

2019 Rising 5th Grade Summer Project

The Full Body Workout – Mind, Body and Spirit

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| Visit the grocery store and make a list of healthy food choices  | Make a list of fruits you like and look up the word in Spanish   | Do 30 jumping jacks and write down how your bodies feels  | Write a paragraph about what veggies you do not like  | Walk/run around your residence 5 times. What happened to your heart rate  |
| Make a healthy breakfast and take a picture of it and write the recipe in Spanish                                  | Visit a local veggie garden and write a paragraph about your experience  | Make a list of your favorite veggies and research how much is in a single serving   | Translate your favorite recipe into Spanish   | How many sit-ups can you do at one time. How long did it take you to complete them?                               |
| While in your relaxation place, write a poem about emotions  | Make yourself a well-balanced lunch and take a picture of it   | Create a workout routine of your own and then write step-by-step instructions on how it goes  | Take a walk and then write a paragraph describing what you saw and how you felt             | What is meditation? Try it out and then draw a picture of yourself meditating. Write the steps in Spanish         |
| Have a contest with two of your friends to see who can do the most push-ups. Who won? How many did that person do? | Teach me to make a ham and cheese sandwich. Write down all of the necessary steps so that I do not miss a step. Be specific. | Create a piece of art, imitating Spanish Still Life paintings, showcasing your favorite food. You can draw it, paint it, etc. The choice is yours | Write a song about healthy eating or exercise, etc. Create the words and the tune.          | Look for a recipe that sounds good to you. Now, double it. Remember that each of the measurements must be doubled |
| Create an obstacle course that will get your heart pumping. Draw your course and a description of the obstacles    | Find a quiet spot to sit and read. What makes this place special, comfortable, etc?  | If you could create a new obstacle for the X Games, what would it be? Create a model of it  | Create something that makes you smile. The sky's the limit. Try to make it Spanish inspired | Go to the grocery store. Observe the layout of the store. Why do you think it is set up this way?                 |

The objective for this “Bingo” style activity is to get you thinking about healthy choices as well as to get you moving. Over the summer work to get 5 in a row and be prepared within the first couple of weeks of the 2019-2020 school year to present your activities. Please be sure to bring your activities to school in an organized way (ie. 3-ring binder, prong folder). If you have any questions please feel free to contact Ms. Elliott ([s.elliott@aceacademycharter.org](mailto:s.elliott@aceacademycharter.org)) or Mrs. Rearick ([e.rearick@aceacademycharter.org](mailto:e.rearick@aceacademycharter.org)).