

GMS Summer 2020 Alternative Learning Choice Menu - 7th Grade

Directions: Below you will find a variety of activities listed for each course or subject area.

1. Choose as many activities as you would like to complete for **EACH** Summer Learning day. You may choose from one or a variety of content areas per day.
2. These are activities that build upon previously learned skills from 2019-20 and expand your thinking and skills to prepare for 2020-21.
3. All activities are voluntary and for extended practice, no work will be graded or collected.

7th Grade

P.E./Health

- ☐ Excellent site for daily workouts and submissions to your P.E. teachers. <https://darebee.com/>
- ☐ Practice drills of your favorite sport for 20 minutes.
- ☐ Complete any of the following exercises in any combination for at least 20 minutes each day: walk/ jog, sit-ups, push-ups, stretches - leg and arm, planks - forward or side, burpees, jumping jacks, line hops, squats, chair dip, mountain climbers.
- ☐ Research your favorite sport/activity including the following information: History of the sport/activity. Famous people in the sport/activity. Equipment used. Rules and strategies used to play the sport or activity. Other facts for information that interests you about the sport/activity. Be sure to include resources used.
- ☐ Design a crossword puzzle or word search on a health topic.
- ☐ Online Planet fitness workouts (20-30 minute) Free <https://www.planetfitness.com/united-we-move>
- ☐ At home Obstacle Course build. Let us know what you do.
<https://www.acefitness.org/education-and-resources/lifestyle/blog/5052/youth-fitness-home-obstacle-course/>
- ☐ Choose and complete a daily exercise log. See what you did all summer. (Choose one of the 40 and print)
https://templatelab.com/workout-log-calendar/#Workout_Log_Templates

Geography

- ☐ [Items Around Your Home Activity](#)
- ☐ [Weather Observation Activity](#)
- ☐ [News Activity](#)
- ☐ [Foreign Country Activity](#)
- ☐ [Online Geography Resources](#)
- ☐ Teach someone how to use the National Weather Service website and/or look up your weather forecast each morning and help your family members plan their day based on the forecast. <https://www.weather.gov>
- ☐ Write an acrostic poem for any of the following: EARTH, ILLINOIS, GEOGRAPHY, MAPS, CULTURE, OCEANS, WEATHER, HISTORY. To create this type of poem, write the word vertically down the left side of your paper and then use each letter to start a short phrase or sentence about the word itself. The phrases/sentences do not need to rhyme.
- ☐ [Updated activities](#) as of 3/30.
- ☐ [Updated activities](#) as of 4/13.
- ☐ [Summer Geography E-Learning Opportunities](#)

Science

- ☐ Find a science/nature show on TV/Netflix/Amazon/Youtube, etc. to watch. Discuss what you watched/learned with a family member. Write a short paragraph summarizing the show you watched and/or your family discussion.
- ☐ Home DNA extraction lab. Go to <https://www.pbs.org/wgbh/nova/video/extract-your-own-dna/> and follow the directions.
- ☐ Cell Division Comic. Follow this link
(https://drive.google.com/file/d/1TkaP5YD9RLIiy6MHZ4biftOkTSuw_TaK/view?usp=sharing) for directions to make a comic strip about cell division.
- ☐ Make a model of one of the human organ systems discussed in class. Use whatever materials you have on hand.

ELA

- ☐ Reading— Try to read as many books as you can from the entering 8th grade summer reading list. Keep a book log in a notebook of the books you read. Write a short summary of them when you have finished. Include what you liked/disliked about them. <https://www.goodreads.com/shelf/show/8th-grade-summer-reading>
- ☐ Writing— Keep a daily journal throughout the summer! See if you can pick out a cool one at the store, or decorate a notebook you have at home. Go through these daily prompts. Remember to write down the prompt at the top of each page. <https://www.dailyteachingtools.com/journal-writing-prompts.html>
- ☐ Grammar— Continue to use NoRedInk to review your grammar concepts. You can review/complete any of the areas you feel you need extra practice in. www.noredink.com

Math

- ☐ Play games on the [Math Website](#).
- ☐ Play Contig or SKUNK with a family member or friend - [Contig Game Board](#).
- ☐ Make and practice math facts flashcards.
- ☐ Make and practice integer operations flashcards.
- ☐ [Khan Academy](#)
- ☐ Keep a daily log of math skills you used and what you used them for.
- ☐ Make a quiz and answer key from the material you learned in 7th grade. Have someone take the quiz. Grade it and explain to them what they missed.

Vocational/Specials/Band/Choir/Library

Band

- ☐ Keep working on ILMEA Jr. Band Audition Music
- ☐ Mr. Versluis will be mailing out Concert Music for the Fall, which will include pieces for the Halloween Concert as well as some pep tunes for when we play as 8th Graders with the High School Marching Band.

Choir

- ☐ **Check out the Choir Menu on Miss Croft's Google Classroom.** (Look for updates every Monday on Google Classroom)
- ☐ 1) Sing a pop song or a song they really like and send a video or voice recording. Students can use a karaoke track on YouTube or use a musical instrument.
- ☐ 2) Do research on a pop song or song you really like and send me an email with 5 interesting facts about the song or
- ☐ 3) Create a parody and send me the lyrics in an email or a voice recording or video! It must be 1 minute long!

Art

- ☐ **Futuristic Mutation:** Take an everyday object and use your imagination to redesign it with a futuristic look. *Medium:* pencils or colored
- ☐ **2D & 3D Arrows:** Create a full page composition using a *combination* of 3-dimensional *and* 2-dimensional arrows. Use overlapping to break up the spaces into interesting positive and negative shapes. *Medium:* Outline with sharpie and fill the shapes with markers
- ☐ **Botanical Study:** Find a flower or plant from nature. Study it carefully before drawing. Draw the whole plant on 2/3rds of the page. Select 3 areas to "magnify" & draw smaller, partial up-close drawings of those 3 areas including all the details. **ADD FULL SHADING** *Medium:* watercolor, watercolor pencil, pencils or colored
- ☐ **Morphing Transformation:** Choose 2 two objects (one animal & one man made) to slowly morph into each other. You should have 6 drawings illustrating the transformation of one object into the other. **ADD FULL SHADING** *Medium:* pencils or colored

Computer Literacy II

- ☐ [Explore a Topic: Technology at Work](#)
- ☐ Hour of Code - AI for Oceans - <https://code.org/oceans>
- ☐ [Make a Promotional Flyer](#)
- ☐ Hour of Code - Flappy Code - <https://studio.code.org/flappy/1>
- ☐ [Understand Your Digital Footprint](#)
- ☐ [Google Applied Digital Skills](#) - Create a Photo Journal in Google Docs
- ☐ [Google Applied Digital Skills](#) - Create a Responsible Blog with Google Sites
- ☐ [Google Applied Digital Skills](#) - Program a Progress Bar

Library

- ☐ Go to <https://www.geneseoschoollibrary.org> for access to digital book instructions.
- ☐ Go to the GMS library home page and watch one of the 2021 Caudill Book Talks then rate the books on the matching Google Form. There are 5 potential video lessons:
 - ☐ A Civil Rights Education
 - ☐ A New Home
 - ☐ Fighting Back
 - ☐ It's Complicated
 - ☐ Mysterious

Happenings

Academic Accommodations and Supports (Special Services)

- ☐ 15 minutes of Reflex Math
- ☐ 20 Minutes of Moby Max
- ☐ 1 Readworks/Read Theory Article - answer questions
- ☐ Read 20 minutes in your chapter book
- ☐ 1 Daily Review Math page
- ☐ Play a board game with your parent(s) /flipgrid
- ☐ Write a letter to one of your teachers and tell them what you learned today.
- ☐ Watch Discovery Channel for 30 minutes and write in your journal something new you have learned.
- ☐ Complete something in your take home bag.
- ☐ Pick an activity to do at home. www.scholastic.com/learnathome

Counseling

- ☐ Second Step has social and emotional learning activities for middle school aged students. Parents can access these at: <https://www.secondstep.org/covid19support>

- ❑ EverFi has free lessons in a variety of areas, like mental health, bullying, and internet safety. Parents can access these lessons at: Click on the Parents icon after accessing the website. <https://everfi.com/k-12/parent-remote-learning/>
- ❑ Natural High- Substance Abuse Prevention Organization Videos with worksheets
https://naturalhigh.org/playlists/nh-distance-learning/?utm_source=email&utm_medium=referral&utm_campaign=coronavirus&utm_content=distance_learning_playlist
- ❑ Second Step- Social Skills curriculum <https://www.secondstep.org/covid19support>
- ❑ **"Why fit in when you were born to stand out?" - Dr. Seuss** - Being different is what makes each of us unique. Write a paragraph about how you stand. Out.
- ❑ Go to platform.everfi.net/login, click Register, enter code d5437840 and click Next. Look through an Everfi lesson
- ❑ Counseling Team's emails: afeely@geneseoschools.org, smorrell@hscsed.org, cward@geneseoschools.org, jbelvel@hscsed.org