

Get Active, New Rochelle! Leading the Way to Healthier Lives
Activity List #10

Work through this *activity list* in any order you choose! Tip: Work through an entire section before moving into a new section.

Type	Title and Description	Time
<i>End-of-Unit Test</i>		
Required	This week, you will take the post-assessment to assess what you have learned during this PBL. Try your best!	30 min
<i>Measuring Distance</i>		
Choice	<ol style="list-style-type: none"> 1. Add the heading “Metric System: Units of Distance” and the date to your <i>Efficacy Notebook</i>. 2. Watch this video on the Metric System: Units of Distance once all the way through. 3. Watch the video a second time and pause it as needed to answer the questions below independently or with a partner in your <i>Efficacy Notebook</i>: <ol style="list-style-type: none"> a. What is the base unit for distance in the metric system? b. If 1 kilometer equals 1,000 meters, how many meters are in 5 kilometers? c. How many millimeters are in 1 meter? d. The video talks about prefixes like "kilo" and "centi." Why are these prefixes useful in the metric system? 	20 min
	Attend a <i>small-group mini-lesson</i> with your teacher to learn how to solve math word problems involving mass and volume.	15 min
Required	Distance Detective Challenge! <ol style="list-style-type: none"> 1. Work by yourself or with a partner to complete this Distance Detective Challenge by converting units of distance. 2. Share your completed activity sheet with your teacher and check your answers using the answer key. 3. Record questions you answer incorrectly in your <i>Efficacy Notebook</i>. 	15 min
<i>Point of View</i>		
Required	Learning About Point of View <ol style="list-style-type: none"> 1. Watch “Understanding 1st, 2nd, and 3rd Person POV” to learn how to identify the topic, main idea, and supporting details in informational texts. 2. Answer the questions below in your <i>Efficacy Notebook</i>: <ol style="list-style-type: none"> a. What is point of view in writing? 	20 min

	<ol style="list-style-type: none"> b. Why is point of view important for how readers experience a story? c. What pronouns are typically used in first-person point of view? Give two examples. d. What makes second-person point of view unique? How often is it used? e. In third-person point of view, what words does the narrator use to refer to characters? <p>3. Share your answers with your teacher.</p>	
Required	<p>Point of View Activity</p> <ol style="list-style-type: none"> 1. Work by yourself or with a partner to practice using clue words to identify points of view. 2. Share your completed activity sheet with your teacher and check your answers using the answer key. 3. Record questions you answer incorrectly in your <i>Efficacy Notebook</i>. 	15 min
<i>Taking a Look Back</i>		
Optional	Use this time to look back at Activity Lists #1–9. If there are any activities that you have not finished yet, please do so now. If you have completed all activities from Activity Lists #1–9, you can use this time to do the Optional activities on these <i>activity lists</i> .	20 min
<i>Self-Reflect</i>		
Required	<p>Weekly Reflection: Answer at least one of the following reflection questions in your <i>Efficacy Notebook</i>:</p> <ol style="list-style-type: none"> 1. Describe a challenge you faced in your learning today. How did you overcome it? What did you learn from facing this challenge? 2. Write or draw about something exciting or interesting that you learned today. Why was it important to you? How does it connect to what you already know? 3. Describe something your teacher did really well today and how it helped you. Are there any ways they can help you more tomorrow? 	10 min