

## SCIENCE

Read about the 'Bean Plant Life Cycle' and highlight or underline important information. Write answers to the questions.

## ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.


## TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!


## ACTIVITY SET-UP \& PROCEDURE

## Equipment:

- 1 deck of cards
- Fun music and music player


## Set-Up:

1. Shuffle and place the deck of cards face down where everyone can reach it.
2. Create an exercise chart using the list shown under the "Tips" section below. (It's okay to modify your chart using different exercises.)

## Activity Procedures:



1. Today's friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
2. When you draw a card, you'll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
3. Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
4. In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don't give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
- Hearts = Jumping Jacks
- Clubs = Push-Ups
- Diamonds = Invisible Jump Rope Jumps
- Spades $=$ Squats

EATING
HEALTHY
101

- Hydration Station: Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!



## Name

$\qquad$

## Date

## The Big Race!

1. Look at the pictures. Place them into the correct number order.

1st box number $\qquad$ 2nd box number $\qquad$ 3rd box number $\qquad$ 4th box number $\qquad$ 5th box number $\qquad$ 6th box number $\qquad$
2. Rewrite the story of the big race in the correct order, using the following time sequence words:
first, then, next, after that, soon after, finally
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
3. Explain how the story could have been put in a different order so that is had a new ending.
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
4. What do you normally do at the start of a race?
a) run as fast as you can
b) line up ready to run
c) cross over the finish line
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

## Verb Past Tense Worksheet Name:

1. Yesterday we $\qquad$ (look) for bugs in the park.
2. We $\qquad$ (search) for bugs under rocks and on leaves.
3. 1 $\qquad$ (see) a butterfly. It $\qquad$ (fly) past the purple flowers.
4. I $\qquad$ (lift) up a big rock and $\qquad$ (find) a lady beetle.
5. 1 $\qquad$ (place) it in my bug jar, so that I could show my parents when I $\qquad$ (get) home.
6. I $\qquad$ (catch) three bugs at the park. I $\qquad$ (find) a
ladybug, a rhino beetle and a tiny bug that I didn't know.
7. I $\qquad$ (think) my brother Sam could help me identify the tiny bug.
8. We $\qquad$ (get) out the bug book, and Sam $\qquad$ (open) my bug jar to get a closer look. The bug $\qquad$ (crawl) up Sam's sleeve.
9. It $\qquad$ (give) him a fright, and he
$\qquad$ (spit) out the water he was
$\qquad$ (drink).
10. We $\qquad$ (laugh) until we $\qquad$ (fall) down.

## Bees = Editing

## Add editing marks to text. There are $\mathbf{2 0}$ errors.

there are about 20000 species of Bees in the world Bees live together in groups called colonys. There three types of bees in each colony! There is The queen bee the worker bee and the "drone".

The queen is, the largest bee in the colony she is the only won that lays eggs. Drones are mail bees, Their only job is to mate with the queen-bee so that she can lay egs. Worker bees are Female and they do all the work. They clean and protect the hive. collect the pollen and necta to feed the colony and take care of the offspring.

| Editing Marks: |  |
| :--- | :---: |
| Capital letter | $\bar{Z}$ |
| End punctuation | ? ? ? |
| Insert a word | 人 |
| Change to lower case | /.c. |
| Take something out | ? |
| Check spelling | $\square$ |
| New paragraph | 91 |
|  |  |
|  |  |

## Re-write the text correctly:

$\qquad$

Name: $\qquad$ Date: $\qquad$


$\qquad$

## Lints Lesson 1: Subtracting from 4-digit numbers with regrouping

## More Practice

1. Find the difference between 5342 and 2635 .
$5342-2635=$ $\qquad$ Th H T O

5342
-2635
The difference between 5342 and 2635 is $\qquad$
$\qquad$
2. Subtract.
a)

| 3154 |
| ---: |
| $-\quad 425$ |

b)

| 4268 |
| ---: |
| -2678 |

c)

| 7434 |
| ---: |
| -1847 |

3. Subtract.
a) $5623-538=$ $\qquad$
b) $6146-1429=$ $\qquad$
c) $8453-4567=$ $\qquad$
d) $9125-5698=$ $\qquad$

## Bean Plant Life Cycle

Beans are legumes: a type of plant with double-seamed pods, containing a single row of seeds.


## The Seed Germinates

The plant starts life as a seed. The runner bean plant seeds are round, hard and multicoloured, usually red or purple with black spots. The seed begins to germinate and a shoot emerges, usually after about 2 to 3 days.

2


## The Plant Grows

The seedling continues to grow and a stem and leaves appear. Roots continue to grow underground. Runner bean plants usually grow to around 3 metres.

## 3



## The Plant Flowers

The plant produces flowers. The runner bean plant usually has red petals, but they can also be white. You can usually see flowers after 6 to 8 weeks.


## The Flower Produces Fruit

The bean plant produces pods of beans, which is what we can pick and eat, usually after 12 to 14 weeks.

[^0]

## The Plant Dies

The final stage is when the plant dies. The seeds that are left produce new plants.

## Did you know?

- Annuals complete their life cycle in one year.
- Biennials complete their life cycle in two years.


[^1]
## Bean Plant Life Cycle Questions

1. How many rows of seeds do beans have?
$\qquad$
$\qquad$
2. What does the plant start life as?
$\qquad$
$\qquad$
3. When does the shoot pop up?
$\qquad$
$\qquad$
4. What grows underground?
$\qquad$
$\qquad$
5. What colour are the flowers on a runner bean plant usually?
$\qquad$
$\qquad$
6. When can we eat the beans?
$\qquad$
$\qquad$
7. What happens to the seeds when the flower shrivels?
$\qquad$
$\qquad$
8. What is the last stage?
$\qquad$
$\qquad$
Something Look at the seeds leftover from
the fruit and vegetables you eat
at home. Save some.
Try and grow them in a container with some wet paper towel or cotton.

[^0]:    Photo courtesy of (tonrulkens, USDAgov, llee_wu, graibeard@flickr.com) - granted under creative commons licence - attribution

[^1]:    Photo courtesy of (Nik Photographie, graibeard@flickr.com) - granted under creative commons licence - attribution

