

CONGRESO OST
VIRTUAL LESSON PLANS
GRADES: 3 – 4

WEEK THREE



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST

Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

Week 3: Lesson 1: ART

Activity Theme/Title: Parachute Toy

Materials: (if applicable provide substitutions to materials)

- Small to medium Ziploc bag or any similar brand
- Permanent Markers
- String or
- Straw
- 1-2 small toys (1-2 inches big) or anything similar in size
- Scissors
- Ruler or an app of a ruler

Activity Instructions:

Air is all around you. To move through it, you must push it out of the way. That means it is pushing back on you, too. That push is called air resistance. Imagine a parachutist jumping out of an airplane and falling to the ground. The opened parachute would use air resistance to slow down its descent. Today's project we will be making a parachute toy.

1. Use your permanent marker and decorate your Ziploc bag, this will act as your parachute.
2. Turn the top edge of the bag inside out to keep the bag open.
3. Cut two pieces of string each 14-inches long.
4. Cut a piece of straw 2-inches long.
5. Pull one of the strings through the straw.
6. Reach into the bag and pull both bottom corners in, so they are inside the bag
7. Tie each end of the strings to each inside corner of the bag.
8. Pull the second string through the same straw.
9. Tie your small toy to the second string so that your toy becomes attached to your parachute.
10. Find a high point to drop your toy like; a chair or set of stairs. To see air resistance in action, simultaneously drop the toy with the parachute and an identical toy without a parachute.
11. Visit the following website for more cool facts along with pictures and a video of this project- <https://ziploc.com/en/Inspiration/Stem-Activities/Ages-9-12/Parachute-Toy>

 **Activity Objectives:**

- Children can find an enjoyment in making certain crafts and projects especially ones connected to STEM. They can also gain and make different connections like patience, personal relaxations, and mostly importantly they will receive hands-on lessons connecting to math, science and creativity.

3-4th

OST Activity Guide

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Min.

Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

Week 3: Lesson 2: Silent Ball

Activity Theme/Title: Physical Activity

Materials: (if applicable provide substitutions to materials)

- One small ball or medium ball
- Playing space

Activity Instructions:

This week's activity will be Silent Ball.

1. Before you start playing have everyone in a circle with arm's length apart.
2. Leader counts down, "3, 2, 1, silent" and passes the ball to another person in the play area.
3. A player will be eliminated if he or she drops the ball, he/she makes a bad pass, talks, make sounds or spikes the ball.
4. The player that loses will run up and down the stairs twice.
5. The next player that gets eliminated will do 30 seconds of planking.
6. The following exercise will be 10 pushups.
7. Repeat these exercises or make your own until there is one player remaining.
8. Last player standing may receive a treat and may start off the following round.
9. All the players that were eliminated may return in the next round.



Activity Objectives:

- Kids will develop a non-verbal communication and eye-hand coordination. Utilizing a fun, safe, quiet physical education activity to relieve tension or stress.

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Week 3: Lesson 3: Cooking

Activity Theme/Title: Pancakes from Scratch

Materials: (if applicable provide substitutions to materials)

Ingredients/Measurements

- 1 cup of milk
- 1 large egg or any quantity that is necessary
- 2 tablespoons of vegetable oil, plus more for cooking
- 1 cup of all-purpose flour
- 2 tablespoons of granulated sugar
- 1 teaspoon of baking powder
- 1/4 teaspoon of salt
- Powdered sugar or maple syrup, for serving

Equipment

- Measuring cups and spoons
- Wide-mouth quart jar with lid or any big bowl you can mix the batter with.
 - Large cast iron or nonstick frying pan

It's Pancake Day!



Activity Instructions:

Pancakes from Scratch

1. **Combine the ingredients in a wide-mouth jar or bowl.** Place the milk, egg, and oil in a quart jar or bowl first. Add the flour, sugar, baking powder, and salt.
2. **Seal the jar tightly and shake to combine.** If you are using a bowl stir it well. You will be doing this for at least 2 minutes. Do not worry about the lumps in the batter that is fine.
3. **Set the batter aside while you heat a pan.** Set the batter aside for 10 minutes. Meanwhile, heat a large cast iron or nonstick skillet over medium-high heat.
4. **Fry 3 pancakes for 2 to 3 minutes.** Add 1 teaspoon of vegetable oil to the pan and swirl to coat. Add 2 tablespoon portions of the batter to the pan, cooking 3 at a time. Cook on the first side until bubbles appear on the surface, the edges begin to look dry, and the bottom are golden-brown, about 3 minutes.
5. **Flip and cook for another 2 to 3 minutes.** Flip the pancakes. Cook until the second sides are golden-brown, 2 to 3 minutes more. Transfer to warm oven or plate. Repeat using the remaining oil and cooking the remaining batter.



Activity Objectives:

- Cooking with kids provides practical experience with many essential skills such as reading, following directions, and measuring. Getting involved in cooking helps your child to develop fine motor skills, and even early concepts of math and science. There are just so many great benefits to cooking with kids.

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Week 3: Lesson 4: DIY

Activity Theme/Title: Mini Golf Course

Materials: (if applicable provide substitutions to materials)

- 1 cardboard tube from a roll of wrapping paper, or 4 paper towel rolls
- Piece of cardboard 30cmx10cm
- Duct tape/masking tape
- 3, 2-litre plastic bottles
- Black marker
- Scissors
- Permanent marker various colors
- Construction paper or butcher paper
- Shoe box

Activity Instructions:

Build your Own Mini Golf Course!

1. To make a golf club fold the cardboard piece in half. Place it at the bottom of the cardboard tube and secure it with tape.
2. To make the golf holes, first cut off the bottom section of the bottle then draw a big arch with a marker and cut it out-decorate bottle (optional)
3. Make a tube shape by rolling the butcher/construction paper and secure it with tape, make sure tunnel is big enough for a ball to pass through.
4. To make a bridge, draw a big arch on both sides of a shoe box and cut them out. Paint the outside of the box(optional)
5. Using a black marker, number the obstacles one to five for a twist, write a challenge on the back of each object. Then arrange all the obstacles to make your golf course.





Activity Objectives:

DIY's like this one or any crafts overall have amazing benefits for kids. Aside from learning patience and concentration it encourages free thinking and problem solving. This is also great for socializing and a great way to work together.

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Week 3: Lesson 5: Fun Friday

Activity Theme/Title: Riddle/Scavenger Hunt

Materials: (if applicable provide substitutions to materials)

1. Paper
2. Pencil/pen
3. Cellphone or anything that can take a picture

Activity Instructions:

This week's Family Friday theme is Riddles/Scavenger Hunt

This is a classic indoor game to play with everyone in the family. You will receive 10 riddles but there is a **twist!** Once the child solves the riddle, they must **take a picture** of the item they think is the answer. All items (answers) are common house appliances or items that can be found throughout the house.

For example, the riddle can be -

I have a handle but I'm not a hammer

I'm usually made of metal or plastic but I'm not a clothes hanger

I'm found in a kitchen but I'm not a microwave

I can be used to measure things but I'm not a cup

I reflect things upside down but I'm not a house of mirrors.-**Answer is spoon, so the child or family member will look for a spoon and snap a picture. If they do NOT take a picture their answer does not count. Find riddles in the following page.**



Riddles/Scavenger Hunt

1. *What rotates but never moves, heats but doesn't get hot, and doesn't have arms but waves? Microwave*
2. *What runs but never goes anywhere? – Refrigerator*
3. *I'm white but I'm not snow, I have a bowl but I don't hold cereal, I have a tank, but I'm not in the military. – Toilet*
4. *I am all dressed up and have nowhere to go. – Closet*
5. *This can be open or closed but it's not someone's mind
Between rooms or on a car. -Door*
6. *What gets hot, but never sweats and has a door you can't enter through? -
Oven/Stove*
7. *I'm soft but I'm not a kitten, I'm usually rectangular but I'm not a loaf of bread, I have a case but I'm not a detective, I sometimes have feathers but I'm not a bird, I'm found beneath a head but I'm not a scarf. -Pillow*
8. *I have four feet but not a shoe, a head but not a thought. -Bed*
9. *By the TV I can be found, with buttons galore to provide some sound. -Remote control*
10. *I'm white but I'm not a snowman, I'm a cylinder before I'm used but I'm not a candle
I'm on a roll but I don't have any wheels. -Toilet paper*



Activity Objectives:

- Family time helps reconnect everyone. Games can teach important life skill and have positive outcomes. This can be a great opportunity for everyone to learn good sportsmanship, problem solving and enhances communication skills.