

English Language Arts – Spend 30-45 minutes working in Lexia PowerUp.

- Navigate to the District Website
- Click on Students and Parents Tab
- Click on Clever Log In, Login with your single sign-on credentials, click on PowerUp.

Mathematics – Spend 30-45 minutes working in DreamBox

- Navigate to the District Website
- Click on Students and Parents Tab
- Click on Clever Log In, Login with your single sign-on credentials, click on DreamBox.

Science– Spend 30-45 minutes in Discovery Education

- Navigate to the District Website
- Click on Students and Parents Tab
- Click on Clever Log In, Login with your single sign-on credentials, click on Discovery Education.
- Once inside Discovery Education, Click on Explore, Click on Science
- Click on 6-8, Scroll down to Popular Science Channels and explore something of interest
- Write a paragraph explaining what you learned to submit to your teacher

Social Studies – Spend 30-45 minutes in Discovery Education

- Navigate to the District Website
- Click on Students and Parents Tab
- Click on Clever Log In, Login with your single sign-on credentials, click on Discovery Education.
- Once inside Discovery Education, Click on Explore, Click on Social Studies
- Click on 6-8, Scroll down to Popular Social Studies Channels and explore something of interest
- Write a paragraph explaining what you learned to submit to your teacher

Physical Education - Complete 30-45 minutes of physical activity and log it (time & activity).

Suggestions include:

- walking, jogging or sprint intervals
- exercise machines, other devices like biking, skateboarding or rowing.
- stretching
- weight training
- YouTube exercise videos
- core exercises