



# Remote Learning Packet

## Kindergarten

April 20–April 24, 2020

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_





## Student Attendance Affidavit

April 20–April 24, 2020

My Great Hearts Irving Student, \_\_\_\_\_, to the best of my knowledge, attended to his/her remote learning assignments on the following days:

- Monday, April 20, 2020
- Tuesday, April 21, 2020
- Wednesday, April 22, 2020
- Thursday, April 23, 2020
- Friday, April 24, 2020

Parent Name (printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

## My Learning This Week

**Directions:** Write the date in the box on the left; then put a check mark in each box when all of your hard work is done. We miss you, and hope to see you at school again very soon!

Date	My Daily Learning
	<input type="checkbox"/> I spent between 40 and 60 minutes on my daily activities. <input type="checkbox"/> I read all the directions before I asked for more help. <input type="checkbox"/> If required, I wrote all my answers in complete sentences. <input type="checkbox"/> I used my neatest penmanship, and my writing can be read by both me and an adult. <input type="checkbox"/> I double-checked my written answers for correct capitalization, punctuation, and grammar. <input type="checkbox"/> I read for at least 20 minutes today. <input type="checkbox"/> My teacher will be proud of my hard work and perseverance.
	<input type="checkbox"/> I spent between 40 and 60 minutes on my daily activities. <input type="checkbox"/> I read all the directions before I asked for more help. <input type="checkbox"/> If required, I wrote all my answers in complete sentences. <input type="checkbox"/> I used my neatest penmanship, and my writing can be read by both me and an adult. <input type="checkbox"/> I double-checked my written answers for correct capitalization, punctuation, and grammar. <input type="checkbox"/> I read for at least 20 minutes today. <input type="checkbox"/> My teacher will be proud of my hard work and perseverance.
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## Kindergarten Remote Learning Plan 4/20–4/24

*At-home work for Kindergarten is limited to approximately 1 hour per day.*

Subject		Mon. 4/20	Tue. 4/21	Wed. 4/22	Thu. 4/23	Fri. 4/24
<i>Math</i> ~10–20 min.		Calendar Time and put the pictures in order on pg.113-114. (Optional video: Time Song written by Shelley Murley)	Calendar Time and match the places in the race on pg.116. Match the images to day or night on pg. 118.	Calendar Time and fill-in the missing numbers on the clocks on p. 121-122. Make your own clock: cut out the minute and hour hands on the clock page and fasten them in the center. (Optional Read a Clock video)	Calendar Time and write the correct time in the boxes on pg.124.	Calendar Time and look at the pictures on pg. 127 and match them to the appropriate day of the week on pg. 128.  Match the days of the week to the correct banner on pg. 129.
<i>English Language Arts</i> ~10–20 min. total	<i>Spalding</i>	Write the words: had, over, must, make, street. (Optional video)	Write the words *remember to say the phonograms* (Optional video)	Write the words *remember to say the phonograms*	Write the words *remember to say the phonograms*	Write the words *remember to say the phonograms* (Optional video)
	<i>Literature</i>	Read pages 1-4 of “The Big Game”.	Read pages 5-8 of “The Big Game”.	Read pages 9-12 of “The Big Game”.	Read pages 13-16 of “The Big Game”.	Answer the question and draw a picture.

	<i>Poetry</i>	Read and recite <i>Tommy</i> by Gwendolyn Brooks and color the picture.	Recite <i>Tommy</i> by Gwendolyn Brooks.  Find and underline all the double letter phonograms in the poem.	Recite <i>Tommy</i> by Gwendolyn Brooks.  Draw a picture of Tommy watering his seed and color it.	Do your best reading and fill-in the missing words from the poem.	Read and recite <i>Tommy</i> to your family. Recite again using hand motions to describe the action in the poem.
<i>History</i> or <i>Science</i> ~10 min.		Read about Asia and refer to the map.	Make an Earth Day Pledge.	Read about Asia and fill in the ocean names.	Read about simple ways your family can Reuse, Reduce, and Recycle.	Color the Asia map and squared pictures. Cut out squares and paste on the map page.
<i>Art</i> or <i>Music</i> ~5 min.		Music: "Johnny Works with One Hammer" + Practice phrases and steady beat (visual & kinesthetic)	Art:	Music: 5 Voices Practice in Warm-Up Song and "I Climbed Up the Apple Tree"	Art:	Music: 5 Voices Practice in Concert Songs; "I Climbed Up the Apple Tree" + Practice phrases and steady beat
<i>Latin</i> or <i>PE.</i> ~5 min.		P.E.: Sprint Relay	Latin: Vocabulary review	P.E.: Wall/Run, Greek Marathon Challenge	Latin: Vocabulary review	P.E. Sprint Race

## Day 1 Instructions and Resources

Monday, 4/20

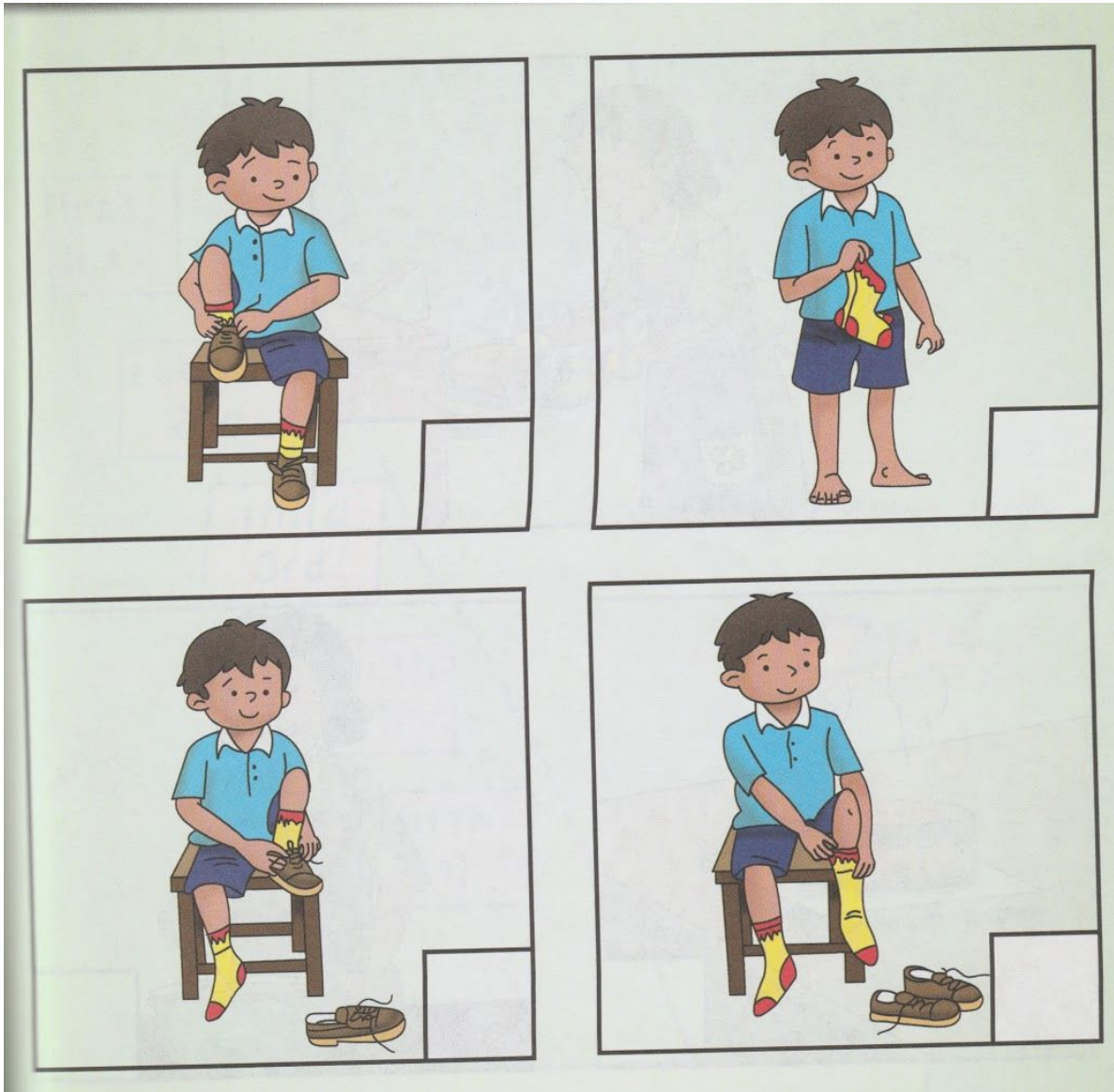
### Math

#### Calendar Time (5 min)

- Sing the days of the week and months of the year song and color in your calendar on the appropriate day (refer to the April calendar from the previous packet).
- Optional: Watch the video, "Wk4TimeSong".

#### Math Lesson (about 10-15 min)

- Look at the pictures, think about the order of events, and what happened first, second, third, and fourth. Put the pictures in order from 1-4.



Put these pictures in order from 1-3.



### Spalding/Literature

#### Spelling Words (about 5 minutes)

- Write the five spelling words on the page provided. Remember to say the phonograms as you write the word.
- Optional: Watch the video, "Wk4SpaldingIntro," in Google Classroom

#### Mac and Tab Reading (about 10 minutes)

- Read pages 1-4 of the story, "The Big Game."



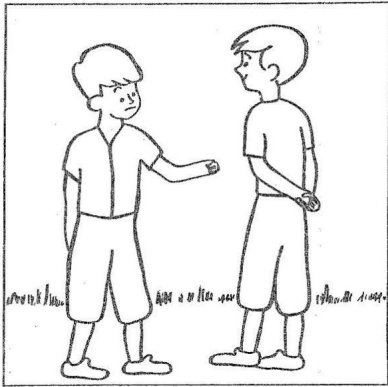
## Spelling Words for the Week

had	
o ver r.4	
must	
make	
street	

1. Say the word.
2. Use the word in a sentence.
3. Show syllables and finger spelling for the word.
4. Write the word. Remember to say the phonograms aloud as you write.
5. Mark the word with the correct spelling rules.

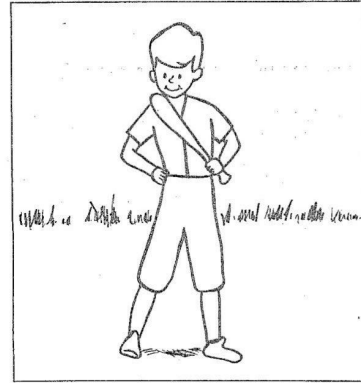
Rules for this week (review):

r.4 → "o" may say  $\bar{o}$  at  
the end of the syllable.



Mike came to the game late.  
"Can I get in the game?" said Mike.  
"I am not big, but I can hit it."

1



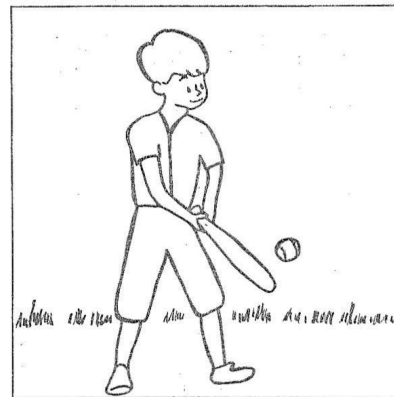
Mike got in the game.  
It is time to bat.

2



"I hope I hit a home run," said Mike.

3



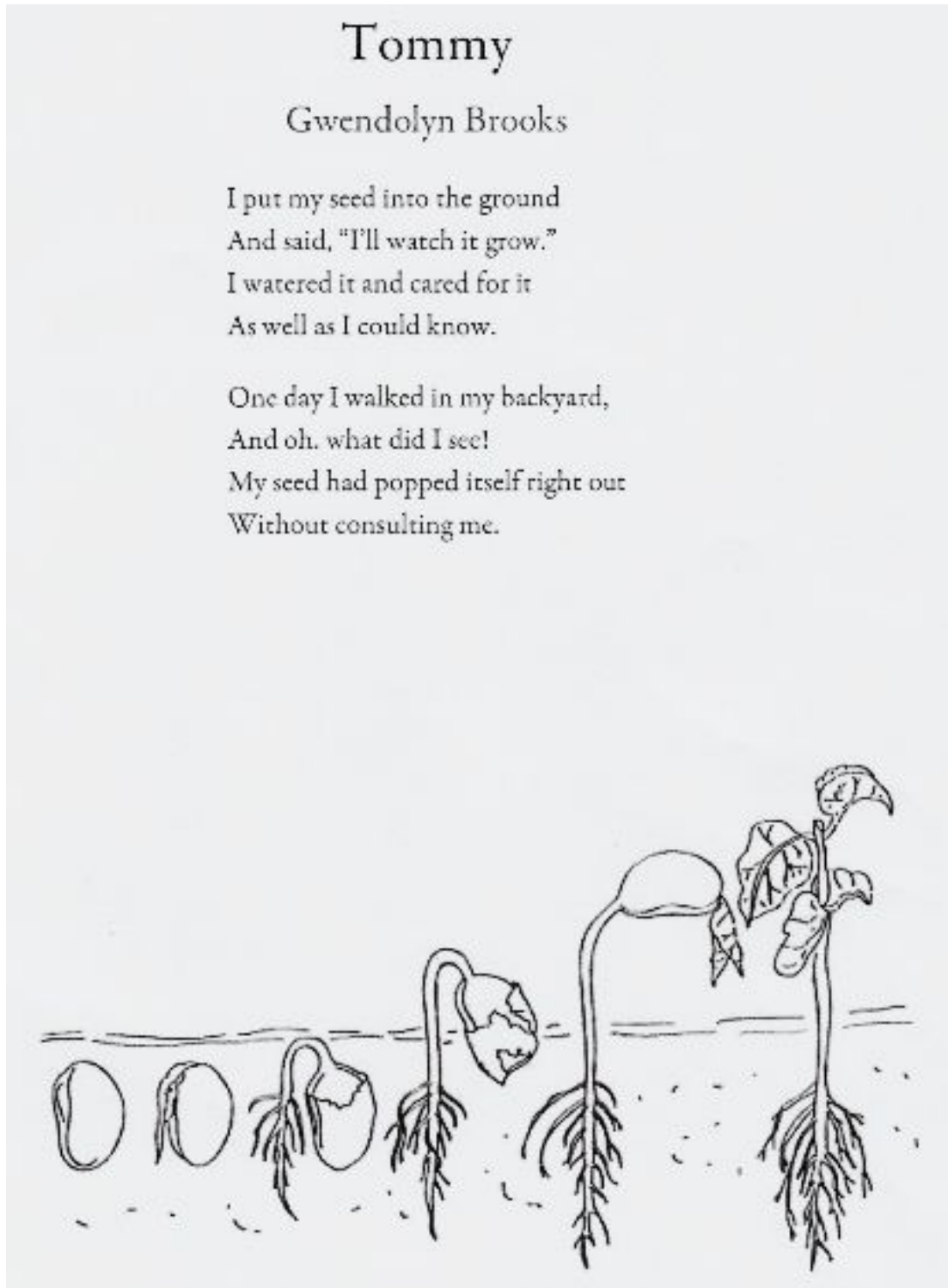
Mike got a hit, but it is not a home run.

4

## Poetry

*Tommy* by Gwendolyn Brooks (about 5-10 mins.)

- Read (or have someone read to you) the poem *Tommy* by Gwendolyn Brooks, and try to recite as much as you can by yourself.
- Color the picture of the poem.



## History

Intro to Asia (about 10 minutes)

- Read the following and refer to the map of Asia.
- Optional: Watch the video, "History: Asia" in Google Classroom
- Optional: Sing the continent song with your student.

### ASIA

The largest continent of all is Asia. Here is a map of Asia. What does this map tell you about Asia? Do you see mountains? Do you see water? Do you see pictures of animals? That means that these animals live on the continent of Asia.

In the country called China, which is on the continent of Asia, there is a wall that is thousands of miles long, built a long time ago. It took many people many, many years to build this wall. Powerful kings wanted a wall to keep enemies out of their country. There are watchtowers and walkways built into this wall. Not only is it very long, but also it is so wide that six horses can run side by side along its top. The wall is called the Great Wall of China, and it plays an important part in the history of the continent of Asia.

Asia is such a big continent; it contains many different kinds of places: deserts, beaches, flat steppes with short grass, rivers that wind through jungles full of leaves and vines, mountains that stay cold all the time, and islands that stay hot all the time.



## Music

- Warm-Up: Choose and sing either the “Hello Song” or “Head Shoulders Knees and Toes” at least **two** times or more if you’d like! Don’t forget to do the motions to warm-up your body, too!
  - This time, choose two voices from the voices we know:
    - Whisper
    - Humming
    - Speaking
    - Singing
    - Thinking
- Johnny Works with One Hammer
  - Sing the whole song and use all your “hammers.” Remember: All the words are in last week’s packet in case you need help!
  - How many **phrases** are in this song? Do you remember what a **phrase** looks like? Sing the song and show someone how many phrases there are!
    - Here is a video if you need a little help with **phrases**:  
<https://cloud.swivl.com/v/79b0ea6e56469a10ad030961766a321c>
  - Sing the whole song while you point to the **steady beat** below.
    - Remember: “The beat stays steady!”



## P.E.

For this incredibly fun relay you will need a few materials:

- 2 plastic bowls or cups
- 1 piece of paper torn into 10 strips
- 10 stuffed animals or pillows or pairs of socks, etc.... (anything you can find)
- Some sort of stop-watch (a parent will do)

You can play this game inside or outside, though outside is best. Here are the rules!

Place your two bowls as far apart from each other as you like (at least 10 feet).

1. In one of the bowls, place all of the torn strips of paper and stack all of the stuffed animals in a pile, right next to that same bowl.
2. Start the relay by the opposite bowl.
3. You have 60 seconds to get all 10 strips of paper into the other bowl, while holding the stuffed animals before the clock runs out.
4. When your parents yell "Go!," run and grab one stuffed animal, and then grab one strip of paper.
5. After you have **both**, run back to the bowl you started at. Drop the strip of paper into the bowl (but keep holding on to the stuffed animal) and then repeat the process!

# Day 2 Instructions and Resources

Tuesday, 4/21

## Math

Calendar Time (5 min)

- Sing the days of the week and months of the year song and color in your calendar on the appropriate day (refer to the April calendar from the previous packet).

Math Lesson (about 10-15 min)

- Match who came in first, second, third, fourth, and fifth in the race below.

The illustration shows a race track with five runners. From left to right, the runners are: a boy with black hair and blue shorts crossing the finish line; a boy with black hair and red shorts; a boy with blonde hair and orange shorts; a boy with black hair and purple shorts; and a boy with black hair and blue shorts who is sweating and looking tired. Below the track are five boxes, each containing a runner's face and a dot. The boxes are labeled with their finishing positions: first (1st), second (2nd), third (3rd), fourth (4th), and fifth (5th).

●	●	●	●	●
●	●	●	●	●
first 1st	second 2nd	third 3rd	fourth 4th	fifth 5th

Match these images to day or night.

Do these pictures show day or night?  
Match.

The image contains a matching exercise. On the left side, there are four icons: a simple sun, a bright yellow sun with rays, a crescent moon, and a simple moon. On the right side, there are four panels of illustrations: an owl perched on a tree branch, a hot dog stand with a line of people, children playing on a swing set, and a baseball game in progress. Lines connect the sun to the hot dog stand, the hot sun to the baseball game, the moon to the owl, and the crescent moon to the swing set.

### Spalding/Literature

Spelling Words (about 5 minutes)

- Write the five spelling words on the page provided. Remember to say the phonograms as you write the word. (Note: You will need this page each day of the week for Spelling practice.)
- Optional: Watch the video, "Wk4SpaldingFingerspell," in Google Classroom

Mac and Tab Reading (about 10 minutes)

- Read pages 5-7 of the story, "The Big Game."



Tuesday


Wednesday

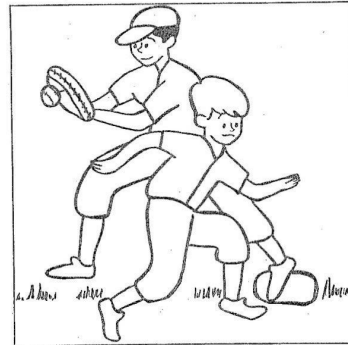

Thursday


Friday



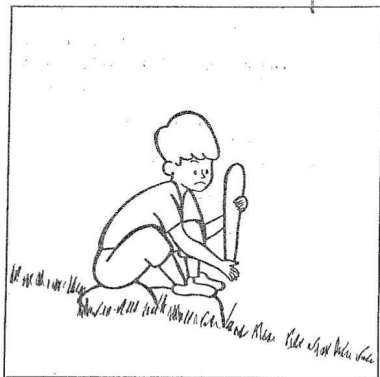

Mike ran.  
Mike has to get  
to the base.

5



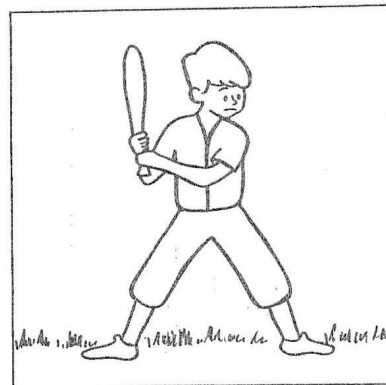
Mike is not safe.  
Mike did not get to  
the base in time.

6



Mike is sad.  
"I did not get a home  
run," said Mike.

7



It is time to bat.  
"I hope I get a hit,"  
said Mike.

8

## Poetry

*Tommy* by Gwendolyn Brooks (about 5-10 mins.)

- Practice reciting *Tommy*.
- Underline or make a list of all the double letter phonograms you find in the poem.

## Science

Earth Day Pledge (about 10 minutes)

- Read the list of ways that you can practice the virtues of Responsibility and Citizenship to help the Earth.
- Make a Pledge:
  - List 5 ways in complete sentences (I will...) in your best Spalding letters of ways you can be a good citizen and protect our planet!
  - Remember to start the sentence with a capital letter, space out your words using a “finger space” and use a period at the end. Check them off once you complete your task.
- Optional: Watch the video, “Earth Day Pledge” in Google Classroom

Think of all the wonderful gifts our planet earth gives us, from the trees that help us breathe and give us paper and lumber to build homes, to water that nourishes our bodies. We can use these gifts in many ways, but we must use the virtue of Responsibility and conserve these gifts. To “conserve” means to use something carefully.

You can conserve water by turning off the faucet when you wash your hands for 20 seconds and then turning the faucet back on or when you're brushing your teeth. You can conserve electricity by remembering to turn off lights when you don't use them. And you can conserve the forests by recycling all paper products like cardboard, toilet paper rolls, and even this packet once you are done.



My Earth Day Pledge: I pledge to help our Earth ...

Handwriting practice lines consisting of ten sets of three horizontal lines: a solid top line, a dashed middle line, and a solid bottom line.

### Art

Find one ball (sphere) to study (baseball, marble, soccer, toy ball, etc). Observe closely.

- Today, sketch 20 circles on one side of a plain piece of paper (or on the back of your school packet).
- On the other side of paper, please draw a horizon line and draw a circle below. Make sure the circle you sketch is the same size as the ball you are observing.
- Place a light source symbol in the right corner (sun). Save your paper in a safe place for the next art session.
- Video of Lesson: <https://cloud.swivl.com/v/9e8efcae54f7e39b3d3410d95c22be41>

## Latin

- Say the following vocabulary words 3x each, 1x while standing, 1x while sitting and 1x while standing on one leg.

Latin	English	Latin	English
prātum	meadow	ōceanus	ocean
sōlitūdo	desert	unda	wave
aqua	water	insula	island
flūmen	river	paeninsula	peninsula
lacus	lake	mare	sea

- Learn this new question about Rome. Ask your parents or a sibling to read you the question and answer 2x. Repeat the answer after them. Next have them just read the question and see if you can remember the answer! *According to legend, who founded Rome? According to legend, Romulus founded Rome.*

## Day 3 Instructions and Resources

Wednesday, 4/22

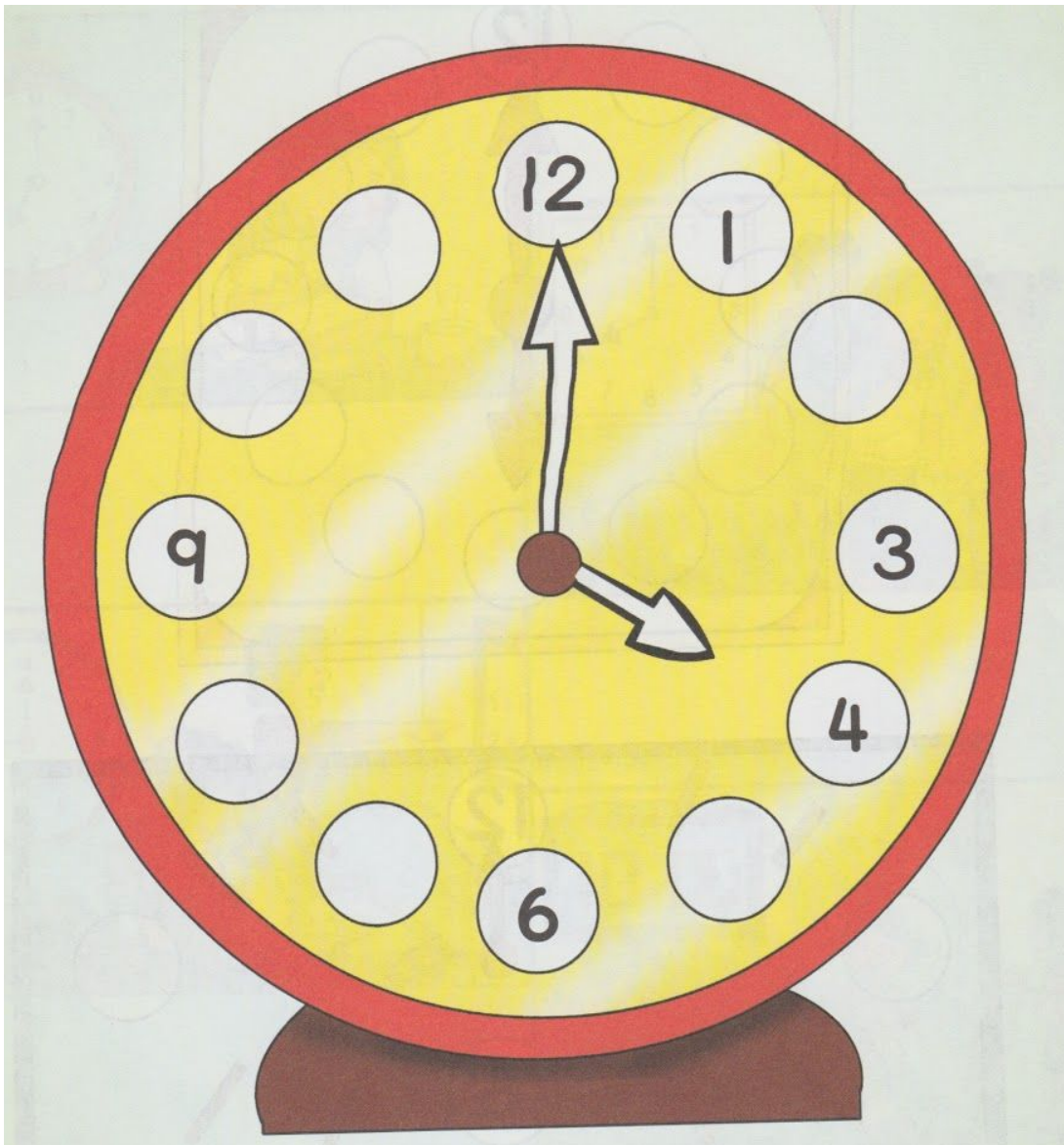
### Math

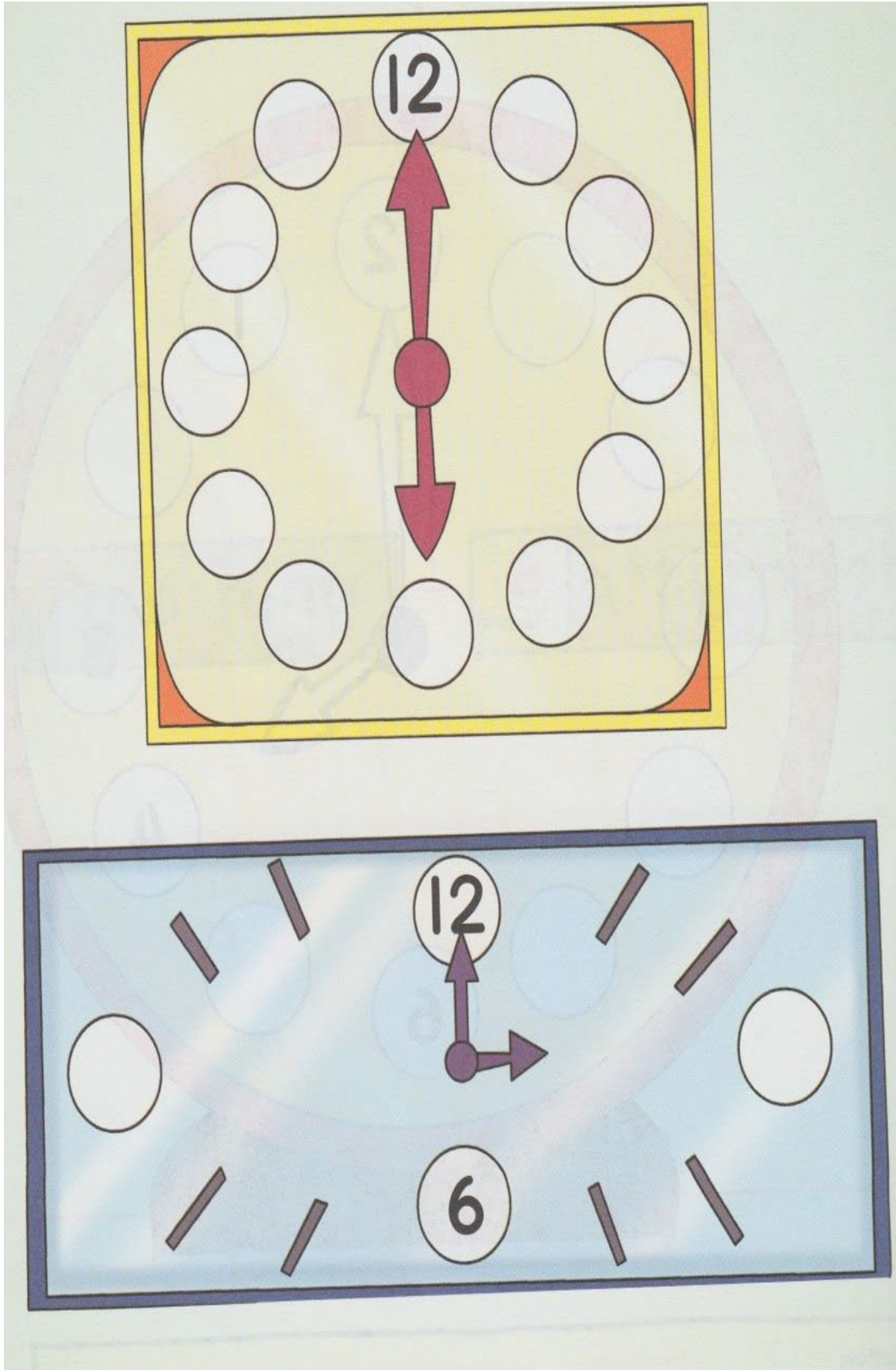
#### Calendar Time (5 min)

- Sing the days of the week and months of the year song and color in your calendar on the appropriate day (refer to the April calendar from the previous packet).

#### Math Lesson (about 10-15 min)

- Fill in the missing numbers on the clocks below. Make sure they are in the correct order. Start at the top and go clockwise to the right.
- Optional: Watch the video, "Wk4HowToReadAClock".

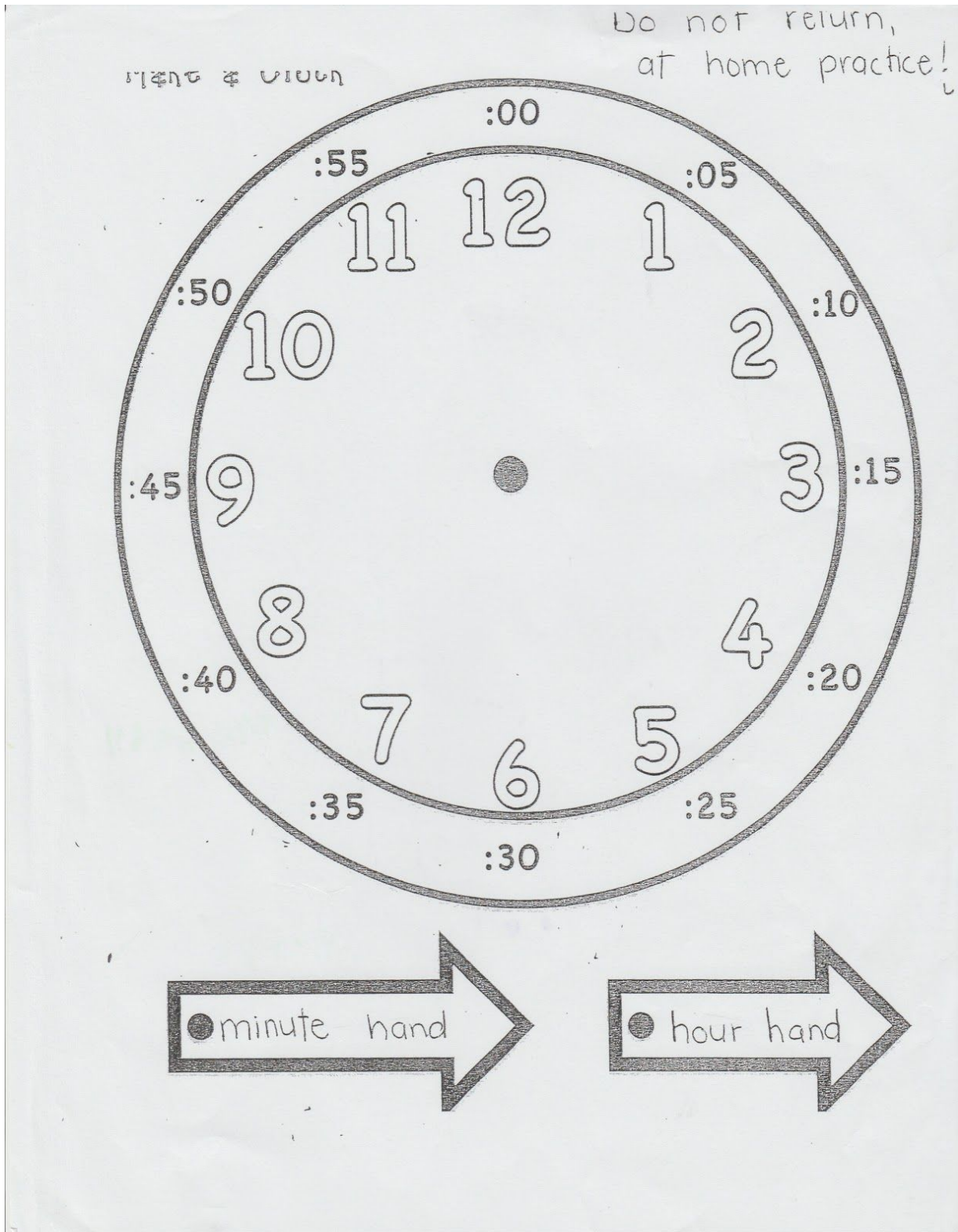








-Make your own clock. Cut out the minute and hour hands and fasten them in the center to make your own clock.





### Spalding/Literature

#### Spelling Words (about 5 minutes)

- Write the five spelling words on the page provided. Remember to say the phonograms as you write the word.

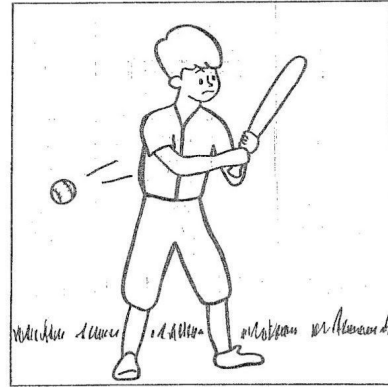
#### Mac and Tab Reading (about 10 minutes)

- Read pages 9-12 of the story, "The Big Game."



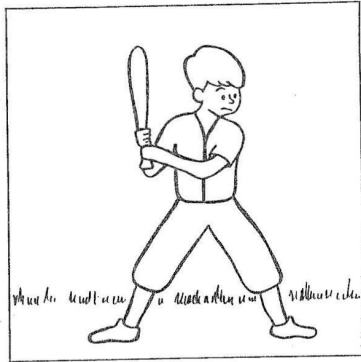
A home run can win the game.

9



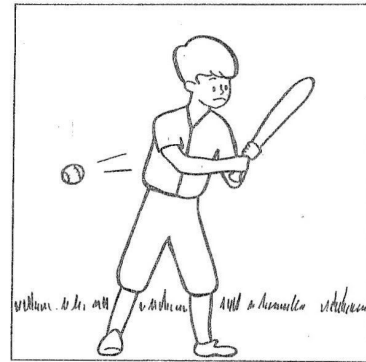
Mike did not hit it.

10



Mike has got to get a hit.

11



Mike did not hit it.

12

## Poetry

*Tommy* by Gwendolyn Brooks (about 5-10 mins.)

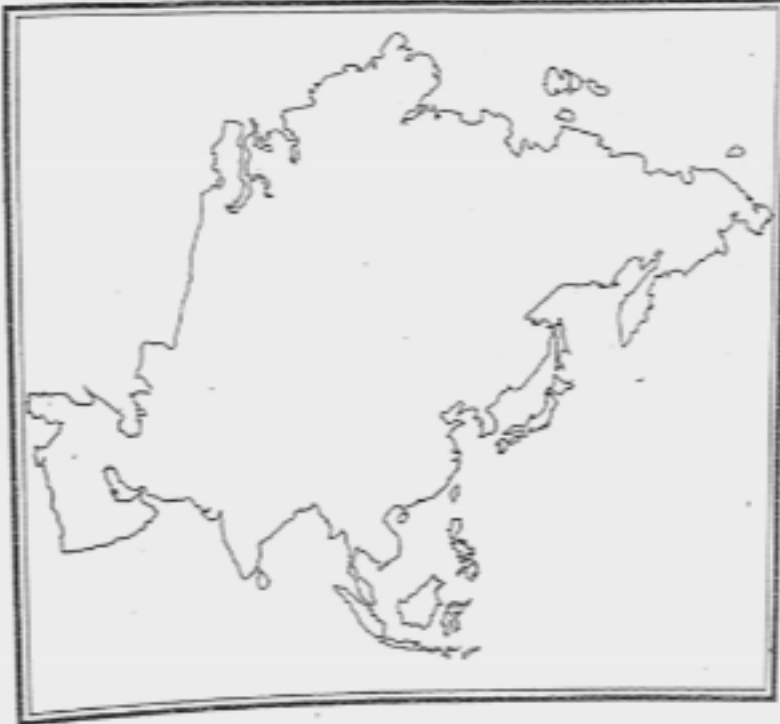
- Practice reciting *Tommy*.
- Draw a picture of Tommy watering his seed, using the descriptions given in the poem.

## History

This is Asia (about 10 minutes)

- Color in the map of Asia. Place a checkmark in front of the word no.
- Using your best Spalding letter formation, write the three oceans that touch Asia (Indian, Pacific, Artic).

**This is Asia.**



It is the largest continent.  
Asia has many countries.  
Some of these countries are islands.  
More people live in Asia than on any other continent.  
These people speak different languages.  
These people live in different ways.

Do you live in Asia?  
\_\_\_\_\_ yes \_\_\_\_\_ no

Look at the big map.  
Find Asia.  
What oceans touch Asia?


## Music

- Warm-Up: Choose and sing either the “Hello Song” or “Head Shoulders Knees and Toes” at least **three** times or more if you’d like! Don’t forget to do the motions to warm-up your body, too!
  - This time, choose three voices from the voices we know:
 

<input type="checkbox"/> Whisper	<input type="checkbox"/> Singing
<input type="checkbox"/> Humming	<input type="checkbox"/> Thinking
<input type="checkbox"/> Speaking	
- I Climbed Up the Apple Tree
  - Tell the story in your speaking voice and show all the motions!
    - Here is a video if you need a reminder what the story sounds like:  
<https://cloud.swivl.com/v/4b126dd8077ca789ce2c7d5420ba7414>

“I climbed up the apple tree.  
 All the apples fell on me!  
 Apple pudding, apple pie,  
 Did you ever tell a lie? (No!)”
  - Tell the story using the other four voices that are listed above.
  - Challenge: Teach the story and the motions to someone in your family so you can switch spots with your “partner” like we did in class!

## P.E.

### Activity:

- 30 Jumping Jacks
- 1 minute of arm and leg stretches
- Go for a nice walk or a run! (see the challenge if you want to record how far you're walking/running each day!

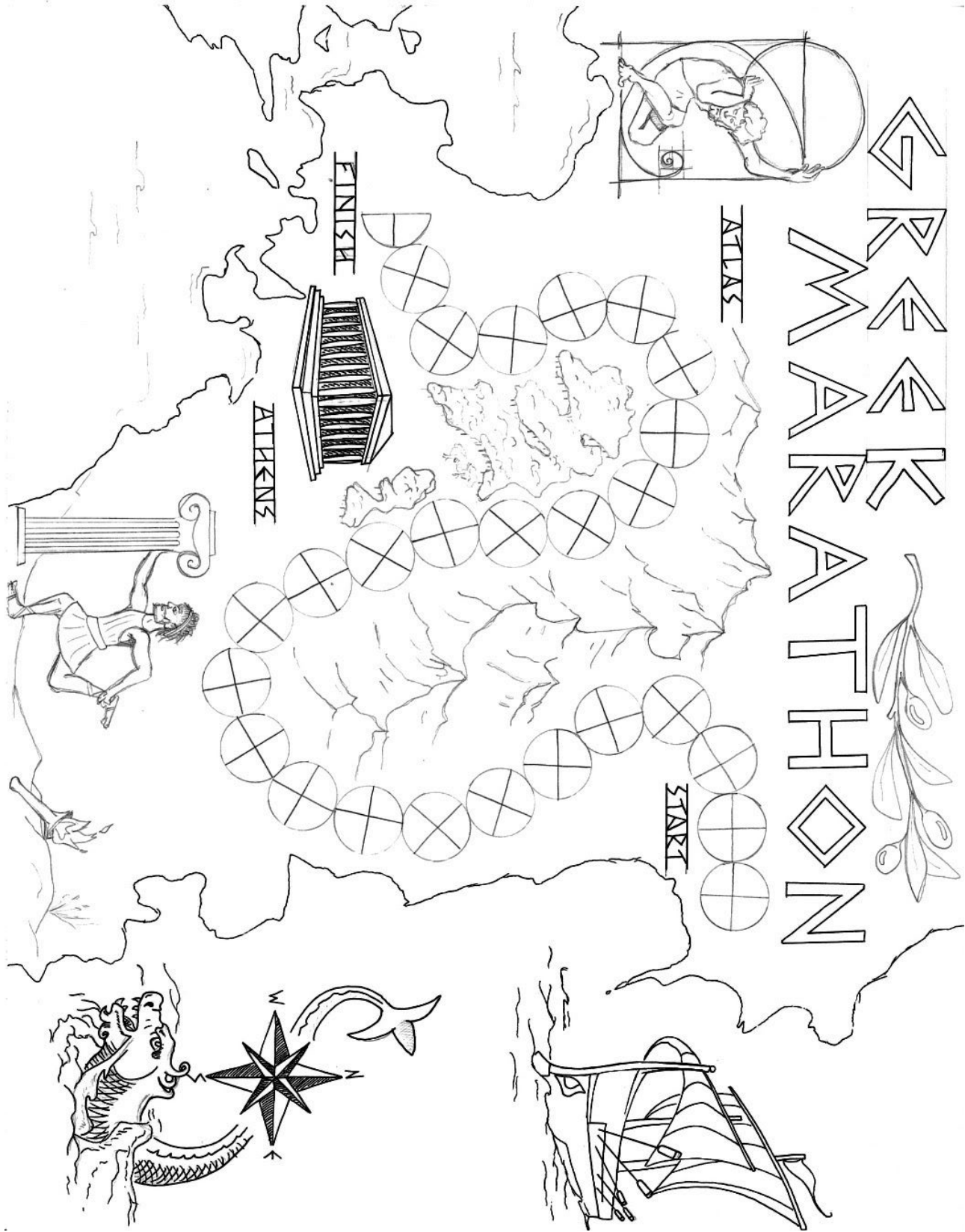
**Greek Marathon Challenge:** I’m challenging you to complete an entire marathon during the rest of this school year! That’s 26.2 miles!

### Steps:

1. Have a hard copy of the Greek marathon worksheet so you can color it in as you complete each mile!
2. Each time you go for a walk or run make sure to measure how far you go so you can color it in when you get back.
3. Be sure to begin at the START and then only color in the sections you’ve completed. Remember to show *honesty*!
4. Continue filling in the rest of the Greek marathon map until you’ve colored in all 26.2 miles on the Greek marathon worksheet!

### Tips:

1. Each circle = 1 mile, so if you run half a mile only color in  $\frac{1}{2}$  the circle. If you complete  $\frac{1}{4}$  of a mile, only color in one small section of the circle.
2. Make sure an entire circle is completed before you begin coloring the next circle, that way when you FINISH the entire map is filled.
3. For added fun, each time you shade in part of the map use a different color!
4. You can also color in all the images around the map!



## Day 4 Instructions and Resources

Thursday, 4/23

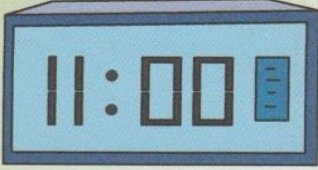

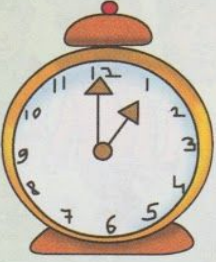
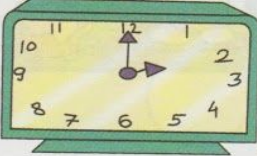



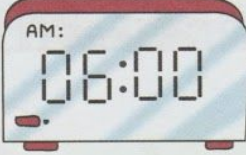
## Math

## Calendar Time (5 min)

- Sing the days of the week and months of the year song and color in your calendar on the appropriate day (refer to the April calendar from the previous packet).

## Math Lesson (about 10-15 min)

- Look at each clock and write the time in the box. \*Remember: the short arrow shows the hour and the long arrow shows the minutes.

	<input type="text"/>	o' clock		<input type="text"/>	o' clock
	<input type="text"/>	o' clock		<input type="text"/>	o' clock
	<input type="text"/>	o' clock		<input type="text"/>	o' clock
	<input type="text"/>	o' clock		<input type="text"/>	o' clock

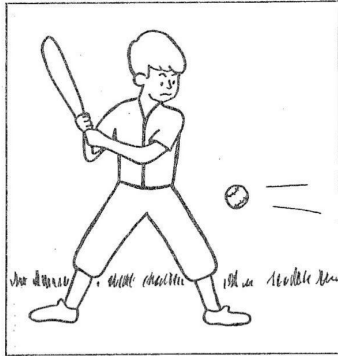
### Spalding/Literature

#### Spelling Words (about 5 minutes)

- Write the five spelling words on the page provided. Remember to say the phonograms as you write the word.

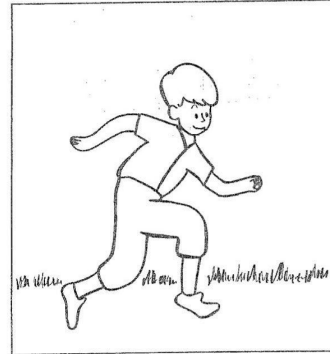
#### Mac and Tab Reading (about 10 minutes)

- Read pages 13-16 of the story, "The Big Game."



"I can hit it," said  
Mike.  
"I can hit a home  
run."

13



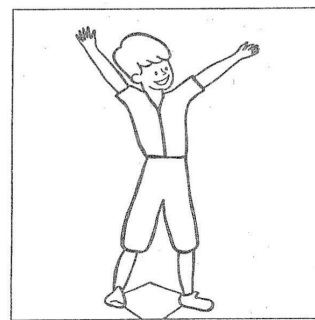
Mike did hit it.  
It is a fine hit.  
Mike ran to the base.

14



Mike ran and ran.  
It is a home run.

15



Mike made a home run.  
Mike did win the game.

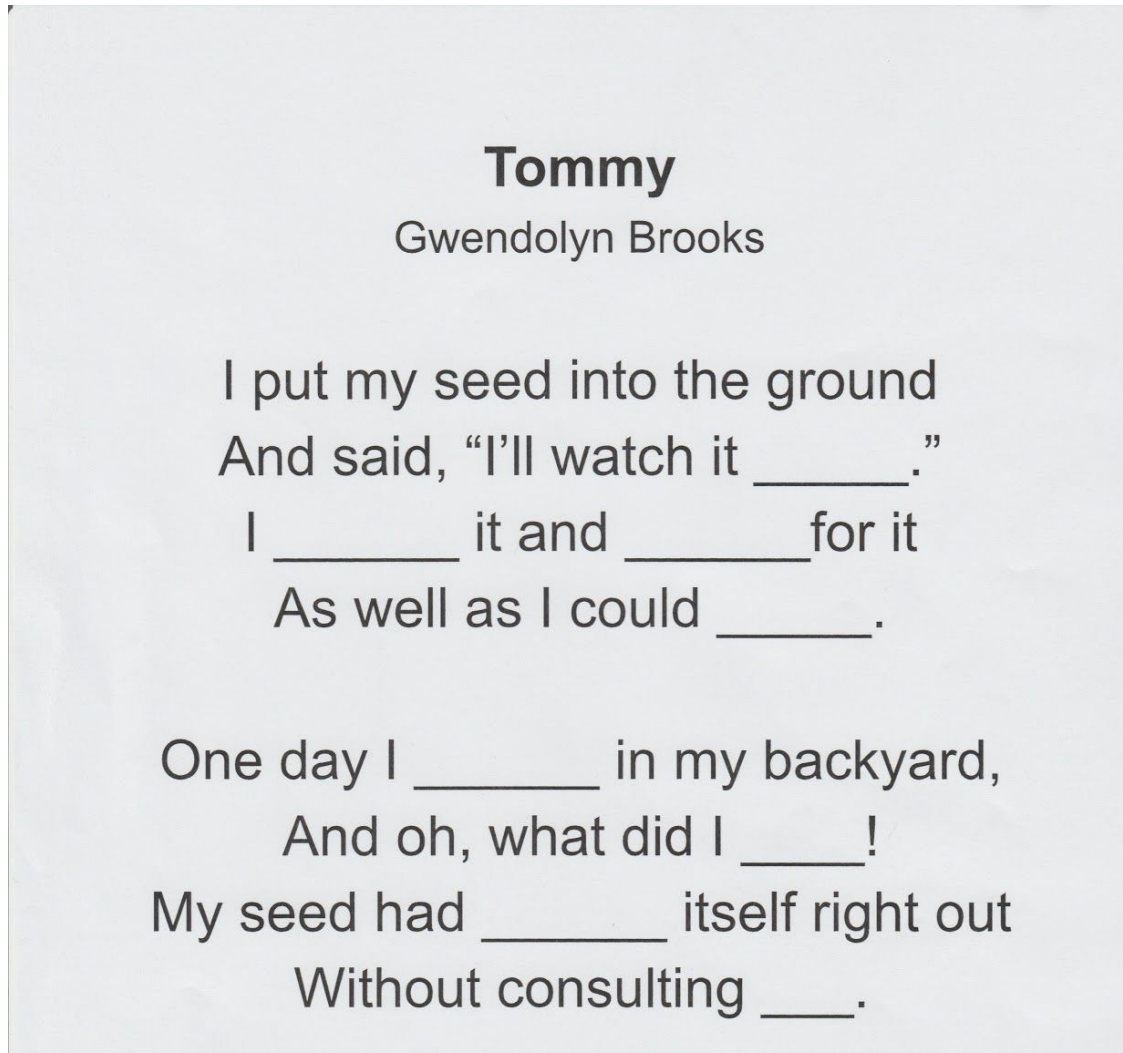
16



## Poetry

*Tommy* by Gwendolyn Brooks (about 5 mins.)

- Do your best reading and fill-in the missing words from the poem.



## Science

Litter ALERT! (about 10 mins.)








- Read the following and make a plan with your scholar to reduce, reuse, and recycle items used in your house to create a better world!

There are many wonderful ways to conserve the materials we use from our planet, but one of the most damaging factors to our earth is the waste that we create. The waste that we throw out in the trash will be emptied on landfills to

stay piled up higher and higher for a very long time. Many don't practice the virtue of Citizenship and instead throw their trash in waterways or on the ground. Plastic bottles, soda cans, balloons, foam boxes, and many other trash items pollute the Earth's rivers, oceans, and land. Pollution is when someone places trash in the environment or dirty chemicals in the air and water.

We can create a better world by thinking of the three R's: **Reduce**, **Reuse**, and **Recycle**. Many people will focus on recycling only, but we can reduce the items used by using both sides of a piece of paper when coloring, not using a straw when drinking from cups, and bringing a fork and spoon in your lunchbox to reduce the millions of plastic items in landfills. We can reuse common items in the house like empty shoe boxes to organize toys, toilet paper tubes, soup cans, and glass jars for crafts, and donate our used clothing we outgrow to a secondhand store. And, of course, we can all recycle most paper, cans, plastics, and cardboard products. It might take an extra chore to help our parents organize the items and check for the recycling label on plastics, but even one tub of recycling every week for 52 weeks can make a BIG difference! Every little bit helps to care for the Earth and be filled with virtue.

Recycle Labels look like these:

						
PETE	HDPE	PVC	LDPE	PP	PS	OTHER
polyethylene terephthalate	high-density polyethylene	polyvinyl chloride	low-density polyethylene	polypropylene	polystyrene	other plastics, including acrylic, polycarbonate, polyactic fibers, nylon, fiberglass
soft drink bottles, mineral water, fruit juice container, cooking oil	milk jugs, cleaning agents, laundry detergents, bleaching agents, shampoo bottles, washing and shower soaps	trays for sweets, fruit, plastic packing (bubble foil) and food foils to wrap the foodstuff	crushed bottles, shopping bags, highly-resistant sacks and most of the wrappings	furniture, consumers, luggage, toys as well as bumpers, lining and external borders of the cars	toys, hard packing, refrigerator trays, cosmetic bags, costume jewellery, CD cases, vending cups	

### Art

- Place your ball (sphere) from the last art session on a table and please notice where the light will fall on your ball. Also, take out your artwork from the last art session.
- Keep in mind the art elements of shape and value as you *finish* your ball drawing today. Include *all details* such as the shadow line and any highlights on your ball (sphere). Please finish your artwork today.
- Video of Lesson: <https://cloud.swivl.com/v/7d4422a287b3e6b7c282f5b871adfbe6>

Example of a sphere with shadow:



### Latin

- Say the following vocabulary words 3x each.
- Here is a video of Ms. Crimmins reviewing this week’s flashcards for you to watch and say the words with her.

<https://cloud.swivl.com/v/17fe7662be6e72f6dc19e243b972b494>

litus	seashore (coast/beach)
portus	harbor
urbs	city
via	road
lux	light
tenebrae	darkness
arum	gold
argentum	silver

# Day 5 Instructions and Resources

Friday, 4/24

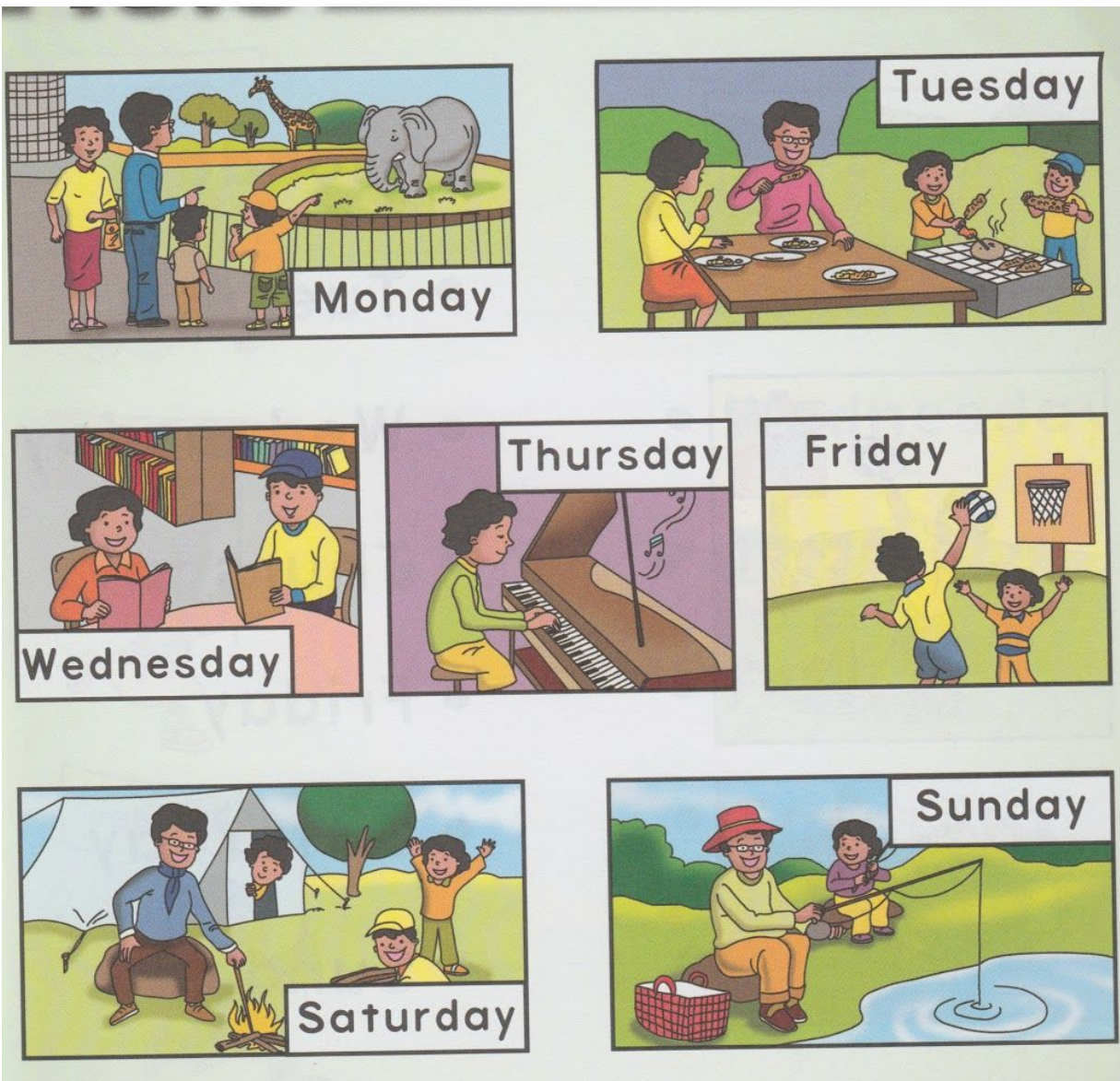
## Math

### Calendar Time (5 min)

- Sing the days of the week and months of the year song and color in your calendar on the appropriate day (refer to the April calendar from the previous packet).

### Math Lesson (about 10-15 min)

- Look at the pictures below and match them to the appropriate day of the week on the next page.





• Monday

• Tuesday

• Wednesday

• Thursday

• Friday

• Saturday

• Sunday

Match the days of the week to the correct banner below.

today

tomorrow

yesterday

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Spalding/Literature

### Spelling Words (about 5 minutes)

- Write the five spelling words on the page provided. Remember to say the phonograms as you write the word.
- Optional: Watch the video, "Wk4SpaldingAssessment," in Google Classroom. This video can be paused to help your scholar test themselves.

### Mac and Tab Reading (about 10 minutes)

- Answer the question below and draw a picture.

## Did Mike hit a home run?

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Draw a picture of Mike at the end of the story.







## Poetry

*Tommy* by Gwendolyn Brooks (about 5-10 mins.)

- Make up hand motions to show the actions of the poem.
- Recite *Tommy* for your family, using your new hand motions.

## History

Asia Landmark/plant/animal worksheet (about 10 mins.)

- Color the map of Asia and the pictures in the squares.
- Cut out the pictures and paste in any of the three blank squares.



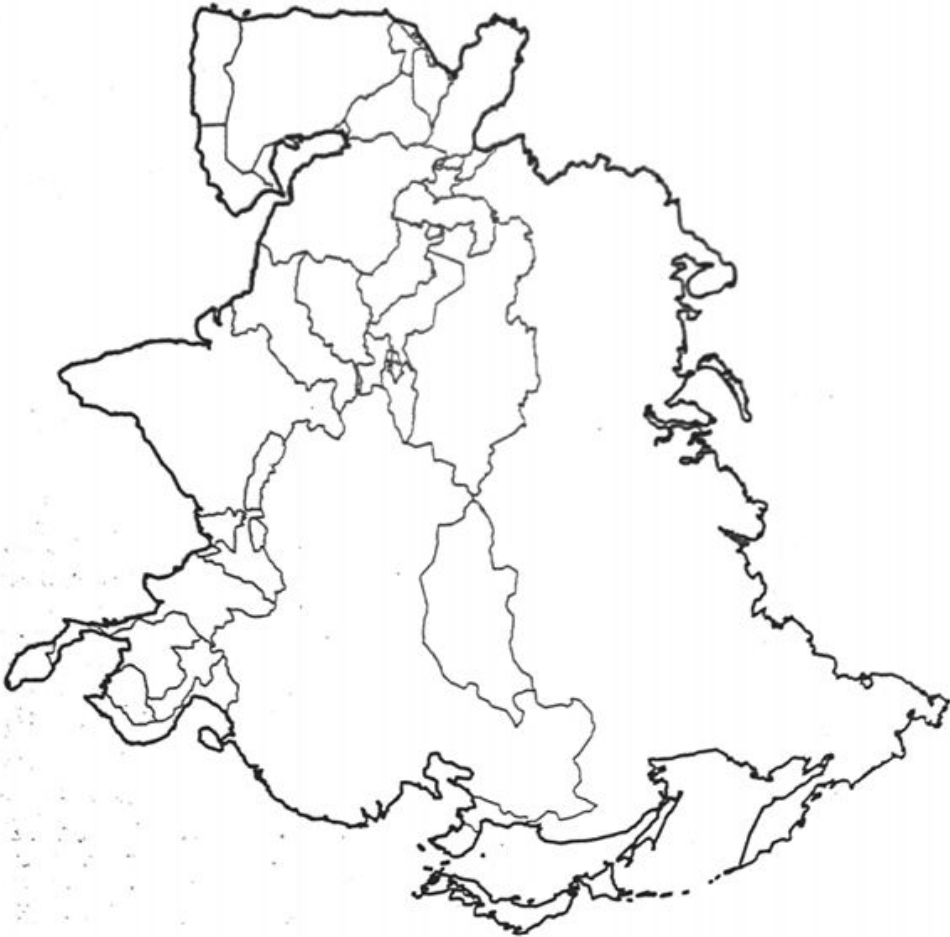


Name \_\_\_\_\_

Date \_\_\_\_\_

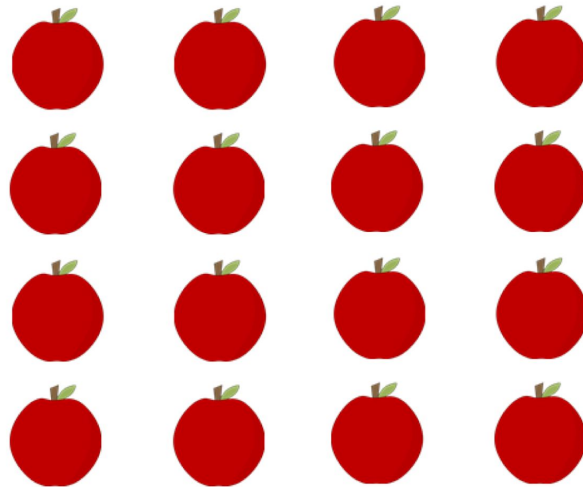
# Asia

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## Music

- Warm-Up: Choose either “You’re a Grand Old Flag” or “You Are My Sunshine” and sing at least **two** times. Don’t forget to do the motions to warm-up your body, too! Choose two voices from the voices we know:
  - Whisper
  - Humming
  - Speaking
  - Singing
  - Thinking
- I Climbed Up the Apple Tree
  - Tell the story in your speaking voice and show all the motions.
    - Now, sing the story in your **singing** voice!
  - How many **phrases** are in this song? Sing the song and show someone how many phrases there are! *If you can’t remember what a phrase looks like, see the video in the previous lesson.*
  - Sing the whole song while you point to the **steady beat** below. Remember: “The beat stays steady!”



## P.E.

### Sprint Race Steps:

- Make a start line and finish line (or find 2 objects you could use to mark at least 15 ft. apart)
- Find someone to race against, or have someone time you!
- When they say “GO” sprint down and back, or just straight to the finish line depending how you set up the race
- Try to do at least 3 races before stopping!

Video demonstration of sprint race:

<https://cloud.swivl.com/v/965e7d5a3366639125d90939333e4c76>