### ELA

**Read this article.** Watch this video. After watching the video, pretend you are an esport competitor. Write a diary entry of a day living in Seoul and your schedule. Include any training sessions or competitions you may have and how you feel about video games being a sport. Write your response on a sheet of loose leaf paper.


### ELA

Think of a story that you have recently read or read a short story on Commonlit.org. Create a one page graphic novel illustrating an important event. Use dialogue and sequence your illustrations just like a comic book.

### ELA

**Read this article.** As you read, think about how dogs respond when you talk to them. Why might they react this way? Watch this video. After watching the video, write another section for the article "Hey, Human" based on information you learned on a sheet of loose leaf paper.


### ELA

Login to iReady Reading each day for 30 minutes.

- **How to Access i-Ready**
  1. Log into Clever at [https://clever.com/in/christina](https://clever.com/in/christina)
- **There are two options for logging in, both should work for all students.**
  a. Active Directory
     i. Username = first.last@students.christina.k12.de.us
     ii. Password = 6-digit student id by default
  b. Clever
     i. Username = first.last
     ii. Password = 6-digit student id number

### Social Studies

**DIARY ENTRY**
Write at least 5 diary entries that

**OPINION ESSAY**
Select a current controversial

**INTERVIEW**
Choose one person we have

**PRESENTATION**
Create a presentation, using
Christina School District Learning Choice Board
for grades 6-8 grade ELA and Social Studies - Optional - Challenge board

<table>
<thead>
<tr>
<th>Illustrate and describe the daily life of a middle school student during the Coronavirus (COVID-19) outbreak. Be sure to include descriptors that help the reader get an idea of the setting, emotions, challenges and demands of this “new normal”.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic, write an opinion essay, of one page or more, on whether you support or oppose the issue. Include at least 3 details that will support your opinion.</td>
</tr>
<tr>
<td>Studied whom you’d like to interview. Create a set of 10 meaningful questions to ask. Describe why you would want to interview this person. What would you want to tell him/her about your time period?</td>
</tr>
<tr>
<td>PowerPoint or Prezi, describing an era in US History. Include aspects of the time period such as important historical events, culture, important figures, important inventors, political issues and social issues.</td>
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</tbody>
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### Physical Activity
#### Name Workout
Use each letter of your first and last name to complete this workout.

- A = 10 Jumping Jacks
- B = 10 Sit-ups
- C = 10 Toe Touches
- D = 30 second Plank
- E = 20 Heel Raises
- F = 1 minute Wall Sit
- G = 8 Burpees
- H = 20 Mountain Climbers
- I = 2 minute Run in place
- J = 20 Jumping Jacks
- K = 10 Squats
- L = 10 Lunges
- M = 10 Arm Circles
- N = 90 second Wall Sit
- O = 20 Jumping Jacks
- P = 10 Push-ups
- Q = 1 minute Plank
- R = 20 High Knees
- S = 15 Sit-ups
- T = 1 minute Run in Place
- U = 5 Burpees
- V = 20 Toe Touches
- W = 8 Arm Circles
- X = 10 High Knees
- Y = 10 Heel Raises

### Physical Activity
#### Parent Choice
Ask your parent to choose a number between 5 and 15. Do that number of repetitions of each of the below exercises.

- Jumping Jacks
- Push Ups
- Sit-ups or Crunches
- Burpees
- Lunges
- Heel Raises
- Squats
- Mountain Climbers

### Physical Activity
#### Playing Card Fitness
Choose 8 cards from a deck of playing cards. Do the below exercises based on the cards that you drew.

- A = 10 Sit-ups
- K = 6 Burpees
- Q = Wall sit for 1 minute
- J = 20 Jumping Jacks
- 10 = 10 High Knees
- 9 = 9 Mountain Climbers
- 8 = 8 Squats
- 7 = 7 Heel Raises
- 6 = Plank for 45 seconds
- 5 = 10 Lunges
- 4 = 7 Push-ups
- 3 = 10 Toe Touches
- 2 = Jog for 1 minute

### Physical Activity
#### Commercial Break Work-out
While watching any TV show, work out during each commercial break. Below are options of what to do during each break, but you can also come up with your own ideas, as long as you are up and moving for the entire commercial break.

- Jog in place for entire commercial
- Alternate 10 push ups, 10 crunches
- Plank for as long as you can, then do leg lifts for the remainder of the commercial break
- 10 Burpees, then arm circles for the remainder of the commercial break
- 20 Jumping Jacks, 20 Toe Touches
<table>
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<tr>
<th>Z = 15 Mountain Climbers</th>
<th></th>
<th></th>
<th>Touches and then High Knees for the remainder of the commercial break</th>
</tr>
</thead>
</table>

- Links are case sensitive, please type exactly how they appear.