	Snack/Water	Snack/Water	Snack/Water	Snack/Water
Mental Break					
Get Creative	Boot Scootin Boogie –	Sketch Book Prompt –	Creativity in the	Research a Canadian	Sidewalk Chalk Mural –
(As much time as needed)	Follow the QR code	Draw your initials and	Kitchen – Cook your	Music Artist – Create a	Create a sidewalk
	below to learn the	fill with zentangles	favourite recipe, or try	poster with a picture	chalk mural and add in
	Boot Scootin Boogie	Example:	a new recipe. Take a	and at least 5	as many elements of
	Line Dance		picture or video of each step. Link all your pictures together in either Clips or I- Movie to create a short video.	interesting facts about the artist.	Spring as you can. Include an inspirational message to share with others.
Science/Social Studies	Choose one Social	Continue activities	Continue activities	Continue activities	Continue activities
(As much time as needed)	Studies activity and	chosen from choice	chosen from choice	chosen from choice	chosen from choice
	one Science activity	board.	board.	board.	board.
	from the choice board				
	to work on this week.				
	You can decide how				
	you want to organize				
	your time over the				
	course of the week.				



Grade 7-9 Reading Choice Board (2 pages)

Outcome: CR 7.1 CR 8.1 CR 9.1 I can view, read, and respond to a variety of texts	Outcome: CR7.2 CR8.2 CR9.2 I can select and use appropriate strategies to construct meaning.	Outcome: CR7.4 CR8.4 CR9.4 View and demonstrate comprehension and evaluation of visual and multimedia texts
Survival Poetry Assignment Read the poem attached and answer the questions on the assignment. You will also be writing a new stanza to the poem. https://resourcebank.ca/authoring/3483- survival-poetry-assignment	 Polar Bear Interview https://www.backpacker.com/videos-photos/heres-what-its-like-to-work-in-polar-bear-country Write down 3 questions you have for each section: before viewing (what it will be about), during viewing (questions that you have while listening) After viewing (questions you still have after the interview 	National Geographic Reading Assignment https://www.nationalgeographic.com/adventure/ Write a summary about your article. Make sure you include your article when you submit to your teacher.
Short Story – The Tiger who would be King https://resourcebank.ca/authoring/3480-the- tiger-who-would-be-king-short-story Read the short story and respond to the questions	 Ted Talk – Climbing Cliffs Alex Honnold: How I climbed a 3,000-foot vertical cliff without ropes Before Reading – Predict what he will talk about During Reading-How was he able to climb the cliff without any ropes? What is the type of climbing called? After Reading – Write a summary about what the Ted Talk was about 	The Six Minute Podcast https://app.kidslisten.org/pod/Six-Minutes Listen to the first 3 Podcasts Before Listening – Read the overview at the top of the webpage During Listening - (Scroll to the bottom for first episode). Jot note questions you have about the characters and plot. After Listening – Write a response that predicts the mystery of Holiday or predicts what will happen next. Use proof to support your prediction(s).



Social Distancing Article (Newsela)	PTSD- What is it? Before, During and After Reading	Ted Talk Assignment
Read the article and respond to the questions.	https://resourcebank.ca/authoring/3484-ptsd-assignment-what-is-it	https://resourcebank.ca/authoring/3481-ted-talk- assignment
- Go to Newsela and go to the article "Social distancing advice from astronaut's experts on isolation, during coronavirus" and answer the questions once you have completed the article. Send answers to your teacher.		Watch one of the Ted Talks and respond to the questions.



Math 7 Numeracy Learning Activities

 Plan out a grocery trip, including calculating costs per item and per group of item, subtotals in different food categories, and overall subtotal. [Operations with Decimals] View the following videos from Khan Academy and complete the associated practice tasks: Divisibility Rules: https://www.khanacademy.org/math/pre-algebra/pre-algebra-factors-multiples/pre-algebra-divisibility-tests/v/divisibility-tests-for-2-3-4-5-6-9-10 Decimals, Fractions, and Percents: https://www.khanacademy.org/math/algebra-basics/basic-alg-foundations/alg-basics-decimals/e/intro-to-percents 	 Track daily and nightly temperature highs and lows over the course of the week, and calculate the changes from day to day, night to night, and compared to last year. For an extra challenge, graph your data. [Adding and Subtracting Integers] Practice your skills on the following topics online on Mathletics: Dividing Whole Numbers Adding and Subtracting Decimals Multiplying and Dividing Decimals Percent Adding and Subtracting Integers 	Bake or cook a recipe involving fractions of measurements. Double or triple the recipe and do the associated calculations. [Connecting Fractions/Decimals/Whole Numbers, Adding Positive Fractions] Practice your assigned skills on IXL. Play Integers War. Instructions are found here: https://resourcebank.ca/authoring/1716-integers-war- card-game/view [Adding and Subtracting Integers]
Card Fractions: Using a deck of playing cards with A=1, J=11, Q=12, and K=13, flip over a card for a numerator and a card for a denominator. Write the fraction on paper. Then, convert the fraction into a decimal (round to two decimal places). Convert the decimal into a percent. Repeat with two new cards. Once you have completed the deck, arrange your fractions into order from smallest to largest, using the decimal and percent calculations you did to help you. [Connecting Fractions and Decimals, Percent]	Create a human-sized number line on your sidewalk or driveway, in your yard, or in your hallway. Include the integers from -10 to +10. Stand at 0. Have someone else tell you "add" or "subtract" followed by an integer, then move to the new number you need to be at. This is now your starting point. For example, starting at 0, you are told "subtract 4", and you move to "-4". Then, you are told "subtract 2" so you move to "-6". See if you can do 20 movements in a row. [Adding and Subtracting Integers]	 Practice your Skills by Hand: Math Makes Sense Practice Questions as assigned by your teacher Working with Fractions: <u>https://www.mathaids.com/Fractions/</u> Working with Integers: <u>https://www.mathaids.com/Integers/</u> Working with Decimals: <u>https://www.mathaids.com/Decimals/</u>



Math 8 Numeracy Learning Activities

Take measurements of a rectangular part of the exterior part of your house or another rectangular building. Use the measurements to calculate the length of the diagonal of the rectangle. If the length of the diagonal stayed the same but the longer outer wall became 3 metres longer, how would the length of the other outer wall need to change? [Squares and Square Roots]	Play Flip-It Fractions: By yourself or with a partner, you will need a deck of shuffled playing cards (aces =1, J=10, Q=11, K=12). Each of you will draw a numerator card and a denominator card. If you are working independently, you will draw two numerator cards and two denominator cards. Rewrite and multiply the fractions on paper, then simplify the product if possible. Rewrite the original fractions on paper and divide them, then simplify the product if possible. You can either work through the whole deck, or see how many you can do in a certain amount of time. [Multiplying and Dividing Fractions] Source: https://www.prodigygame.com/blog/how-to- multiply-fractions/	 View the following videos from Khan Academy and complete the associated practice tasks: Square Roots: https://www.khanacademy.org/math/algebra/x 2f8bb11595b61c86:rational-exponents- radicals/x2f8bb11595b61c86:radicals/v/underst anding-square-roots Ratios/Rates/Proportions and Percent: https://www.khanacademy.org/math/pre- algebra/pre-algebra-ratios-rates Dividing Fractions: https://www.khanacademy.org/math/arithmeti c/fraction-arithmetic/arith-review-dividing- fractions/v/conceptual-understanding-of- dividing-fractions-by-fractions
Bake or cook a recipe involving fractions of measurements. Calculate how much of each ingredient would be needed to cook enough to feed everyone in your town. Also, how much of each ingredient would you need in order to make a half recipe? [Multiplying and Dividing Fractions]	 Practice your skills on the following topics online on Mathletics: Squares and Square Roots Percent Rates and Ratios Multiplying and Dividing Fractions Multiplying and Dividing Integers 	Practice your assigned skills on IXL.
 Practice your Skills by Hand: Math Makes Sense Practice Questions as assigned by your teacher Working with Fractions: <u>https://www.mathaids.com/Fractions/</u> Working with Integers: <u>https://www.mathaids.com/Integers/</u> Pythagorean Theorem: <u>https://www.mathaids.com/Pythagorean Theorem/</u> 	Play Integers War. Instructions are found here: <u>https://resourcebank.ca/authoring/1716-integers-war- card-game/view</u> BUT, instead of adding the integers, multiply them. [Multiplying Integers]	 Figure out how many of each of the following you can do in one minute by counting while someone times you for 60 seconds: Snap your fingers Push-ups Hop on one foot Jog the length of 1 outer wall of your house Say your full name out loud Then, figure out, at that rate, how many you could do in 1 hour, 6 hours, and 24 hours. [Rates, Ratios, and Proportional Reasoning]



Math 9 Numeracy Learning Activities

 Practice your Skills by Hand: Math Makes Sense Practice Questions as assigned by your teacher Exponents and Radicals Worksheets from <u>https://www.math-aids.com/Radicals/</u> 	Play Exponent War. If you are playing on your own, you will keep track of both "Player 1" and "Player 2". If you are playing with a partner, one person will be "Player 1" and one person will be "Player 2". Using a standard deck of playing cards with A=1, J=11, Q=12, and K=13, each player flips over two cards. The first is the base, and the second is the exponent. On paper, write the base and exponent, then calculate its value. Whichever player's value is higher wins that draw. Play until you have completed the deck. [Powers and Whole Number Exponents]	
 radicals/pre-algebra-exponents/v/exponent	:/math/pre-algebra/pre-algebra-exponents- its-warmup org/math/pre-algebra/pre-algebra-exponents- uction-to-square-roots	 Practice your assigned skills on IXL. Or Practice your skills on the following topics online on Mathletics: Squares and Square Roots Powers and Exponents Rational Numbers Multiplying Fractions



Grade 7 -9 Writing Choice Board

There are three different writing levels for this choice board. It is for Grade 7-9 students. Level 1 would be considered Grade 7 level work and Grade 9 would be level 3. If you are someone who loves to write strive for the level 3 even if you aren't in Grade 9 yet. Grade 9's if you can write more, write more. Make sure to have full sentences in your writing.

Level 1 – Write 7-10 sentences

Level 2 – Write 2 paragraphs

Level 3 – Write 3 paragraphs

Design the Ultimate Lair (Writing Prompt)	you suddenly could? Write about	Write a story with the title "Hitchhiking on a Saturday afternoon"
If you were caught in a hot air balloon, what adventures would the balloon take you on and how would you eventually return to earth?	Writing Prompt: You Get a Mysterious Box	Writing Prompt: You Have Just Been Shrunk Down to Two Inches Tall
What would you pack in your suitcase if you could not go home again?	-	<u>Writing Prompt: Create a</u> <u>Time Capsule</u>



Social Studies and Science 7 Choice Board

Social Studies Choose an industry that exists in Canada that has connections to natural resources (e.g. ranching, farming, oil and gas, forestry, fishery). What are steps that this industry is taking to be more sustainable and support ecological protection and stewardship? What are some areas where this industry can still move towards more sustainable and ecologically responsible practices? What supports do you think the industry needs to make those changes (e.g. are new technologies needed, new legislation, etc)? Create a song or cartoon that explains barter, trade, and sharing. What are they? When or in what situations have they been or are they currently being used? What are examples of each? What are they Mhat are challenges? What are three important resources to the Saskatchewan economy? Where are they harvested or mined? What methods are used to extract them? How are they processed? What are they used for? Where are they exported to? Choose a country other than Canada or the United States that borders the Pacific Ocean. Create a presentation or write a report that explain what resources are important to the country, what kind of government the country has, who its major trading partners are, the standard of living of people within the country, and issues faced by people in the country. How does this country compare with the same categories of characteristics in Canada? Science Options Keepa journal (written or audio) describing your observations of an ecosystem you have access to. What is the ecosystem made up of? How is the ecosystem? What impact does this ecosystem have on other ecosystems or on the area around it? Photos to align with written or oral description can be included as well. Create a visual poster or model illuistrating the wate cycle in a way that could be unders		
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E Ioronto ZOO



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Did you know? A person living in Sub-Saharan Africa uses 10 to 20 litres of water a day, while on average, a Canadian uses 326 litres a day.	What You Do		Bathroom	toilet flushes	showers	baths	teeth brushing +	shaving	Kitchen	cooking	dishes by hand	dishwasher	garbage disposal////	Utility Room	washing	Outdoors	car washes	watering	other	

'Average' give typical water consumption figures for various appliances and devices. The The chart allows you to keep track of your water use on a daily basis. The figures under appliance and devices in your home may use great or lesser amounts of water. Use the column marked 'Actual' where the difference is known.

Total - Weekly

Total - Daily

www.watercan.com



Social Studies and Science 8 Choice Board

Social Studies	Create a visual representation that illustrates the differences between responsible consumerism and irresponsible							
Options (Resources	consumerism or overconsumption. This might be a collage, a video, a model, a drawing or painting, etc.							
and Wealth)	Plan a campaign that promotes an environmental cause that is important to you. What is the cause and why is it							
	important? What issues does the cause address? How can Canadians take steps to be more sustainable and proactive							
	as part of this cause? What information is it important for people to know in order to convince them to take							
	action on the issue and be part of the cause?							
	How do the choices your family makes influence the natural environment? This can be positive or negative							
	effects, as every Canadian contributes to both types of impacts on a daily basis. What are some choices or							
	adjustments you would like to make to support sustainability and stewardship?							
	Write and illustrate a cartoon or a storybook that explains how a mixed market economy works, its positive strengths,							
	and its challenges.							
Science Options	Keep a journal (written or audio) describing your observations of a natural part of the water system that you have							
(Water Systems)	access to. What is the water system? What is changing? Why do you think those changes are happening? What							
	impact do these changes have on the water system? What impact does this water system have on the environment							
	around it? Photos to align with written or oral description can be included as well.							
	Research a water-related issue facing your community or region of Saskatchewan. What is the issue and what factors							
	are contributing to it? What is the impact of the issue on natural and human systems? What steps are already being							
	taken to address the issue? What additional steps do you recommend are implemented to address the issue?							
	Complete the Toronto Zoo's Water Log tracking sheet based on one week in your household.							
	Once you have collected your data, use it to answer the following questions:							
	1. Did any of the amounts surprise you?							
	2. How does your family's water use compare to the average Canadian water use for a family the same size as							
	yours?							
	3. How do you think your water usage might be different in a different month or at a different time of year?							
	4. How would your habits be different if there were tight restrictions on how much water was available to be							
	used each day?							
	Create a visual poster or model illustrating the water cycle in a way that could be understood by students in Grade 5.							
	Use the Toronto Zoo Water Cycle handout to make sure you include all relevant elements of the cycle.							



E Ioronto ZOO



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THE WATER CYCLE*

the availability of water The water cycle is an extremely important process because it ensures for all living organisms as it regulates weather patterns on our planet.

Å P In your groups, examine the information below. You have been asked to create a diagram to explain example, you could use a farmer and his crops as part of the precipitation component of your work. the Water Cycle to a group of grade 5 students; you can use chart paper and markers to do so. part of your diagram, you may want to include other activities affected by the water cycle. The water cycle consists of 6 important processes:

Evaporation

- Liquid water becoming water vapour (in the atmosphere).
- Factors favoring it are low air pressure and higher temperature.
- Heat from the sun evaporates water found in the ocean, lakes and rivers. Since impurities are left behind, the water that goes into the atmosphere is cleaner then when it was on earth.
 - Water also evaporates of the leaves of plants this is called transpiration

Condensation

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- This process is the opposite of evaporation water leaves the vapour state and returns to the liquid state
- Lower temperatures favour condensation.
- Water droplets formed from condensation that are small remain suspended in the atmosphere in the form of clouds in the sky or fog at ground level. Dust particles need to be present around which the droplet can form.

Precipitation

- Under the correct temperature and atmospheric pressure, the small water droplets in clouds become precipitation occurs larger and ٠
 - This can be in the form of rain, hail, sleet or snow.

Surface runoff

- As water returns to the earth (precipitation) it moves over the land and flows downhill (gravity) into streams, rivers, ponds and lakes.
 - The direction of flow is: small streams i large streams i rivers i oceans
- This step is important because the water returns to the ocean as surface runoff where it once again is evaporated = A CVCLE!!

Enfiltration When mediat

- When precipitation occurs, not all the water returns to the ocean as surface runoff. Some is also cleaner soaked into the ground. As water filters through the soil and rock layers, it becomes (impurities are filtered out)
 - Some of this water returns to the surface (springs) or is taken up by plants.
 - Some of this water becomes groundwater

6. Transpiration

- Plants absorb water from the soil. This water moves from the roots, up the stem and to the leaves
 - Water evaporates off the leaves and into the atmosphere

"Adapted from www.watercan.com



Social Studies and Science 9 Choice Board

Social Studies	Choose a technology that you or your family use regularly. Do research into the origins of this technology. What
Options (Resources	related technologies came before it? How has this technology evolved? What needs does this technology help to
and Wealth)	fulfill? How has the development of this technology been influenced by societies and developments of the past?
,	Choose a method of transportation that is used today, such as the railway, gasoline powered road vehicles, airplanes,
	ships, etc. How is the method used today? What challenges are associated with the method in contemporary
	society? How has this method changed over time? How does this method compare to methods used by a society of
	the past?
	What are ten products in your daily life that you would not have access to if it were not for trade? These will be
	products that are not produced or manufactured in Canada. Where does Canada import these products from? What
	agreements influence this trade? How are the goods transported?
	What are ten products that Canada exports to other countries in the world? Where are they exported to?
	Choose a civilization of the past (Ancient Greece, Rome, Incans, Mayans, Aztecs, Renaissance, Ancient China, Ancient
	Japan, Vikings). What role did trade play in their economy? What did they trade and with whom? How were goods
	transported? How did trade influence their social development? What challenges did they face in their trade?
Science Options	Keep a journal (written or audio) describing your observations of the night sky. What are features that stand out to
(Exploring Our	you? How does the sky change depending on weather conditions, location, time of night?
Universe)	Using materials and supplies you already have at home, create a scale model that shows the relative size of the
	planets in our solar system. Then, figure out the relative distances between them, and recreate this on a scale outside
	(outside is important because you will end up needing lots of space). Take photos or a video to show your scale
	representation.
	Complete the online quiz found here:
	https://sciencesource2.pearsoncanada.ca/resources/hotpotato_quiz_09_09_1.htm
	You will likely need to do some research as you go in order to answer all of the questions.
	Choose one of the ten questions to expand upon in a one-paragraph summary of the key ideas in the concept.
	Choose a technology that has been developed for learning about and exploring our universe. Explain the origins of the
	technology or program, what its goals are, how it was developed, and how it has contributed to an understanding of
	the universe, or a part of it.