



Kindergarten

Parent Tips

- Read with your child every day, books like Are You My Mother by P.D. Eastman or Green Eggs and Ham by Dr. Seuss. Ask your child to explain his or her favorite parts of the story. Share your own ideas. Your child's teacher can help you find more suggestions on books to read with your child.
- Encourage your child to tell you about his or her day at school. Keep paper, markers, or crayons around the house for your child to write letters or words or draw a picture about his or her day. Have your child describe the picture to you.
- Play word games like I Spy, sing songs like Itsy Bitsy Spider, and make silly rhymes together.
- Talk about the point of view of others as you watch TV, read books or discuss other people with your child. For example, ask "What do you think that character is feeling and thinking?"
- Help your child sequence important events in his/her life.
- Discuss roles of people in the child's home, school and community and how they help.
- Talk about trees, plants and people parts.

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content>
(Made available in English and Spanish)

Reading:

Kindergarten students learn/can:

Trimester 1

- Name uppercase and lowercase letters.
- Match letters to sounds.
- Identify parts of a book.
- Learn phonics, decoding words and letter recognition.
- Answer questions about the main idea and key details in a text with prompting and support.
- Engage in group reading activities such as describing the relationship between illustrations and the story.

Trimester 2

- Identify types of texts such as poems or storybooks.
- Identify similarities and differences.
- Retell stories.
- Identify elements of story.
- Compare and contrast.
- Answer questions using key details from the text.

Trimester 3

- Associate long/short vowel sounds.
- Identify high-frequency words by sight.
- Read emergent reader texts with purpose and understanding.
- Identify author's purpose with prompting and support.

Writing:

Kindergarten students learn/can:

Trimester 1

- Write to inform or explain something using pictures and words.
- Name what they are writing about.
- Write facts about topics or books.
- Improve their own writing with help.
- Use a variety of digital tools to learn and write.
- Use information from their lives and provided sources to answer questions.

Trimester 2

- Write about how they feel about a topic or book using pictures and words.
- Write at least one complete sentence that is on topic and includes a capital, spaces, ending mark and correctly spelled common sight words.

Trimester 3

- Write about events in order and how they feel about what happened using pictures and words.
- Write at least two complete sentences that are on topic and include a capital, spaces, ending mark and correctly spelled common sight words.

Social Studies:

Kindergarten students learn/can:

Semester 1

- Describe their classroom and school communities.
- Work on making decisions based on rights, rules, and responsibilities.
- Identify the basic concepts of fairness and respect for the rights and opinions of others.

Semester 2

- Describe their classroom community.
- Identify importance of rules within the classroom and school.
- Explain why we have rules and consequences that occur with broken rules.

Science:

Kindergarten students learn/can:

Trimester 1

Plant Parts - Studying Trees and People

- Identify body parts.
- Identify plant and animal parts.
- Describe parts seen through a magnifying glass.

Trimester 2

Earth Properties and Change

- Observe and describe earth properties (hard, soft, wet, etc.).
- Compare and sort earth objects.

Kindergarten

Parent Tips

- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Ask your child questions that require counting as many as 20 things. Example: How many coins are in your piggy bank?
- Describe road signs and other objects by their shape name.
- Ask your child questions that require comparing numbers. Example: Who has more green beans on their plate, you or Dad?
- Listen to many different kinds of music with your child. Describe it together, and focus in on high and low pitches, loud and soft sounds, and fast and slow speeds.
- Tap the beat or rhythms on drums, sticks, pots and pans. Move to the music.
- Help your child create homemade instruments out of cans, buckets, beans, rubberbands, etc.
- Have your child listen to and practice saying nursery rhymes.
- Go on a family “music field trip”. The “Sound Garden” in Centennial Park in downtown Arlington, Soundbridge at Benaroya Hall in Seattle (<http://www.seattlesymphony.org/soundbridge/about/>), etc.
- Discuss appropriate audience behaviors during different types of live concerts.
- Play board games to practice taking turns and learning how to win and lose with appropriate emotions.
- Organize a neighborhood tag game and emphasize using your eyes to watch where you are running.
- Go for a walk and along the way practice hopping, galloping, skipping and leaping.
- Practice jump roping as an individual and with a long rope.

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Trimester 3

Earth Properties (cont.) and Observing the Sun and Moon

- Observe things in the sky that change.
- Observe and compare the sun’s position over time, through the day.
- Observe the moon and its changes over time.

Mathematics:

Kindergarten students learn/can:

Trimester 1

- Name numbers.
- Count sequences.
- Count forward by ones from 1 to 100.
- Read, write and represent numbers 0-20.
- Count up to 20 objects.
- Classify objects into categories.

Trimester 2

- Count to 100 by 10’s.
- Compare two groups or numbers to tell which is greater.
- Recognize 2-D and 3-D shapes.
- Describe object location (above, below, beside, in front, or next to).

Trimester 3

- Compare objects based on length, width, height.
- Understand addition as putting together and subtraction as taking from.
- Use fingers, objects, drawings, words, equations to show addition and subtraction.
- Quickly add and subtract numbers to 5.
- Break and make numbers 11-19 using tens and ones.

Music:

Kindergarten students learn/can:

- How to perform and how to be a good audience in a variety of settings.

Trimester 1

Rhythm

- Echo Simple rhythm patterns and work on keeping the steady beat.
- Experiment with rhythm by playing instruments, moving and singing.

Trimester 2

Melody

- Hear the pitch difference between high and low sounds in music.
- Experiment with melody as they sing and play instruments.

Trimester 3

Expressive Elements and Symbols

- Identify between loud and soft sounds when listening to music.
- Begin to experiment with different speeds of music.
- Experiment with expressive elements and symbols to make their musical performance more interesting.

Health/Fitness:

Kindergarten students learn/can:

Effective Participation:

- Work effectively with a variety of team members.
- Work with team members to achieve a common goal.
- Demonstrate appropriate sportsmanship during games.

Fundamentals:

- Walk, jog, run, jump, hop, leap, gallop, slide and skip.
- Balance a beanbag on various body parts while moving.
- Move safely within general space.
- Demonstrate static (one leg, tippy toes, 1 arm-1 leg).

Catching & Throwing:

- Track an object when thrown.
- Catch various objects (bean bag, ball, scarves, etc.) while stationary.
- Throw various objects with opposition.
- Throw to target (partner, hoop, etc.) with accuracy and distance.

Kicking and Trapping:

- Track an object when kicked.
- Kick a ball while ball stationary.

Rhythmic Movement:

- Demonstrate rhythmic patterns using various manipulatives (hands, feet, cups, and sticks).



Parent Tips

- Encourage your child to read books, such as Little Bear by Else Holmelund Minarik, aloud to you. Help him or her sound out difficult words. Your child's teacher can help you find more suggestions on books to read with your child.
- Act out stories together from books, television, or your child's imagination.
- Pick a "word of the day" each day starting with a different letter. Have your child write the word, look for it in books or newspapers and look for other things beginning with the same letter.
- Visit the library with your child every week. Have your child sign up for a library card.
- Choose books at your child's AR (accelerated reader) level.

- Talk about your family's roles and responsibilities.
- Discuss why your family lives in Arlington.
- While driving around, talk about why people would live in different towns and cities.
- Observe and discuss different cultures and traditions throughout the year.

- Talk about trees, plants and people parts.

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Reading:

First grade students learn/ can:

Trimester 1

- Use phonics (matching letters and sounds) and word analysis skills to figure out unfamiliar words when reading.
- Read grade level prose and poetry.
- Retell stories.
- Demonstrate an understanding of the organization and basic features of print.

Trimester 2

- Identify similarities and differences in text.
- Identify who is telling the story.
- Identify words/phrases in stories or poems that suggest feelings or appeal to the senses.
- Read words with inflectional endings.
- Know and use various text features.
 - ◊ Identify the correct meaning for a word with multiple meaning based on the sentence or paragraph context.

Trimester 3

- Ask/answer questions about key details in a text.
- Identify the author's purpose.
- Compare and contrast and describe connections.
- Decode two-syllable words.
- Know final-e and common vowel sounds.
- Read with accuracy and fluency.

Writing:

First grade students learn/ can:

Trimester 1

- Write narrative pieces that have two or more events in order, details about what happened, linking words that show the order of events and a sense of closure.
- With help from adults and peers, improve their writing.
- Use a variety of digital tools to learn and write.
- Use information from their lives and provided sources to answer questions.

Trimester 2

- Write an opinion piece in which they introduce a topic, explain why it is a good idea, and provide a sense of closure.

Trimester 3

- Write to inform or explain with a topic, facts about the topic, and a closing.

Social Studies:

First grade students learn/ can:

Semester 1

- Identify their own families and families from other cultures.
- Recognize important roles and responsibilities of family and family members.
- Describe why their family lives in Arlington and why others choose to live in other places.
- Describe the difference between needs and wants.

Semester 2

- Identify their own families and families from other areas.
- Describe different cultures and be able to compare the two familiar units.
- Identify geography, climate and food from around the world and relate this information to explain how the people in the other areas live.
- Identify other holidays, birthdays, clothes, food, and homes of other first graders throughout the world.

Science:

First grade students learn/can:

Trimester 1

Liquids and Solids

- That liquids take the shape of a container.
- That solids will retain their shape regardless of the container.

Trimester 2

Pull and Position

- Use common terms to help with position of objects.
- A push or pull is a force.
- Some forces happen by touching and some without touching.

First Grade

Parent Tips

- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Play “I’m thinking of a number.” Give your child clues:
 - ◊ “I am thinking of a number that makes 10 when added to 7. What is my number?”
 - ◊ “I am thinking of a number that has five groups of ten and 2 ones. What is my number?”
- Make up your own story problems: “I have 10 slices of bread and need to use 4 for sandwiches. How many will I have left?”
- Listen to many different kinds of music with your child. Describe it together, and focus in on the dynamic changes (loud and soft), the tempo (the speed), and the pitch (if the music notes are high or low). PBS offers all styles of concerts.
- Tap the beat or rhythms on drums, sticks, pots and pans, or other homemade instruments.
- Go on a family “music field trip”. The “Sound Garden” in Centennial Park in downtown Arlington, Soundbridge at Benaroya Hall in Seattle (<http://www.seattlesymphony.org/soundbridge/about/>), etc.
- Attend live concerts. Many options are available, including concerts at Arlington High School.
- Discuss appropriate audience behaviors during different types of live concerts.
- Play board games to practice taking turns and learning how to win and lose with appropriate emotions.
- Organize a neighborhood tag game and emphasize using your eyes to watch where you are running.
- Go for a walk and along the way practice hopping, galloping, skipping and leaping.
- Practice jump roping as an individual and with a long rope.

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Trimester 3

Animal Parts

- Identify different external parts on animals.
- Different animals may have the same body part for different reasons (i.e., people use tongues for tasting and talking while frogs use their tongues to catch their food).
- How different animals get food and water.

Habitats

- What habitats need to support life (i.e., food, air, shelter, water and space).
- Explain how people can help or harm a habitat.

Mathematics:

First grade students learn/ can:

Trimester 1

- Count to 120.
- Read, write and represent a number of objects with a written number.
- Fluently add and subtract numbers up to 10 by memory.
- Add and subtract numbers up to 20 using strategies.

Trimester 2

- Count to 100 by 10’s.
- Break apart two-digit numbers into groups of ones and tens.
- Compare two-digit numbers.
- Measure objects using nonstandard units (ex. 7 pencils long).
- Measure time using digital and analog clock.

Trimester 3

- Solve addition and subtraction word problems.
- Make shapes by joining other shapes together.
- Divide circles and rectangles into halves and fourths.
- Add and subtract two digit numbers.

Music:

First grade students learn/ can:

- How to perform and how to be a good audience in a variety of settings.

Trimester 1

Rhythm

- Recognize when music has a steady beat and when music does not have a steady beat.
- Tell the difference between the beat (the steady pulse in music) and the rhythm (patterns in music). We may begin to experience/ read quarter notes, quarter rests, and paired eighth notes.
- Use their rhythm knowledge to read and perform music.

Trimester 2

Melody

- Listen to music and recognize whether the direction of the melody (pitch) moves up, moves down, or stays the same.
- Apply their experience with melody as they sing and play instruments.

Trimester 3

Expressive Elements and Symbols

- Listen to music and identify whether it is loud (forte) or soft (piano).
- Listen to music and identify whether it is fast (presto) or slow (largo).
- Apply their knowledge of expressive elements and symbols to make their musical performance more interesting.

Health/Fitness:

First grade students learn/ can:

Effective Participation:

- Work effectively with a variety of team members.
- Work with team members to achieve a common goal.
- Demonstrate appropriate sportsmanship during games.

Fundamentals:

- Walk, jog, run, jump, hop, leap, gallop, slide and skip.
- Balance a beanbag on various body parts while moving.
- Move safely within general space.
- Demonstrate static (one leg, tippy toes, 1 arm-1 leg).

Catching & Throwing:

- Track an object when thrown.
- Catch various objects (bean bag, ball, scarves, etc.) while stationary.
- Throw various objects with opposition.
- Throw to target (partner, hoop, etc.) with accuracy and distance.

First Grade

Kicking and Trapping:

- Track an object when kicked.
- Kick a ball while ball stationary.

Rhythmic Movement:

- Demonstrate rhythmic patterns using various manipulatives (hands, feet, cups, and sticks).



Parent Tips

- Read at home every day and assist your child by reading every other paragraph. Encourage your child to read to younger siblings, cousins, or other children you know. Your child's teacher can help you find more suggestions on books to read with your child.
- Have your child write a thank you note or letter to family members or friends.
- Ask your librarian to suggest books about people or places that are important to your child or family that you can read together. Encourage your child to explain what he or she has just read.
- Visit the library with your child every week. Have your child sign up for a library card.
- Choose books at your child's AR (accelerated reader) level.
- While driving around, observe and discuss the geography of Arlington and surrounding areas.
- Identify people around Arlington that are being good citizens and making Arlington a great place to live.
- Draw or make a map of Arlington from supplies you find around your home.
- Have your child predict the cost of dinner or groceries when you are out and about.
- Walk outdoors, observe plants, animals and ecosystems.
- Keep track of the weather on a monthly calendar, and observe changes and trends over weeks and months.

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Reading:

Second grade students learn/ can:

Trimester 1

- Know and apply grade level phonics and word analysis skills for decoding.
- Comprehend literature in the 2-3 complexity grade band by the end of the year.
- Ask and answer questions and show understanding of key details.
- Compare and contrast different versions of a story and different texts written about the same topic.
- Determine the lesson or moral of stories, fables, and folktales.

Trimester 2

- Describe characters and their responses to events in the story.
- Identify main topics and explain how images clarify the text.
- Students will use text features to locate key facts.
- Identify the author's purpose.
- Paying close attention to details, including illustrations and graphics, in stories and books to answer who, what, where, when, why and how questions.

Trimester 3

- Describe connections between historical events and scientific ideas.
- Describe how figurative language supplies rhythm and meaning.
- Paraphrase stories.
- Identify varying points of view in narratives.

Writing:

Second grade students learn/ can:

Trimester 1

- Write informative/explanatory pieces in which they introduce a topic, use facts and definitions to develop points and a concluding statement or section.
- With help from adults and peers, revise and edit to improve their writing.
- Use a variety of digital tools to learn and write.
- Use information from their lives and provided sources to answer questions.
- Use correct grammar, punctuation and capitalization appropriate for second grade.

Trimester 2

- Write opinion pieces in which they introduce a topic or book they are writing about, state an opinion, give reasons that support the opinion, use linking words like because, and, also, and provide a concluding statement or section.

Trimester 3

- Write a narrative story in which they recount an elaborated event or short sequence of events, including details to describe actions, thoughts and feelings; use linking words to keep events in order; and provide a sense of closure.

Social Studies:

Second grade students learn/ can:

Trimester 1

- Describe the connection between families and the whole communities.
- Describe the geography within a community.
- Explain basic mapping elements, physical characteristics and begin understanding basic economics that pertain to them.
- Describe the difference between needs and wants.

Trimester 2

- Explain about communities with a focus on citizenship.
- Describe ways to be a good citizen within their community.
- Describe how people use the environment within a community.

Trimester 3

- Explain about government within a community.
- Describe the basic organization of the government starting with the importance of leaders.
- Connect how to be a good citizen with how one person can change the community.

Science:

Second grade students learn/can:

Trimester 1

Ecosystems

- Identify how ecosystems support life.
- Describe changes in ecosystems and how they affect the things living there.
- Describe how humans might change ecosystems in positive and negative ways.

Second Grade

Parent Tips

- Practice math facts daily.
- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Look for word problems in real life.
 - ◊ Compare the cost of an item to the amount of money you have. How much more money do you need?
 - ◊ Have your child tell time using an analog clock.
 - ◊ Pay for items at the grocery store using combinations of coins and dollars.
- Encourage your child to sing songs they learn at school.
- Listen to many different kinds of music with your child. PBS offers all styles of concerts.
- Have your child describe music as you listen.
- Tap the beat or rhythms on drums, sticks, pots and pans, or other homemade instruments. Move to the music.
- Go on a family “music field trip”. The “Sound Garden” in Centennial Park in downtown Arlington, Soundbridge at Benaroya Hall in Seattle (<http://www.seattlesymphony.org/soundbridge/about/>), etc.
- Attend live concerts. Many options are available, including concerts at Arlington High School.
- Discuss appropriate audience behaviors during different types of live concerts.

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Trimester 2

Sun's Daily Motion

- Infer sun's movement after marking the position of shadows.
- Explain how the sun might be used to tell time.

Trimester 3

Weather and Water

- Describe forms and places water can be found.
- Identify bodies of water locally and learn how it shapes landforms.
- Measure, record, and graph changes in weather.
- Describe how weather changes from season to season.

Life Cycles

- Describe the life cycles of common plants and animals.

Mathematics:

Second grade students learn/can:

Trimester 1

- Quickly solve addition and subtraction problems to 20.
- Solve word problems within 100.
- Skip count to 1,000 by 5s, 10s, and 100s.
- Mentally add and subtract multiples of 10 and 100.
- Write numbers to 1,000 using standard, expanded, and word form.
- Read bar graphs.

Trimester 2

- Use understanding of place value to add and subtract numbers to 1,000 with and without regrouping.
- Compare the value of two three-digit numbers.
- Tell and write time to the nearest five minutes.
- Learn money values and solve problems using coin and dollar combinations.

Trimester 3

- Use the correct tool to measure, compare and estimate lengths.
- Solve word problems using addition and subtraction of lengths.
- Identify and draw triangles, quadrilaterals, pentagons and hexagons based on attributes.
- Collect data and create a line plot.

Music:

Second grade students learn/can:

- How to perform and how to be a good audience in a variety of settings

Trimester 1

Rhythm

- Recognize when music has a steady beat and when music does not have a steady beat.
- Tell the difference between the beat (the steady pulse in music) and the rhythm (patterns in music).
- Identify the names of the following notes: quarter notes, quarter rests, and paired eighth notes.
- Use their rhythm knowledge to read and perform music.

Trimester 2

Melody

- Listen to and look at music and tell whether the melody notes (pitch) move up, move down, or are repeated.
- Apply their knowledge of melody as they sing and play instruments.

Trimester 3

Expressive Elements and Symbols

- Understand dynamic levels of music and can describe those levels in musical terms: Forte (loud), piano (quiet).
- Recognize the tempo of music as they listen and perform, and can describe it in musical terms: largo (slow) and presto (fast).
- Recognize and understand repeat signs.
- Apply their knowledge of expressive elements and symbols to make their musical performance more interesting.

Health/Fitness:

Second grade students learn/can:

Effective Participation:

- Work effectively with a variety of team members.
- Work with team members to achieve a common goal.
- Demonstrate appropriate sportsmanship during games.

Fundamentals:

- Walk, jog, run, jump, hop, leap, gallop, slide and skip.
- Balance beanbag on various body parts while moving.

Second Grade

Parent Tips

- Play board games to practice taking turns and learning how to win and lose with appropriate emotions.
 - Go for a walk and along the way practice hopping, galloping, skipping and leaping.
 - Practice jump roping as an individual and with a long rope.
- Move safely within general space.
 - Demonstrate static (one leg, tippy toes, 1 arm-1 leg).
- Catching & Throwing:*
- Track an object when thrown.
 - Catch various objects (bean bag, ball, scarves, etc.) while stationary.
 - Throw various objects with opposition.
 - Throw to target (partner, hoop, etc.) with accuracy and distance.
- Kicking and Trapping:*
- Track an object when kicked.
 - Kick a ball while ball stationary.
 - Kick to a target (partner, hoop, etc.) with accuracy and distance.
 - Trap (control) ball when passed to me.
 - Control ball using fundamental dribbling technique.
- Rhythmic Movement:*
- Demonstrate rhythmic patterns using various manipulatives (hands, feet, cups, and sticks).
 - Jump rope (short, long, and Chinese).



Third Grade

Parent Tips

- Make reading for fun a part of your child's daily routine. Set aside quiet time with no phones, computers, or other distractions when your child can read for pleasure, books such as Amos & Boris by William Steig or The Fire Cat by Esther Averill. Your child's teacher can help you find more suggestions on books to read with your child.
- Start a family vocabulary box or jar. Have everyone write down new words they discover, add them to the box, and use the words in conversation.
- Visit the library with your child every week. Have your child sign up for a library card.
- Choose books at your child's AR (accelerated reader) level.

- Discuss the different cultures within your family.
- When taking a trip, show your child maps and routes you plan to travel.
- Talk about ways you can help the environment.

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Reading:

Third grade students learn/ can:

Trimester 1

- Apply grade level phonics and skills in decoding words.
- Use reading skills to make inferences.
- Determine the main idea using details from the text.
- Recount stories.
- Summarize and explain events based on information in the text.

Trimester 2

- Determine the meaning of key words.
- Determine elements of a story and main character.
- Describe the connection between sentences and paragraphs in stories (e.g., first, second, third; cause and effect).
- Identify text features and point of view.

Trimester 3

- Explain how the author uses reasons and evidence to support points of text.
- Describe the structure of events, ideas, concepts, or information in a text.
- Read and comprehend literature and grade level.
- Read stories and poems aloud fluently, without pausing to figure out what each word means.

Writing:

Third grade students learn/ can:

Trimester 1

- Write narrative stories about real or imagined events with a clear problem or situation, a narrator and/or characters and with events in a natural order.
- Use dialogue and descriptions to show actions, thoughts and feelings.
- Plan, revise and edit to strengthen their writing.
- Use technology and keyboarding to produce and publish writing.

Trimester 2

- Write informative/explanatory pieces to examine topics and convey ideas and information clearly.
- Include illustrations, facts, definitions and details to support their topic.
- Research topics.
- Gather information from printed or digital sources.

Trimester 3

- Write opinion pieces which introduce a topic, state an opinion, provide supporting reasons and have a concluding sentence or section.
- Organize reasons using formatting such as lists, bullets and sentences.

Social Studies:

Third grade students learn/ can:

Trimester 1

- How to use maps and globes.
- How the environment affects people.
- How people affect the environment.
- Locate the fifty states.
- Locate regions of the United States.

Trimester 2

- How economics are influenced by laws, values and customs.

Trimester 3

- How cultures around the world have shaped the history of our community, North America and World.
- Discuss how cultures are similar and different.

Science:

Third grade students learn/ can:

Trimester 1

Properties of Materials

- Identify, sort, and compare objects by a variety of properties and functions.
- Predict and explain changes in states of water; liquid, solid and gas.

Trimester 2

Forms of Energy

- Investigate forms of energy in every day life; light, sound and motion.

Third Grade

Parent Tips

- Practic math facts daily.
- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Do multiplication and division flash cards with your child each evening.
- Look for word problems in real life.
 - ◊ There are 27 students in class, cupcakes come in packages of 6. How many packages do you need to buy to feed the whole class?
- Have your child help with measurements when cooking dinner. When something calls for $\frac{1}{2}$ cup, give them $\frac{1}{4}$ cup and have them scoop it twice to illustrate that two quarters equals a half.
- Listen to many different kinds of music with your child. PBS offers all styles of concerts.
- Have your child describe music as you listen.
- Go on a family “music field trip”. The “Sound Garden” in Centennial Park in downtown Arlington, Soundbridge at Benaroya Hall in Seattle (<http://www.seattlesymphony.org/soundbridge/about/>), etc.
- Attend live concerts. Many options are available, including concerts at Arlington High School.
- Discuss appropriate audience behaviors during different types of live concerts.
- Cook with your child, and talk about how food changes state.
- Talk about energy use at home.
- Observe moving things and talk about what makes them move, stop, change speed, or direction.

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Trimester 3

Forces Make Things Move

- Investigate motion and force and changes in speed and direction.

Variations of Inherited Traits

- Learn about variations of plants and animals within a population and from generation to generation.
- Learn why some plants and animals survive better than others, because of their characteristics.
- Observe and compare fossils to plants and animals living today.

Mathematics:

Third grade students learn/ can:

Trimester 1

- Use place value to round numbers to the nearest 10 and 100.
- Add and subtract with regrouping to 1,000.
- Explore the meaning and properties of multiplication.
- Tell time to the nearest minute.
- Solve problems about elapsed time.

Trimester 2

- Use a variety of strategies to solve multiplication and division problems.
- Quickly solve multiplication and division facts from memory.
- Solve word problems using +, -, x, and ÷.
- Understand the relationship between multiplication and division.
- Use pictures and bar graphs to display and solve problems about data.

Trimester 3

- Develop an understanding of fractions.
- Use a number line, pictures, or objects to show fractions and equivalence.
- Measure objects and liquids using grams and liters.
- Measure objects to the nearest inch, half-inch and quarter-inch.
- Determine area and perimeter of rectangles.
- Name, draw and sort quadrilaterals.

Music:

Third grade students learn/ can:

- How to perform and how to be a good audience in a variety of settings.

Trimester 1

Rhythm

- Recognize when music has a steady beat and when music does not have a steady beat.
- Tell the difference between the beat (the steady pulse in music) and the rhythm (patterns in music).
- Identify the names and beat values of the following notes: quarter notes, quarter rests, paired eighth notes, and half notes.
- Use their rhythm knowledge to read and perform music.

Trimester 2

Melody

- Identify by sight and sound when melodic notation gets higher, gets lower, or has repeated notes.
- Visually recognize steps, skips and repeated notes in melodic notation.
- Use their knowledge melody as they sing and play instruments.

Trimester 3

Expressive Elements and Symbols

- Recognize the dynamic levels of music and can describe those levels in musical terms: forte (loud), piano (quiet), crescendo (gradually getting louder), decrescendo (gradually getting softer).
- Recognize the tempo of music and can describe it in musical terms: largo (slow) and presto (fast).
- Understand and use repeat signs.
- Apply their knowledge of expressive elements and symbols to make their musical performance more interesting.

Health/Fitness:

Third grade students learn/ can:

Trimester 1

Cooperative Games/Team Building

- Work effectively with a variety of team members.
- Work with team members to achieve a common goal.

Bowling

- Roll a ball accurately to a target using opposition and follow through.

Rythm & Movement

- Move their body to the beat of the music.
- Use rhythmic movements in synchronistic tandemity with partners or groups.

Third Grade

Parent Tips

- Engage in a family game of catch using various types of equipment: baseball, softball or football using opposition – stepping forward with the opposite foot of the throwing hand.
- Practice hitting a ball on the fly using a bat. Practice striking a stationary ball on the ground using a hockey stick (you can substitute a baseball bat for a hockey stick).
- Play a game of PIG or HORSE to practice basketball skills.
- Pass a soccer ball back and forth or practice kicking to a target in your backyard.

Football

- Demonstrate the proper grip on a football.
- Accurately throw to a stationary and moving target using opposition (stepping forward with opposite foot of dominant hand).
- Catch a football with their hands while standing or moving.

Trimester 2

Basketball

- Control their dribble using both hands (start, stop, restart & change direction).
- Accurately pass to a stationary or moving target (passes: bounce, chest, overhead).
- Safely receive a pass using my hands with arms extended.
- Shoot (B.E.E.F. = Balance, Eyes, Elbow, Follow through).
- Safely participate in a modified game.

Raquet Sports

- Execute a variety of shots (forehand, backhand, overhead).
- Serve the ball over the “net” (jump rope or line on the floor).
- Safely participate in a modified game.

Hockey / Pillo Polo

- Control their dribble using both sides of the stick (start, stop, restart & change direction).
- Accurately pass to a stationary target.
- Stop the puck / ball passed to them on the ground.
- Safely participate in a modified game.

Volleyball

- Accurately pass to a stationary target using the forearm pass (bump) and overhead pass (set).
- Underhand serve the ball over the net.

Trimester 3

Soccer

- Control their dribble using both feet (start, stop, restart & change direction).
- Accurately pass using both sides of each foot to a stationary target.
- Trap (stop) the ball passed to them on the ground.
- Safely participate in a modified game.

Baseball

- Accurately throw to a stationary target using opposition (stepping forward with opposite foot of dominant hand).
- Catch the ball thrown to them.
- Field a rolling / bouncing ball.
- Hit a ball from a tee or one that is pitched to them underhand.
- Safely participate in a modified game.

Health

- Name and locate some major bones in the body.
- Name and locate some major muscles in the body.
- Name, locate and explain the function of some vital organs.
- Recognize the difference between healthy and unhealthy foods.



Fourth Grade

Parent Tips

- Urge your child to use logical arguments to defend his or her opinion. If your child wants a raise in allowance, ask him or her to research common sense allowance systems and, based on that research, explain reasons why, supported by facts and details.
- Talk about the news together. Pick one story in the news, read it together and discuss with your child what it means.
- Keep books, magazines and newspapers at home. Make sure your child sees you reading.
- Visit the library with your child every week. Have your child sign up for a library card.
- Choose books at your child's AR (accelerated reader) level.
- Visit local Native American museums and cultural centers.
- Talk about why your family moved to or lives in Arlington.
- Talk about voting and local public issues.
- Visit the Arlington museum.
- Attend local cultural festivals.

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content>
(Made available in English and Spanish)

Reading:

Fourth grade students learn/can:

Trimester 1

- Explain how the author uses reasons and evidence to support points of text.
- Describe the basic elements of stories — such as characters, events and settings — by drawing on specific details in the text.
- Read and comprehend literature at grade level.
- Pay close attention to key features of informational books and articles: these include understanding the main and supporting ideas; being able to compare and contrast information; and explaining how the author uses facts, details and evidence to support particular points.

Trimester 2

- Compare and contrast events seen from different points of view.
- Make connections in various types of text materials.
- Learn structural elements.

Trimester 3

- Read and comprehend literary texts (poems, stories, dramas, myths).
- Read and comprehend informational text within the 4-5 grade band.
- Integrate information from a variety of texts to be able to speak and write on a topic.

Writing:

Fourth grade students learn/can:

Trimester 1

- Write informative/explanatory pieces to examine topics and convey information clearly.
- Develop the topic with facts, definitions, concrete details, quotations and related information and examples.
- Demonstrate a command of conventions in grammar, spelling, punctuation and capitalization.
- Use technology to write, learn and collaborate.
- Demonstrate an understanding of figurative language and the nuances of language.
- Research topics.
- Gather information from print or digital sources.
- Plan, revise and edit to strengthen their writing.
- Use technology and keyboarding to produce and publish writing.

Trimester 2

- Write narrative stories about real or imagined events.
- Use effective narrative techniques and descriptive details to develop writing.
- Use organization and a variety of transitional words and phrases to create event sequences that unfold naturally.

Trimester 3

- Write opinion pieces, which clearly introduce a topic; state an opinion; provide reasons that are supported by facts and details; and have a concluding sentence or section.

Social Studies:

Fourth grade students learn/can:

Trimester 1

- Geography of the Pacific Northwest.
- Identify the differences between cities, states and countries.
- About the Northwest Coastal and Plateau tribes of Washington State.
- Analyze how people have changed the history of Washington.
- How people relocate to meet their needs and wants.

Trimester 2

- Create timelines to show major historical events in Washington.
- Construct and use maps of Washington State.
- About exploration and expansion of Washington and the interactions between explorers and Native Americans.

Trimester 3

- Learn about civics in Washington State.
- How a bill becomes a law.
- Understand that past events affect current decisions.
- Understand the organization of Washington State government.
- That part of good citizenship is being informed about public issues.

Fourth Grade

Parent Tips

- Practice math facts daily.
- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Ask your child to help you cook and compare fractional amounts. If the recipe calls for $\frac{3}{4}$ cup of brown sugar and $\frac{1}{2}$ cup of sugar, does the recipe have more sugar or brown sugar?
- Have your child measure and calculate the area and perimeter of their bedroom.
- Compare numbers using multiplication. If you spent \$4.00 at the grocery store in one trip, and \$40.00 at the grocery store in another trip, how many times as much was spent in trip two?
- Listen to many different kinds of music with your child. PBS offers all styles of concerts.
- Name the instruments that you are seeing and hearing. Find the similarities and differences that make them part of different families.
- Have your child describe music as you listen. Ask them to share their music vocabulary.
- Find some sheet music and ask them to give you a lesson on note names and other music signs and symbols!
- Explore the many music apps for iPhones, iPads, iPods, etc. There are some great free ones.

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content>
(Made available in English and Spanish)

Science:

Fourth grade students learn/can:

Trimester 1

Earth Material

- Describe earth materials' physical and chemical properties and explain their usefulness.
- Learn about the physical and chemical process of weathering.
- Describe the causes and processes of erosion, and what people can do to reduce it.
- Explain how soil is created.
- Compare layers of soil with respect to their chemical composition and physical properties.

Trimester 2

Earth in Space

- Learn about Earth as it relates to space, including gravity, rotation, orbit and its relationship to the sun.

Trimester 3

Focus on Fossils

- Learn about fossils and how they were formed.
- Infer from fossil evidence, what the environment was like.

Food Webs

- Learn how plants and animals in an ecosystem depend on one another as well as nonliving resources for survival.
- Learn about roles of producers, consumers, and decomposers in an ecosystem.
- Learn about how changes in an ecosystem might affect the ecosystem's population.

Mathematics:

Fourth grade students learn/can:

Trimester 1

- Read, write, compare and round multi-digit whole numbers.
- Identify factors and multiples prime and composite numbers.
- Use standard algorithm to add and subtract multi-digit numbers.
- Generate and analyze shape and number patterns.
- Learn place value strategies to solve multi-digit multiplication and division problems.

Trimester 2

- Represent and interpret data using line plots, graphs and frequency tables.
- Measure, draw and identify lines and angles.
- Classify shapes by lines and angles.
- Fractional equivalence and ordering.
- Add and subtract like fractions and mixed numbers .

Trimester 3

- Convert fractions to decimals.
- Compare and order decimals.
- Solve problems involving measurement and conversion of measurements.
- Solve real world problems using area and perimeter.

Music:

Fourth grade students learn/can:

- How to perform and how to be a good audience in a variety of settings.

Trimester 1

Rhythm

- Recognize when music has a steady beat and when music does not have a steady beat.
- Tell the difference between the beat (the steady pulse in music) and the rhythm (patterns in music).
- Identify the names and beat values of the following notes: quarter notes, quarter rests, paired eighth notes, half notes and sixteenth notes.
- Use their rhythm knowledge to read and perform music.

Trimester 2

Expressive Elements and Symbols/Melody

- Recognize the dynamic levels of music and can describe those levels in musical terms: forte (loud), piano (quiet), crescendo (gradually getting louder), decrescendo (gradually getting softer).
- Recognize the tempo of music and can describe it in musical terms: largo (slow) and presto (fast).
- Label various symbols on the music staff and understand their use: treble clef, bar line, double bar, measure, repeat sign, time signature, ties.
- Read melodic notation on the treble staff and identify pitches by letter name (EGBDF line notes and FACE space notes).
- Identify by sight and sound when the melody gets higher, gets lower, moves by steps or skips, and /or are has repeated notes.
- Use their knowledge of expressive elements and symbols to read and perform music.

Fourth Grade

Parent Tips

- Engage in a family game of catch using various types of equipment: baseball, softball or football using opposition – stepping forward with the opposite foot of the throwing hand.
- Practice hitting a ball on the fly using a bat. Practice striking a stationary ball on the ground using a hockey stick (you can substitute a baseball bat for a hockey stick).
- Play a game of PIG or HORSE to practice basketball skills.
- Pass a soccer ball back and forth or practice kicking to a target in your backyard.

Trimester 3

Timbre/Tone Color

- Identify the four families of musical instruments by sight and by sound (brass, woodwinds, strings, percussion).
- Use their knowledge of instrumental timbre as they listen to music and make informed judgements about musical preferences.

Health/Fitness:

Fourth grade students learn/can:

Trimester 1

Cooperative Games/Team Building

- Work effectively with a variety of team members.
- Work with team members to achieve a common goal.

Bowling

- Roll a ball accurately to a target using opposition and follow through.

Rhythm & Movement

- Move their body to the beat of the music.
- Use rhythmic movements in synchronistic tandemity with partners or groups.

Football

- Demonstrate the proper grip on a football.
- Accurately throw to a stationary and moving target using opposition (stepping forward with opposite foot of dominant hand).
- Catch a football with their hands while standing still or moving.

Trimester 2

Basketball

- Control their dribble using both hands (start, stop, restart & change direction).
- Accurately pass to a stationary or moving target (passes: bounce, chest, overhead).
- Safely receive a pass using their hands with arms extended.
- Shoot (B.E.E.F. = Balance, Eyes, Elbow, Follow through).
- Safely participate in a modified game.

Racquet Sports

- Execute a variety of shots (i.e. forehand, backhand, overhead).
- Serve the ball over the “net” (i.e. jump rope or line on floor).
- Safely participate in a modified game.

Hockey / Pillo Polo

- Control their dribble using both sides of the stick (start, stop, restart & change direction).
- Accurately pass to a stationary target.
- Stop the puck/ball passed to them on the ground.
- Safely participate in a modified game.

Volleyball

- Accurately pass to a stationary target using the forearm pass (bump) and overhead pass (set).
- Underhand serve the ball over the net.

Trimester 3

Soccer

- Control their dribble using both feet (start, stop, restart & change direction).
- Accurately pass using both sides of each foot to a stationary target.
- Trap (stop) the ball passed to me on the ground.
- Safely participate in a modified game.

Baseball

- Accurately throw to a stationary target using opposition (stepping forward with opposite foot of dominant hand).
- Catch the ball thrown to them.
- Field a rolling/bouncing ball.
- Hit a ball from a tee or one that is pitched to them underhand.
- Safely participate in a modified game.

Health

- Name and locate some major bones in the body.
- Name and locate some major muscles in the body.
- Name, locate and explain the function of some vital organs.
- Recognize the difference between healthy and unhealthy foods.
- Explain a negative health effect that second hand smoke has on the human body (CBA).

Fifth Grade



Parent Tips

- Visit the library with your child every week. Have your child sign up for a library card.
- Choose books at your child's AR (accelerated reader) level.
- Invite your child to read his or her writing out loud to other family members. Ask questions about your child's word choices and ideas.
- Discuss your family stories and history. Encourage your child to ask relatives questions about their lives. Put the information together in an album or brainstorm different ways to tell family tales, such as poems or short stories.
- Go to a play or musical with your child. Discuss the way the actors bring the words to life.
- Visit local Native American museums and cultural centers.
- Talk about your family's heritage and how they came to the United States.
- Talk about elections.
- Discuss current government issues.

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content>
(Made available in English and Spanish)

Reading:

Fifth grade students learn/ can:

Trimester 1

- To explain events, procedures, ideas, or concepts in a historical, scientific, or technical text.
- Determine the meaning of vocabulary words in text.
- Explain the structure of a story, poem or drama.
- Continue skills such as main idea, theme and summarizing.

Trimester 2

- Compare and contrast, make inferences, quote accurately and know the author's purpose.
- Summarize the key details of stories, dramas, poems and nonfiction materials, including the themes or main ideas.
- Identify and judge evidence that supports particular ideas in an author's argument to change a reader's point of view.

Trimester 3

- Learn about figurative language.
- Learn about text features.
- Compare and contrast a firsthand or secondhand account of the same event or topic.
- Interpret information presented in various forms such as graphs, time lines, animations, etc.

Writing:

Fifth grade students learn/ can:

Trimester 1

- Write informative/explanatory pieces to examine topics and convey information clearly.
- Develop the topic with facts, definitions, concrete details, quotations and related information and examples.
- Demonstrate a command of conventions in grammar, spelling, punctuation and capitalization.
- Use technology to write, learn and collaborate.
- Demonstrate an understanding of figurative language and the nuances of language.
- Research topics.
- Gather information from print or digital sources.
- Plan, revise, and edit to strengthen their writing.
- Use technology and keyboarding to produce and publish writing.

Trimester 2

- Write narrative stories about real or imagined events.
- Use effective narrative techniques such as dialogue, description and pacing to develop writing.
- Use organization and a variety of transitional words, phrases and clauses to create event sequences that unfold naturally.

Trimester 3

- Write opinion pieces which clearly introduce a topic, state an opinion, provide logically ordered reasons that are supported by facts and details, and have a concluding sentence or section.

Social Studies:

Fifth grade students learn/ can:

Trimester 1

- About the development of Native American societies in North America.
- About the encounter between Native Americans and early explorers, including the devastation of these societies.
- Analyze how different cultural groups have shaped the history of the United States.
- Understand and analyze the impact of European colonists on Native Americans.

Trimester 2

- Construct and use maps showing European settlements in America.
- Understand and analyze the different cultures present in the thirteen colonies.
- Understand the impact of the British government on the economy of the thirteen colonies.
- Understand how trade affected the economy of the thirteen colonies.

Trimester 3

- The causes of the American Revolution.
- Create a timeline to show historical events in United States history.
- Understand that there are multiple perspectives about historical events.
- Understand the ideals outlined in the Declaration of Independence and U.S. Constitution.
- Understand the organization of the U.S. government.

Fifth Grade

Parent Tips

- Practice math facts daily.
- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Have your child work with decimals as they help you balance the checkbook or double-check a receipt.
- Multiply with fractions: If you used $\frac{2}{3}$ of a box of rice that was $\frac{3}{4}$ full, how much rice did you use? How much is left?
- Listen to many different kinds of music with your child. PBS offers all styles of concerts. Explore many genres: classical, jazz, rock, country, ethnic, reggae, etc.
- Name the instruments that you are seeing and hearing. Find the similarities and differences that make them part of different families.
- Did you play an instrument, or do you still play? Share that experience with your child!

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content> (Made available in English and Spanish)

Science:

Fifth grade students learn/ can:

Trimester 1

Variables

- Identify questions in an investigation and gather evidence to answer the question.
- Plan and work together to carry out an experiment safely.
- Be able to compare the results of an experiment to decide if it was fair.
- Gather data, make observations, determine if the experiment needs repeating and write a conclusion.

States of Matter

- Learn that water can exist in a solid, liquid or gas form.
- Understand that air is a gas that fills a closed container and wind is moving air.
- The total amount of matter is conserved (stays the same) when it undergoes a change.

Trimester 2

Heat, Lights, Sound & Electricity

- Identify different forms of energy in a system.
- Explain how energy can be transformed from one place to another.
- Explain how heat energy is made and how it can move from one place to another.
- Explain how sound energy is made by vibrations.
- Explain how electrical circuits need a complete loop and how it can be to other forms of energy.

Measurements of Force and Motion

- Explain that the weight of something is the measure of the force of gravity.
- Explain the two ways the speed of two objects can be determined.

Trimester 3

Heredity and Adaptation

- Understand why some populations thrive, decline, or do not survive.
- Explain that inherited characteristics may help the plants and animals to better survive.
- Demonstrate why some characteristics of plants and animals are the result of interaction with the environment and are not inherited.
- Learn that fossils give evidence that many plants and animals are extinct and that plants and animals have changed over time.

Structures and Behaviors

- Sort plants and animals by their structures.
- Describe how animals' structures and behaviors help to meet its basic needs.
- Explain how animals respond to their environment and how they respond to internal needs.
- Describe how types of food help to maintain healthy body structures.

Mathematics:

Fifth grade students learn/ can:

Trimester 1

- Read, write, compare and round decimals.
- Explain patterns in numbers when multiplying by the power of ten.
- Add and subtract decimals.
- Use the standard algorithm to multiply multi-digit numbers.
- Add, subtract, multiply and divide fractions.

Trimester 2

- Multiply and divide fractions.
- Classify two-dimensional figures into categories.
- Graph points on the coordinate plane.
- Convert like measurement units within a given unit system.
- Represent and interpret data using a line plot.

Trimester 3

- Measure the volume of solid figures.
- Write and interpret numerical expressions using the order of operations.
- Analyze patterns and relationships in numbers.
- Create and graph ordered pairs from two related patterns.

Music:

Fifth grade students learn/ can:

- How to perform and how to be a good audience in a variety of settings.

Trimester 1

Summation of all previous knowledge of rhythm.

- Recognize when music has a steady beat and when music does not have a steady beat.
- Tell the difference between the beat (the steady pulse in music) and the rhythm (patterns in music).
- Identify the names and beat values of the following notes: quarter notes, quarter rests, paired eighth notes, half notes and sixteenth notes.
- Use their rhythm knowledge to read and perform music.

Fifth Grade

Parent Tips

- Have your child describe music as you listen. Ask them to share their music vocabulary: dynamics of fortissimo, forte, mezzo forte, mezzo piano, piano and pianissimo, as well as crescendo and decrescendo; tempos of presto and largo; pitch (if the music notes are high or low); articulation- are the notes smooth and connected (legato) or short and detached (staccato).
- Find some sheet music and ask them to give you a lesson on note names and other music signs and symbols.
- Explore the many music apps for iPhones, iPads, iPods, etc. There are some great free ones.
- Go on a family music field trip. The "Sound Garden" in Centennial Park in downtown Arlington, EMP (Experience Music Project) in Seattle, Go see "The Nutcracker" in December, etc.
- Attend live concerts. Many options are available, including concerts at Arlington High School.
- Discuss appropriate audience behaviors during different types of live concerts. Have them keep in mind that no matter what type of concert it is, the audience is there to watch the performance, not other people in the audience.
- Engage in a family game of catch using various types of equipment: baseball, softball or football using opposition – stepping forward with the opposite foot of the throwing hand.
- Practice hitting a ball on the fly using a bat. Practice striking a stationary ball on the ground using a hockey stick (you can substitute a baseball bat for a hockey stick).
- Play a game of PIG or HORSE to practice basketball skills.
- Pass a soccer ball back and forth or practice kicking to a target in your backyard.

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content> (Made available in English and Spanish)

Trimester 2

Timbre/Tone Color

- Identify the four families of musical instruments by sight and by sound (brass, woodwinds, strings, percussion).
- Identify individual musical instruments by sight and by sound (for example: violin, clarinet, trumpet, tuba, snare drum, xylophone, triangle, etc.)
- Apply their knowledge of instrumental timbre as they listen to music and make informed judgements about musical preferences. Use this knowledge as they make decisions about signing up for band in middle school.

Trimester 3

Expressive Elements and Symbols/Melody

- Recognize the dynamic levels of music and can describe those levels in musical terms: forte (loud), piano (quiet), crescendo (gradually getting louder), decrescendo (gradually getting softer).
- Recognize the tempo of music and can describe it in musical terms: largo (slow) and presto (fast)
- Label various symbols on the music staff and understand their use: treble clef, bar line, double bar, measure, repeat sign, time signature, ties.
- Read melodic notation on the treble staff and identify pitches by letter name (EGBDF line notes and FACE space notes).
- Identify by sight and sound when the melody gets higher, gets lower, moves by steps or skips, and /or are has repeated notes.
- Use their knowledge of expressive elements and symbols to read and perform music.

Health/Fitness:

Fifth grade students learn/ can:

Trimester 1

Cooperative Games/Team Building

- Work effectively with a variety of team members
- Work with team members to achieve a common goal.

Bowling

- Roll a ball accurately to a target using opposition and follow through.

Rhythm and Movement

- Move their body to the beat of the music.
- Use rhythmic movements in synchronistic tandemity with partners or groups.

Football

- Demonstrate the proper grip on a football.
- Accurately throw to a stationary and moving target using opposition (stepping forward with opposite foot of dominant hand).

Trimester 2

Basketball

- Control their dribble using both hands (start, stop, restart & change direction).
- Accurately pass to a stationary or moving target (passes: bounce, chest, overhead).
- Safely receive a pass using my hands with arms extended.
- Shoot (B.E.E.F. = Balance, Eyes, Elbow, Follow through).
- Safely participate in a modified game.

Racquet Sports

- Execute a variety of shots (forehand, backhand, overhead).
- Serve the ball over the "net" (jump rope or line on the floor).
- Safely participate in a modified game.

Hockey / Pillo Polo

- Control their dribble using both sides of the stick (start, stop, restart & change direction).
- Accurately pass to a stationary target.
- Stop the puck/ball passed to them on the ground.
- Safely participate in a modified game.

Volleyball

- Accurately pass to a sationary target using the forearm pass (bump) and overhead pass (set).
- Underhand serve the ball over the net.

Trimester 3

Soccer

- Control their dribble using both feet (start, stop, restart & change direction).
- Accurately pass using both sides of each foot to a stationary target.
- Trap (stop) the ball passed to them on the ground.
- Safely participate in a modified game.

Baseball

- Accurately throw to a stationary target using opposition (stepping forward with opposite foot of dominant hand).
- Catch the ball thrown to them.

Fifth Grade

- Field a rolling/bouncing ball.
- Hit a ball from a tee or one that is pitched to them underhand.
- Safely participate in a modified game.

Health

- Name and locate some major bones in the body.
- Name and locate some major muscles in the body.
- Name, locate and explain the function of some vital organs.
- Understand how to create a plan in order to obtain a realistic fitness goal (CBA).