

## GMS Summer 2020 Alternative Learning Choice Menu - 8th 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.

### 8th Grade

#### Math

- ☐ [Target Game](#)
- ☐ [Snowball Fight](#)
- ☐ [Light Switch](#)
- ☐ [24-The Card Game](#)

#### History

- ☐ [Political Cartoons](#) [Cartoon Analysis Directions](#)

#### Science & Technology/STEM

- ☐ Summer STEM Activities Bucket List
  - ☐ There are links to 20 different Summer STEM Activities across all branches of science that are sure to engage every age group!  
[https://www.steampoweredfamily.com/activities/summer-stem-activities/#Summer\\_STEM\\_Activities\\_Bucket\\_List](https://www.steampoweredfamily.com/activities/summer-stem-activities/#Summer_STEM_Activities_Bucket_List)
- ☐ Create a Public Service Announcement or Design a Device/Model relating to an environmental, societal, or public health topic you feel passionate about. You can create a news story, animation, commercial, comedy skit, music video, theatrical masterpiece, or a model/device!

#### ELA

- ☐ [Good Summer Reads Online Lists](#) **Informational Text Reads:** [Tween Tribune](#)
- ☐ [32 Sensational Writing Journal Prompts](#) **Fiction:** American Folk-Lore: [Moon Lit Road](#)
- ☐ [Writing Contests](#)...some pay! **Grammar:** [Khan Academy Practice](#)

#### P.E./Health

- ☐ 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 on of the 40 and print)  
[https://templatelab.com/workout-log-calendar/#Workout\\_Log\\_Templates](https://templatelab.com/workout-log-calendar/#Workout_Log_Templates)
- ☐ 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.

#### Vocational/Specials/Band/Choir/Library

##### FACS-

- ☐ **Option 1:** Students are to practice good manners by choosing multiple social skills or etiquette examples that they consider the most important. Possible Practices:

- ☐ Make a positive first impression through eye contact, facial expressions, energy in voice, and polite greeting.
- ☐ Use the names of those you interact with.
- ☐ Ensure a confident handshake.
- ☐ Apply the small courtesies that make a big impression.
- ☐ Practice telephone, cell phone, and grooming practices.
- ☐ Practice table setting and table manners at home or in public settings.
- ☐ **Option 2:** Practice sewing on a button using the link provided <https://classroom.google.com/c/MjcyMzAwNzk0NTNa>
  - ☐ Materials needed: needle, thread, scissors, and a small piece of fabric.
- ☐ **Option 3:** Discover a new physical activity you do not normally do and implement it into your daily routine for a week or longer.
 

Examples: yoga, stretching, walking, HIIT (high-Intensity interval training) or your choice
- ☐ **Band--:**
- ☐ Keep working on the ILMEA Sr. Band Audition Music - Start practicing the whole Scale Sheet. Work on all of the Etudes marked ILMEA Start & Stop spots.
- ☐ Those in Marching Band should be working on their Marching Band Music.
- ☐ Those not in marching band keep working on your music skills by practicing the 8th Grade Music from this past year.
- ☐ **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
- ☐ **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 /math flipgrid
  - ☐ Play a board game with your parent(s)
  - ☐ 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](http://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 - [Click Here](#)
- ❑ Second Step- Social Skills curriculum <https://www.secondstep.org/covid19support>
- ❑ Go to [platform.everfi.net/login](https://platform.everfi.net/login), click Register, enter code **d5437840** and click Next. Look through an Everfi lesson.
- ❑ **Get grounded!** Describe 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.
- ❑ Counseling emails: [afeely@geneseoschools.org](mailto:afeely@geneseoschools.org), [smorrell@hscsed.org](mailto:smorrell@hscsed.org), [cward@geneseoschools.org](mailto:cward@geneseoschools.org), [jbelvel@hscsed.org](mailto:jbelvel@hscsed.org)