







Grade 7/8/9 Learning at Home Materials Set #4

	Monday	Tuesday	Wednesday	Thursday	Friday
Read (20 minutes or more)	https://resourcebank.ca/courseware/lesson/530 Read over project	Research on your project	Research on your project	Research on our project	Read over the final draft
Move Your Body (2 X 30 minutes or more)	What's in the Cards- At home fitness circuit 	Learn the Fight Song – while using fundamental dance moves- 	INCREDI-BOWL (see Movement Specifics)	Can Curling 	10 Star Jumps –With a Twist (see Movement Specifics)
Healthy Snack & Mental Break	Snack/Water	Snack/Water	Snack/Water	Snack/Water	Snack/Water
Math (20 minutes or more)	Continuing working on choice board tasks from Set #3 Bonus Skill: Estimate the surface area of volume of 2 packages you find in your house. Then calculate the actual value to see how close you were.	Continue working on choice board tasks from Set #3 Bonus Skill: Create a doodle that includes 4 circles, 2 acute angles, 2 right angles, 2 obtuse angles, 3 parallelograms, 3 pairs of parallel line segments, and 2 pairs of perpendicular line segments.	Continue working on choice board tasks from Set #3 Bonus Skill: Play a game of 'Buzz' with at least one other person. Use the "Multiplication Game" version. Instructions: https://childhood101.com/maths-games-for-kids-how-to-play-buzz/	Continue working on choice board tasks from Set #3 Bonus Skill: Complete tangrams geometry puzzles using this website. Challenge yourself with the "hard" level https://www.abcya.com/games/tangrams	Continue working on choice board tasks from Set #3 Bonus Skill: Practice your angle measurements using Age of the Angles https://mrnussbaum.com/age-of-the-angles-online-game

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Lunch	Healthy Foods	Healthy Foods	Healthy Foods	Healthy Foods	Healthy Foods
Write (20 minutes or more)	Write notes down on your inquiry project	Creating your project	Creating your project	Creating your project	Finalizing your project
Healthy Snack & Mental Break	Snack/Water	Snack/Water	Snack/Water	Snack/Water	Snack/Water
Get Creative (As much time as needed)	Create a Tape/Chalk mural that celebrates your community or Saskatchewan. You can connect it to the geography, local symbols, or landscape. If you create a tape mural you can use painters tape or electrical tape to ensure it won't hurt your walls.	Sketch book Prompt Draw a view from the window. It can be a view from your own window. Or the view that you wish that you had out your window.	Create a collage that celebrates "What Canadian Agriculture Means to you" – you can draw the pictures, use magazines, newspapers, or do it digitally by using the snip feature on the internet and paste it in to a word document.	Learn the Champion dance while using fundamental movements. Use the QR code below to link you to the video. 	Learn the dance - Shake It Off - Use the QR code below to learn the dance Shake It Off using fundamental movements. 
Science/Social/ Passions (As much time as needed)	Continue work from Interactions and Interdependence choice board in Set #3 Complete a Science or Social Studies Vocab Puzzle (see below)	Continue work from Interactions and Interdependence choice board in Set #3 Complete a Science or Social Studies Vocab Puzzle (see below)	Continue work from Interactions and Interdependence choice board in Set #3 Complete a Science or Social Studies Vocab Puzzle (see below)	Continue work from Interactions and Interdependence choice board in Set #3 Complete a Science or Social Studies Vocab Puzzle (see below)	Continue work from Interactions and Interdependence choice board in Set #3 Complete a Science or Social Studies Vocab Puzzle (see below)

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Movement Specifics

Today's movement challenge is:

INCREDI-BOWL!

What you need:

- A long, open space where you can take 5-10 steps in a straight line. A hallway in your house, an area in your backyard, or anything in between!
- Something round to roll across the area as your "bowling ball".
- 5-10 objects that are safe to use as "bowling pins".

What to do:

Set up your "bowling pins" and create your own rules of play. See the "tips" for ideas. You don't need to spend a lot of time on this. You can just set objects up, and knock them down! This manipulative skills challenge is for rolling - a fundamental movement skill that will help you improve your timing and coordination for other throwing challenges! Have fun!

Manipulative Skills Monday!

Tips/ideas for this challenge:

- Ideas for rules: How many rolls does one person get? Are you trying to knock down all of the "pins", one at a time, a combination of a few?
- How do you score points? You get to decide!
- Create a scorecard and challenge others in your home!






Follow @kenastonkodiak on Instagram to see videos, and all of the daily challenges.

Today's movement challenge is:

10 Star Jumps - With a Twist!






It's Thursday! That means a cardio-style movement that will have your body working hard, and your heart exclaiming "thank you"!

Begin in a squat, with your feet hip-width apart. Jump up and land with your feet wide and your arms up (Star Jump). Jump again to land back in your squat. Then, do a small hop as you twist in the air and land, still in your squat, facing the right. Quickly hop again to face forward.

Repeat the star jump, and the mini squat-jump-twist to the left. After doing a few of these for the video, I was exhausted. I hope it does the same for you!

FULL-THROTTLE THURSDAY

Follow @kenastonkodiak on Instagram to see videos, and all of the daily challenges.

Tips/ideas for this challenge:

- Try to stay nice and low while in your squats and twists.
- Smile! It helps when doing something difficult like this!
- Don't stop at 10 reps if you have gas left in the tank.



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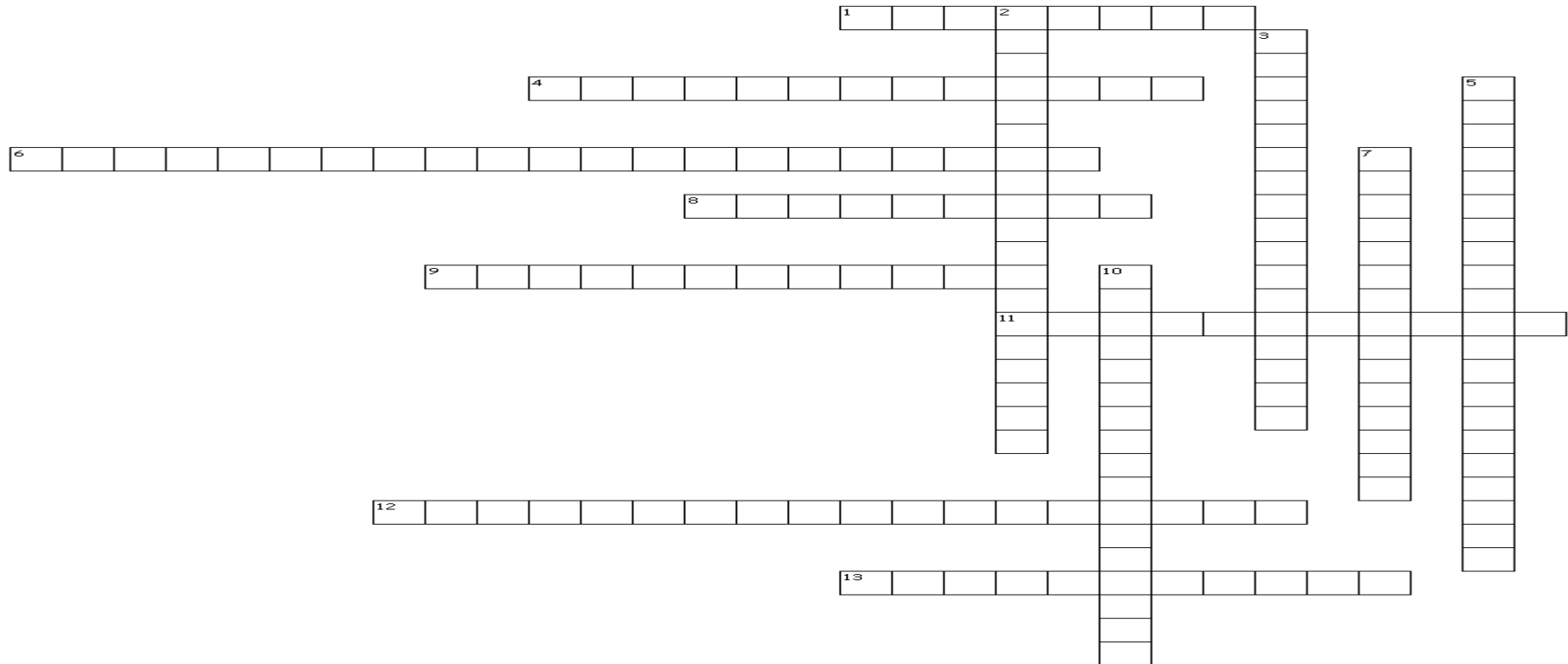
Social Studies Interactions and Interdependence Vocabulary Search

P I D P O R L I W O O W X X P S Y Q
Z W N V Y N E S L M W N P W K T G C
M U L T I C U L T U R A L I S M O K
G G T G E Z U Z V H K W W C A O L C
I M V L X R K C U K G D X V P W O C
G I C O R C D L O G W I U E A R N I
L X R B Q Z L E Z N C D R L K F H P
W X O A X X A Y P U F A A N D A C D
A K L L K V L C L E T L E E A R E W
J C D I E U H T J I N S I D Y M T X
E P P Z L V U Q O G I D J C S C U S
M T I A I R D N K M X C E O T D B H
I E B T E U S G O S F L H N D T X V
G X N I R T S R A L O P M U C R I C
R P F O G I P S D Z B A T O J E G V
A G U N Y M C O M M U N I T Y P X Y
T Y A N O I T A N G F O I F B H S Q
E C H C M J G A C J Z Y Y B E S Z H

CIRCUMPOLAR
COMMUNITY
COMPROMISE
CONFLICT
COOPERATION
CULTURE
EMIGRATE
GLOBALIZATION
HUMANRIGHTS
INTERDEPENDENCE
MULTICULTURALISM
NATION
TECHNOLOGY

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Social Studies Interactions and Interdependence Vocabulary Crossword



Across

1. country, such as Canada, or a group of people with a shared sense of national identity, such as the Metis
4. agreement or settlement of a dispute that is reached by a blending of qualities or ideas
6. lands that are around or near either the North or South Poles
8. learned way of living, including language, beliefs, arts, sport, and food, that is shared by a group of people
9. opposition of persons or forces resulting in disagreement or battle
11. group of people with at least one thing in common such as location, shared interests, values, experiences, or traditions
12. policy supporting the existence of many distinct cultural groups in one society
13. move out of your own country to settle in another country

Down

2. reliance of two or more people or things on each other.
3. interaction of countries all over the world, in terms of ideas, information, culture, and trade
5. knowledge, methods, and tools to solve practical problems, including electronic devices and systems used in science, business, education, and everyday life
7. process of working together towards the same goals
10. rights, such as freedom or justice, that belong to all human beings without discrimination and regardless of status



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Heat and Temperature Vocabulary Search

G W K S L Z B C M O J E O O C R R S
N W G Q T R H O X O U N U I O E A U
C O N V E C T I O N O X T T G T D I
A Q I L D E M J K I S H Y S E E I S
P A R T I C L E T H E O R Y N M A L
K H H X C F Y C V R F E U X E O T E
F I S M J A U H M I X H D O R M I C
H L N L S D R O E P S U D Z A R O N
O L L E N I C T A A Y S L G T E N K
F G B O T O O N N K T Z A J I H S B
Z R C W U I S K R O T E K P O T T D
C J D P I I C S I F C I N C N G L Z
P T L I O Q V E R U T A R E P M E T
K E F N K O S D N F N V Y Q R Y V R
R O T A L U S N I E P U E F N G T L
F N D F D D F J V C R R K X J I Y G
Z N H G J H E G X M N G B J V Q G H
Q Q C I C S R M H O K U Y B F S G P

CELSIUS
COGENERATION
CONDUCTION
CONTRACTION
CONVECTION
EXPANSION
HEATENERGY
INSULATOR
KINETICENERGY
PARTICLETHEORY
PASSIVE
RADIATION
TEMPERATURE
THERMOCOUPLE
THERMOMETER



Grade 7/8/9 Learning at Home Materials Set #4

Heat and Temperature Vocabulary Crossword

Across

1. process of decreasing in volume
5. transfer of heat energy in the form of radiant energy waves
9. technology of generating two or more forms of energy from the same energy converter
11. energy that is transferred from matter at a higher temperature to matter at a lower temperature
13. matter is made up of tiny moving and vibrating particles that are attracted and bonded to each other and have spaces between them
14. transfer of heat energy between substances that are in contact
15. a heat system that does not use mechanical devices for the collection, storage, and distribution of heat

Down

2. temperature-measuring device typically consisting of a narrow, hermetically sealed glass tube containing a liquid with a bulb at one end
3. transfer of heat energy that happens when heated gas or liquid particles move from one location to another
4. temperature-measuring device consisting of two wires of different metals connected at two points
6. unit of temperature measurement that is standard in Canada (degrees _____)
7. process of increasing in volume
8. of movement
10. that doesn't allow heat to flow easily through
12. measure of the average kinetic energy of the particles in a substance



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Forces, Fluids, and Density Vocabulary Search

S J S E C B O D X V Q E W L O N C C
I K U V O P I H H I K K L J Z R I D
I G S M M S Y Q A P Y Z N V I W L A
M A S S P R E D D A L B M I W S U C
L D P L R M E Y B P Y H I E E C A A
A R A A E U V T A U D T I C I Z R B
L C M F S U X H E Y O B I T S E D S
E L B L S X V I V M A Y A V M L Y U
Z N S O I G Z S Z L O M A U A H H T
P T D A B Y K M L Y U R L N X R T H
Z D P T I X T A F E M O D F C E G G
C L N I L C S K N R V U S Y N Y P I
G S L N I T G P M T J R W X H Z S E
J U Q G T D H N V I S C O S I T Y W
Y U U A Y F T B A N B Y T I S N E D
V B N Q I I S J G M V O J K R R G B
R K U X O I Q C C N Z M R U L N T G
S D T L H Y O N B Z T D R B Y M C S

BALLAST TANKS
BUOYANCY
COMPRESSIBILITY
DENSITY
DISPLACE
FLOATING
GRAVITY
HYDRAULIC
HYDROMETER
MASS
PNEUMATIC
SWIMBLADDER
VISCOSITY
VOLUME
WEIGHT

Grade 7/8/9 Learning at Home Materials Set #4

Forces, Fluids, and Density Vocabulary Crossword



Across

3. force trying to pull an object down toward the centre of Earth
8. controllable, balloon-like chamber that allows fish to alter their buoyancy
9. liquid's internal resistance or friction that keeps it from flowing
10. relative volume change of a fluid or solid when squeezed
11. per unit of volume
12. force that a liquid exerts on an object
13. in a ship or submarine that take in water to keep the ship stable or help a submarine dive below the surface
14. describes a system that uses liquids in a confined space to transfer forces
15. take the place of or push out of the way

Down

1. held up by a fluid
2. describes devices that use air or other gases in a confined space to transfer forces
4. measure of how much space an object occupies
5. measure of the amount of matter in an object or substance
6. that measures the density of a liquid
7. measure of how strongly gravity pulls on something



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Characteristics of Electricity Vocabulary Search

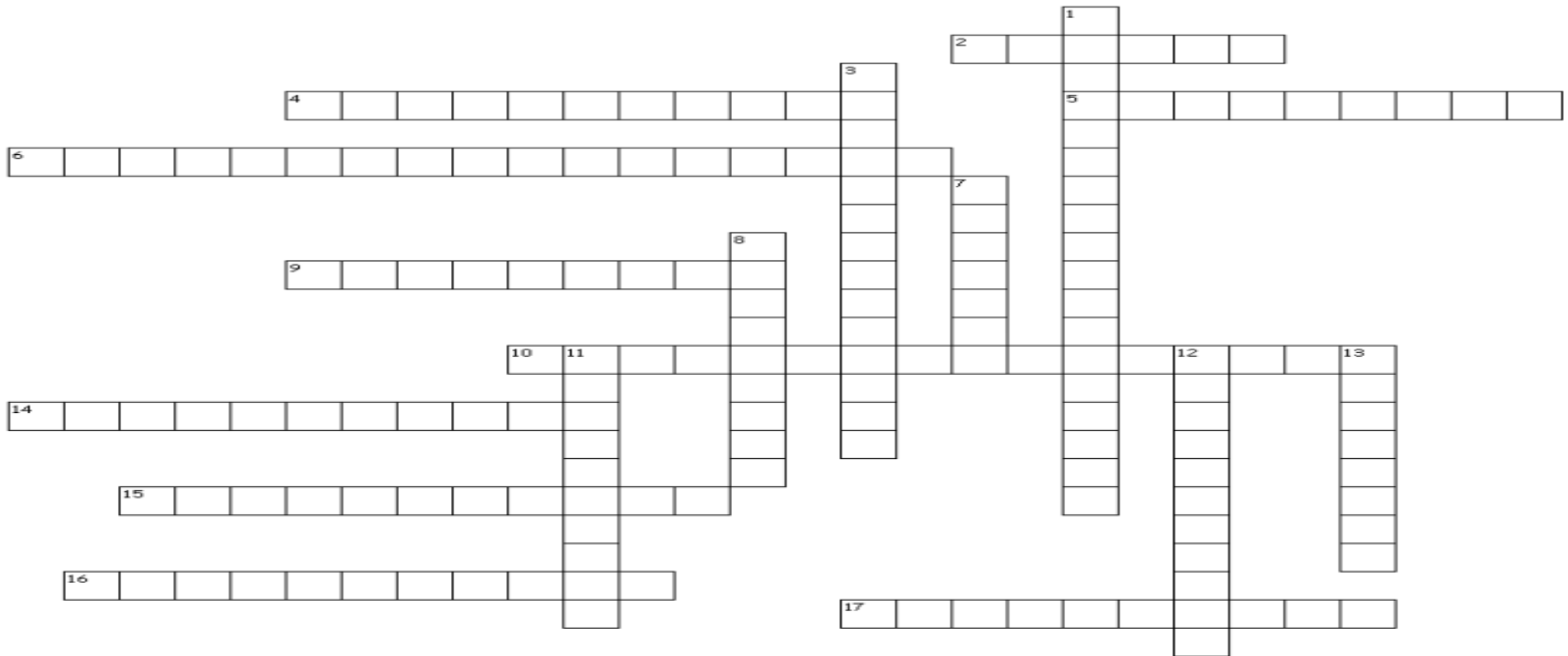
E L L I T X E G T E V K W B A R Z B
Q G O G B R M J R L I O V A S O A T
G K A S U X E E M L W M N M M T X I
Y M D T V C P T O R R M S Q T C P U
E I U F L M L W E N J R H E E U T C
A S G L A O A U K M O B R S G D K R
M I H K P T V A U T T Y J N X N E I
M H O P T X A P A R A L L E L O Z C
E U E H E X P L S S V K O S P C Q T
T K O K R L U S W I T C H V N T Q N
E U R M H S E G X Y U O V V D M E Q
R J E H N Y Z C S B V E B Y Y M G Y
K D I I X F T P T E W H E A C L F E
E C N A T S I S E R R V X E T O B M
Y F P O A N K A E N O I E P H X D F
H T B J F Z R O M R G N E M G R U E
E E Q R T N E R R U C P B S R V P Z
J M O P M V B X J X Y F V O R Y C R

AMMETER
AMPERE
BATTERY
CIRCUIT
CONDUCTOR
CURRENT
ELECTRON
INSULATOR
KILOWATTHOUR
LOAD
OHM
PARALLEL
RESISTANCE
SERIES
SWITCH
VOLTAGE
VOLTMETER



Grade 7/8/9 Learning at Home Materials Set #4

Characteristics of Electricity Vocabulary Crossword



Across

- 2. device that converts electrical energy to another form of energy
- 4. difference in electrical energy between two points in a circuit
- 5. device used to measure the current in a circuit
- 6. of measure commonly used to measure electrical energy consumption
- 9. complete and closed path around which a circulating electric current can flow
- 10. a circuit in which the components are connected in a continuous path so that they all share the same current
- 14. flow of electric charge in a circuit
- 15. material or device that transmits electricity
- 16. device used to measure voltage
- 17. SI unit for measuring electric current

Down

- 1. a circuit in which all component are connected across each other, forming multiple branches that all have the same voltage
- 3. degree to which a substance opposes the flow of electric current through it
- 7. SI unit for measuring resistance
- 8. combination of electrochemical cells
- 11. subatomic particle with a charge of negative electricity that acts as the primary carrier of electricity in solids
- 12. material or device that does not transmit electricity
- 13. device that turns the circuit on or off by closing or opening the circuit