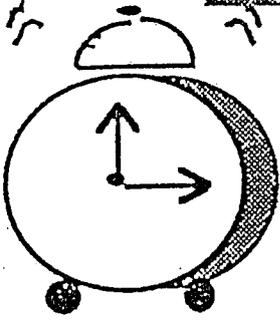


10-2 Rule



After every

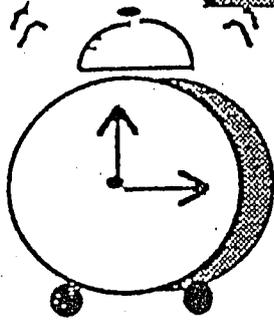
10 minutes

of direct instruction
there should be

2 minutes

of reviewing,
summarizing,
consolidation of notes

37-90 RULE



After every
37 minutes
of sitting
there should be
90 seconds
of standing and
moving around.

Improve concentration with exercise

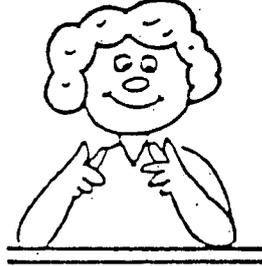
Get Energized With Exercises!

Perk up your class with chair exercises done to snappy music. An exercise break is a change of pace that promotes concentration. You may want to illustrate each exercise on a chart. Then, line up exercise charts along the chalk ledge in the order you will do the exercises. Choose a student to lead the group. Do the exercises with your class. It's fun and good for everyone!

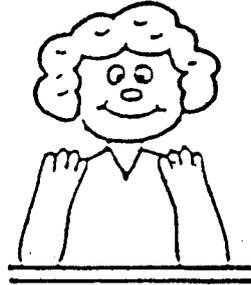
Try these exercises. (Repeat each exercise four times.)



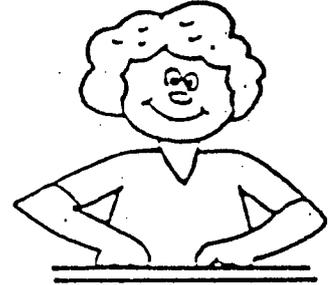
1) Clap



Snap



Touch shoulders



Knock on desk



2) Touch shoulders



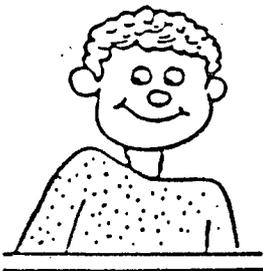
One arm to the sky



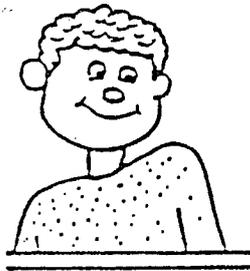
Touch shoulders



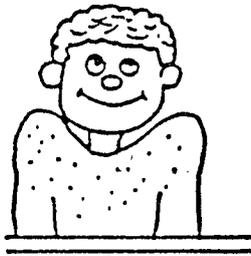
Other arm to the sky



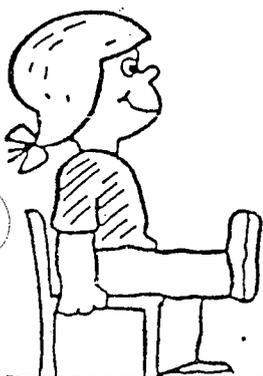
3) Lift one shoulder



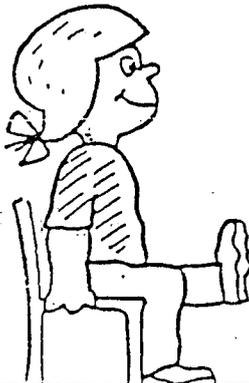
Lift the other shoulder



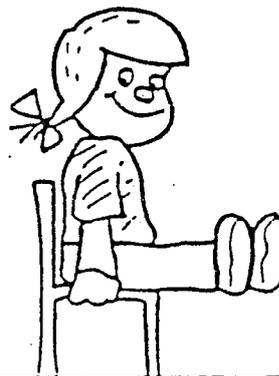
Lift both shoulders



4) Right leg

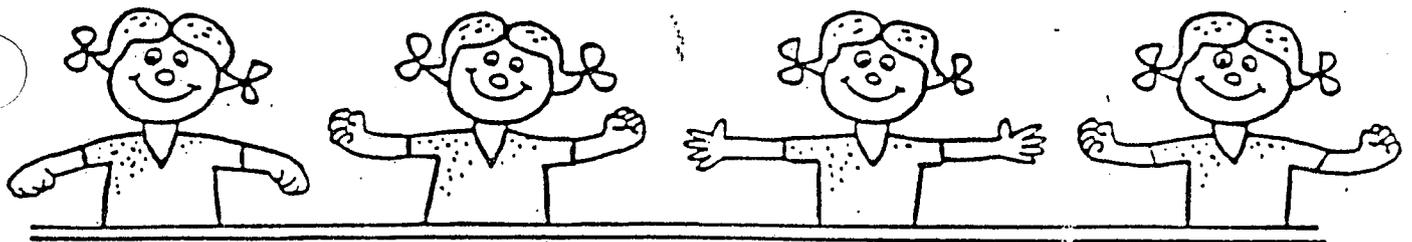


Left leg



Both legs

Improve concentration with exercise

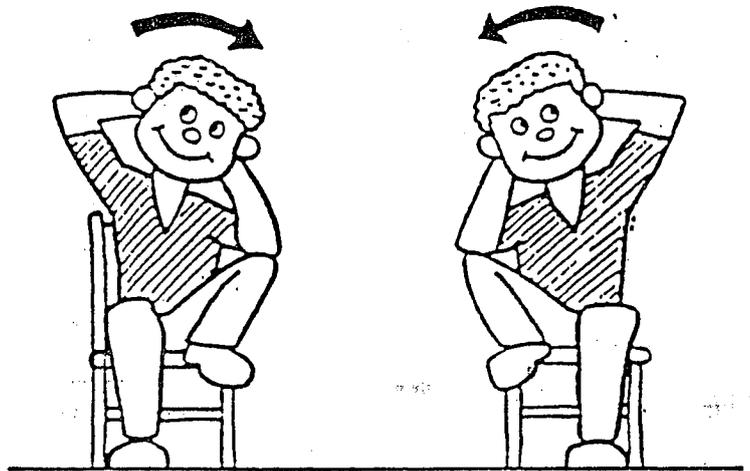


- 5) Arms out, make fists Roll fists over Stretch fingers out Make fists again

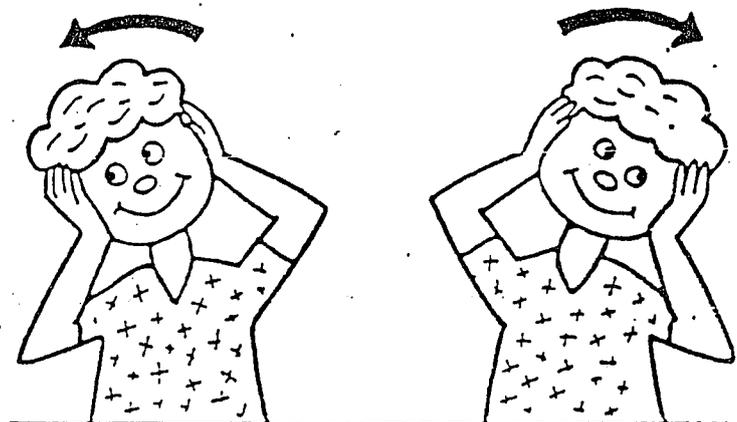


- 6) Clap Shake (3 times)

- 7) Elbow-to-knee—
Interlace fingers behind head.
Touch left elbow to left knee,
lifting knee and bending at waist.
Then touch right elbow to right knee.



- 8) Place your hands against your head above the ears.
Bend head to the right,
exerting slight resistance with hand. Return.
Repeat movement to the left.



Tony Chestnut
Knows I love you.

Tony knows.

Tony knows.

Tony Chestnut
Knows I love you.

That's what Tony
knows.

Let's Write

Editing Marks:
 — = take out
 ^ = put in
Mistakes:
 capitalization
 punctuation
 grammar
not spelling

Sample

Look at the two mistakes.

Here is one mistake

The days are longer in the
 summer. ^{We} ~~we~~ can swim, bike, and
 stay out late.

Here is another!

DIRECTIONS

A friend of Iliana's wrote a paragraph about piñatas. She made five mistakes in grammar, capitalization, and punctuation. Draw a line through each part that has a mistake, and write the correction just above it. The first one has been done for you.

1

Note:
 There are four
 more mistakes.
 Can you
 find them?

suggested:

When I was planning my party, Iliana ~~suggests~~ ^I have a piñata. Her had learned in Mexico that piñatas are often a part of celebrations there. Iliana explained that piñatas are decorated figures filled with treats. At a party, the piñata is raised up on a rope. Then each person gets a chance to break them open with a stick. When the piñata break, everyone rushes in to grab the treats that spill out. As soon as I heard that, I knew I wanted a piñata for my party!



TEST
Direction Vocabulary

1st
DRAFT
P. J.

Observe
Recall
Question
Represent
Compare
Classify
Order
Identify
 Attributes
 Components
Determine
Recognize
Infer
Predict
Restructure
Summarize
Integrate
Establish
Criteria
Verify
Analyze
Argue
Contrast
Define
Demonstrate
Illustrate
Describe
Discuss
Explain
Trace
Outline
Evaluate