CBSD FID WORKBOOK
GRADE 5

Name:_____

FLEXIBLE INSTRUCTION
DAY 1

What is a <u>Flexible Instructional Day</u> also known as a "FID" Day?

In Pennsylvania, a flexible instructional day, as defined by the Department of Education, refers to a day when schools can deliver instruction remotely rather than canceling school due to inclement weather or other unforeseen circumstances.

What is the <u>purpose</u> of a Flexible Instructional Day?

The purpose of implementing flexible instructional days is to ensure that students continue to receive meaningful instruction even when traditional "in-person" learning is not possible. Flexible instructional days allow schools to maintain continuity in the educational process, ensuring that students can continue their learning without interruption. By utilizing technology and remote learning workbooks/resources, schools can provide students with access to instructional materials, assignments, and teacher support, regardless of physical location.

How will I know when Central Bucks is having a "FID" day?

- Central Bucks School District will send notifications to families via email, website, text notification, social media, etc. to communicate the "FID" day.
- Your child's teacher will publish the FID content in Canvas:
    - Link to an online survey for attendance.
    - Link to an ***optional*** live Teams call for teacher "Office Hours."

How will my child use the "Flexible Instructional Books" on these "FID" days?

This "flexible instructional book" is your child's workbook that outlines the procedures, expectations, and resources for completing the work for a flexible instructional day. Here's how such a book will be used:

- The **<u>Flexible Instructional Book</u>** provides approximately *<u>4 hours</u>* of instructional activities.
- Your child will complete reading, math, writing, and specials *(P.E., Music, Library, Art, or QUEST)* during the "FID" day.
- Your child will then return the "FID" book to their homeroom teacher when school resumes "in-person."

How will my child use Canvas on these "FID" days?

- Students will access Canvas via Classlink on district provided device
- Attendance will be submitted via Canvas
- Office Hours will be offered via a Teams call linked in Canvas from 12:00-12:30
- Digital workbooks will be linked to Canvas

What if I need to use a personal device and can't find my students Username and password?

- Student usernames can be found in the Parent Portal of Infinite Campus. It is located in the "More" section of the Main Menu under "Family Information". The username is the student's full email address. Ex: Smith.J123@student.cbsd.org. The password for new students is Uppercase first initial, lowercase last initial, and their 6 digit birthday. Ex: James Smith born on 07/08/2009 a password of Js070809

CBSD FID WORKBOOK
GRADE 5

MATH
DAY 1

FLEXIBLE INSTRUCTIONAL DAY 1: MATH

MULTIPLICATION

MATH LESSON SUMMARY

Activity #1 *(10-15 min)*		
F **Fluency Practice**	Complete 15 fluency questions	
Activity #2: CHOOSE 1 ACTIVITY FROM THE 2 OPTIONS BELOW *(40-50 min)*		
I **Independent Practice**	Multiplication Independent Practice Page Option 1 & Multiplication Crossword Puzzle	Multiplication Independent Practice Page Option 2 & Multiplication Crossword Puzzle
Activity #3: *(30 min)*		
D **Dive Into Factors and Products**	Missing Factors and Products Worksheet	

FLUENCY

1.) $3 \times 9 =$ _____	6.) $7 \times 5 =$ _____	11.) $7 \times 4 =$ _____
2.) $16 \times 14 =$ _____	7.) $25 \times 9 =$ _____	12.) $7 \times 9 =$ _____
3.) $18 \times 8 =$ _____	8.) $8 \times 5 =$ _____	13.) $50 \times 23 =$ _____
4.) $9 \times 3 =$ _____	9.) $36 \times 6 =$ _____	14.) $83 \times 47 =$ _____
5.) $55 \times 5 =$ _____	10.) $5 \times 4 =$ _____	15.) $21 \times 7 =$ _____

Multiplication Independent Practice Page Option 1

Example

23 × 12 = 276

$$\begin{array}{r} 23 \\ \times\ 12 \\ \hline 46 \\ 230 \\ \hline 276 \end{array}$$

46 ← multiply 23 by 2 ones

230 ← multiply 23 by 1 ten

276 ← add

Check

Estimate the value of 23 × 12.

23 rounds to 20.

12 rounds to 10.

As both factors are rounded down, the estimate will be less than the actual product.

20 × 10 = 200

The estimate shows that the answer 276 is reasonable.

$$\begin{array}{r} 43 \\ \times\ 16 \end{array}$$

$$\begin{array}{r} 25 \\ \times\ 6 \end{array}$$

$$\begin{array}{r} 270 \\ \times\ 439 \end{array}$$

$$\begin{array}{r} 488 \\ \times\ 176 \end{array}$$

$$\begin{array}{r} 572 \\ \times\ 26 \end{array}$$

$$\begin{array}{r} 90 \\ \times\ 50 \end{array}$$

$$\begin{array}{r} 73 \\ \times\ 98 \end{array}$$

$$\begin{array}{r} 87 \\ \times\ 29 \end{array}$$

1.) Sarah and Evan are organizing a bake sale to raise money for their school's library. They decide to bake cookies and muffins. Each tray of cookies has 24 cookies, and each tray of muffins has 18 muffins. If Sarah and Evan bake 15 trays of cookies and 12 trays of muffins, how many cookies and muffins do they bake in total?

- They will have _____ cookies.
- They will have _____ muffins.
- There are _____ cookies and muffins altogether.

2.) Lucy and her friends are visiting an amusement park. There are 25 rides in the park. Each ride can accommodate 32 people. Lucy and her friends want to calculate the total number of people that all the rides can accommodate at the same time, how many people can the rides hold in total?

Multiplication Independent Practice Page Option 2

Example

23 × 12 = 276

```
  2 3
×   1 2
-------
  4 6   ← multiply 23 by 2 ones
2 3 0   ← multiply 23 by 1 ten
-------
2 7 6   ← add
```

Check

Estimate the value of 23 × 12.

23 rounds to 20.

12 rounds to 10.

As both factors are rounded down, the estimate will be less than the actual product.

20 × 10 = 200

The estimate shows that the answer 276 is reasonable.

```
  61
x 56
```

```
  75
x 96
```

```
  460
x 139
```

```
  435
x   6
```

```
  664
x  68
```

```
  80
x 10
```

```
  23
x 43
```

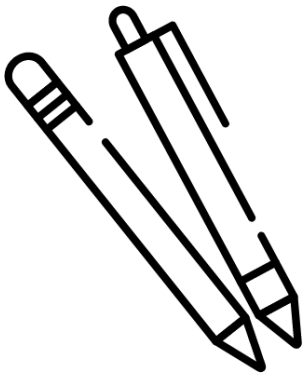
```
  577
x  28
```

1.) The school band is preparing for a concert. They need to arrange chairs for the musicians. Each row has 16 chairs, and they plan to set up 9 rows for the string section and 7 rows for the brass section. How many chairs will they need in total for both sections?

- There will be _____ chairs for the string section.
- There will be _____ chairs for the brass section.
- There are _____ chairs altogether.

2.) In a national park, rangers are tracking the number of deer. There are 23 groups of deer, and each group has 14 deer. How many deer are there in the national park?

Multiplication Crossword Puzzle



x				x					x
				2	x	5	=		10
				=		x			=
				1	x	4	=		60

		2							
		x							=
		1		4	x	5	=		
x		=		x					
2	x		=	4					
=				=					
14									

MISSING FACTORS AND PRODUCTS

Write the missing factors and products.

1. 4 x ____ = 20
2. 2 x 3 = ____
3. ____ x 6 = 24
4. 5 x ____ = 25
5. ____ x 7 = 49
6. 8 x 2 = ____
7. 4 x ____ = 16
8. ____ x 3 = 0
9. 6 x ____ = 42
10. 8 x ____ = 64
11. ____ x 9 = 63
12. 9 x 9 = ____
13. 5 x 9 = ____
14. 7 x 8 = ____
15. 5 x ____ = 40
16. ____ x 3 = 9
17. 3 x ____ = 24
18. ____ x 2 = 14
19. 10 x 10 = ____
20. 1 x ____ = 11
21. ____ x 5 = 35
22. 6 x 6 = ____

CBSD FID WORKBOOK
GRADE 5

READING AND WRITING
DAY 1

FLEXIBLE INSTRUCTIONAL DAY 1: READING AND WRITING

READING AND WRITING LESSON SUMMARY

Total Time – 90 Minutes		
Time	Focus	Description
90 Minutes	Reading/ Writing	1. Read the text "Taking Care of the Human Body". 2. Respond to the prompts and questions related to the text. 3. Complete the graphic organizer on page 27. 4. Write a summary of the text using information from the graphic organizer.
30 Minutes	Independent Reading	1. Read a self-selected book. 2. Complete the Reading Log.

READING AND WRITING - 90 Minutes

Instructions:

1. Today you will be reading about how to take care of the human body.

2. Read the Fast Facts and think about what you might already know about the topic.

3. Read the passage aloud or silently to yourself. Take as much time as you need.

4. Use the Building Connections page to write words or phrases to help you remember what is important.

5. Answer the Key Notes question at the end of each passage.

6. Answer the questions by going back into the text to find your answers.

7. Please write in complete sentences with evidence from the text.

Taking Care of the Human Body

The human body is very complex.

Fast Facts

- Goosebumps happen when pores in the skin close to keep heat inside the body.
- The surface area of the lungs is about the size of a tennis court.
- The human body has about 100 trillion cells.

The Systems of the Human Body

People use some tools and machines, such as pens, that are simple. Other tools, such as cars, are complex. However, no machine is as complex as the human body.[35]

Inside your body are systems that do special jobs. The job of one system is to keep you breathing. Another system's job[57] involves moving blood throughout your body. In all, ten different systems keep your body going. All of these systems are inside[78] your body except one. That system covers all the other systems. It is your skin.[93]

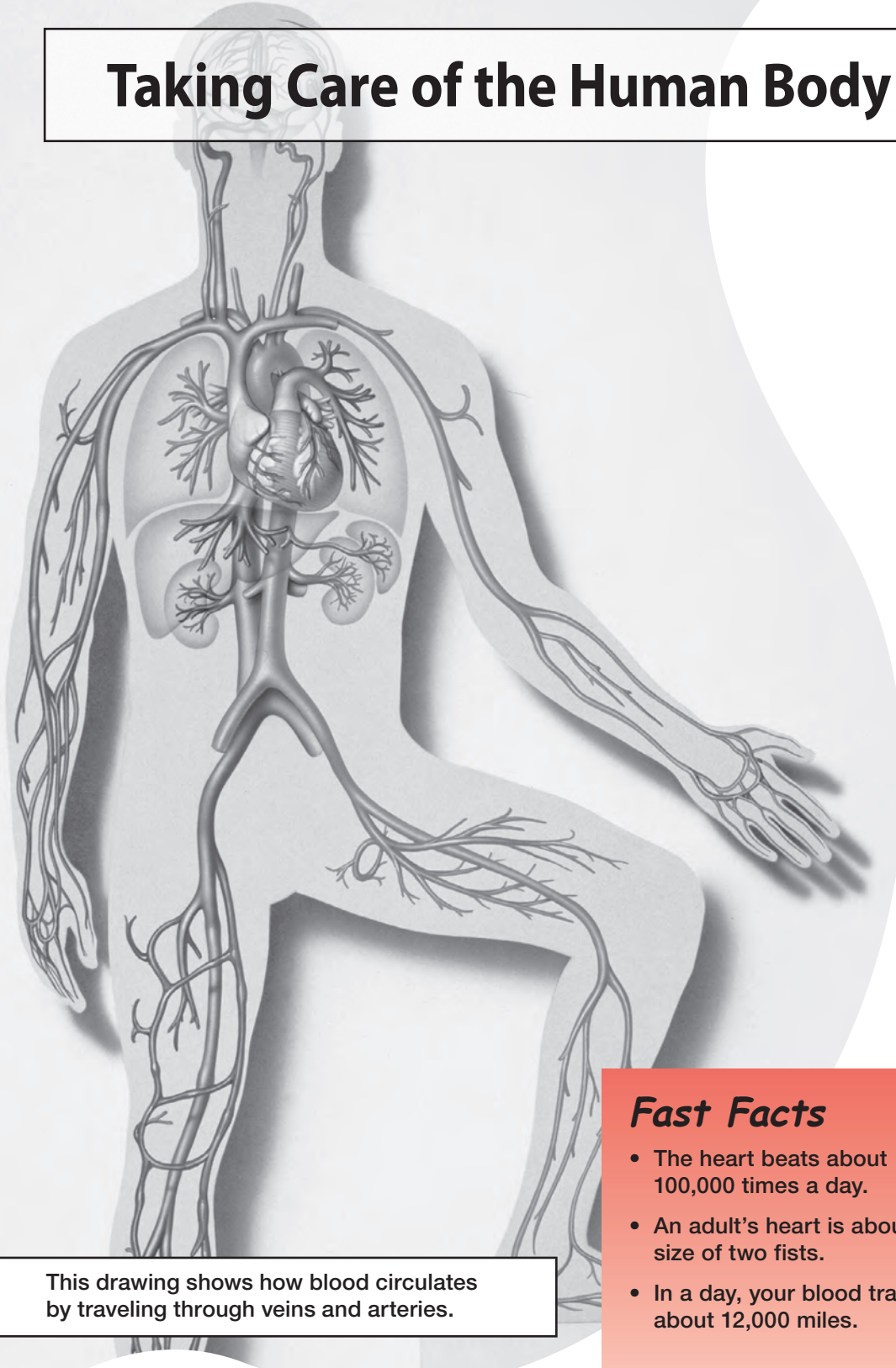
To keep your body working well, you need to take care of it. This care involves everything from taking care that the outside[116] is clean to making sure the systems inside are kept strong with a healthful diet and exercise.[133]

KEY NOTES

The Systems of the Human Body

How is the human body like a machine?

Taking Care of the Human Body



This drawing shows how blood circulates by traveling through veins and arteries.

Fast Facts

- The heart beats about 100,000 times a day.
- An adult's heart is about the size of two fists.
- In a day, your blood travels about 12,000 miles.

The Circulatory System

The tiny blue lines that you see through your skin are part of your body's circulatory system. The circulatory system's job is to circulate blood throughout your body.[31]

Your veins and arteries are the tubes that carry blood around your body. Red blood that is rich in oxygen runs through[53] the arteries to all parts of the body. Veins carry blood back to the heart. The blood in the veins looks blue because some of[78] the oxygen is gone. Once the heart and lungs put oxygen back into the blood, the blood is ready to circulate through the body again.[103]

One way to stay healthy is to exercise about a half-hour most days of the week. Exercise keeps your circulatory system, and the rest of your body, in shape.[133]

KEY NOTES

The Circulatory System

What is the circulatory system?

Taking Care of the Human Body

Keeping germs out helps the body repair itself.

Fast Facts

- The skin is the largest organ in the body.
- Hairs in the nose help clean the air you breathe.
- People shed about 40 pounds of skin in their lifetime.

The Body's Repair Kit

The human body is designed to keep germs out. Skin forms a protective covering over the systems inside the body. Where[25] there are openings in the skin, the body has ways to protect itself. For example, lids and lashes keep the eyes clean. Both[48] hairs in the nose and wax in the ears catch germs that could cause illness.[63]

When germs do get in, the human body uses its own repair kit. White blood cells protect the body by killing harmful germs.[86] The body also repairs cuts. Blood dries and forms a clot, or scab, over a cut. New skin grows under the scab, repairing the cut.[111] You can help your body repair cuts by keeping cuts clean and covered until your body has a chance to repair itself.[133]

KEY NOTES

The Body's Repair Kit

What is in the body's repair kit?

Taking Care of the Human Body

Exercise makes the body stronger.

Fast Facts

- Muscles don't grow during exercise. They grow afterward, when people rest.
- People can lose a quart of water an hour by sweating.
- An adult's body has about 10 gallons of water.

Keeping the Body Going

The human body can repair itself, but it does need help from its owner. One thing people need to stay healthy is the[27] right food. Eating the right combination of foods gives people the energy they need to learn, work, and grow. Because more[48] than half of the body is water, people need to restore their body's water supply by drinking plenty of water.[68]

The human body also needs sleep and exercise. The body's systems restore their energy during sleep. Exercise makes the[87] heart and lungs strong. Strong hearts and lungs get energy and oxygen to the muscles quickly. Some ways to make your heart[109] and lungs stronger are by riding a bike, dancing, walking, and swimming. A combination of different types of exercise will help even more.[132]

KEY NOTES

Keeping the Body Going

What kind of help does the body need to stay healthy?

Taking Care of the Human Body

The Systems of the Human Body

1. "The Systems of the Human Body" is MAINLY about _____

a. the hidden systems of the body.
b. the systems that help the human body work.
c. how to use simple and complex machines.
d. the systems of all living things.

2. What are three jobs that the human body's systems do?

_____

_____

_____

3. What are two ways people can take care of their body?

_____

_____

_____

The Circulatory System

1. Which of the following are part of the circulatory system?

a. veins and arteries
b. skin and veins
c. oxygen and blood
d. the body's tubes and skin

2. What does the circulatory system do?

3. What is one way to keep your circulatory system in shape?

The Body's Repair Kit

1. How does the body protect itself?

a. with the circulatory system
b. by using protective coverings on the skin
c. by keeping germs out
d. with openings in the skin, nose, and ears

2. How does the body repair itself?

a. with white blood cells
b. by forming germs
c. with eyelids and eyelashes
d. by keeping cuts clean and covered

3. How can you help your body heal itself?

Keeping the Body Going

1. The main idea of “Keeping the Body Going” is that _____

a. people need to eat the right foods.
b. people need to sleep and exercise.
c. people can make their hearts stronger.
d. people can help their body stay healthy.

2. People can make their heart and lungs stronger by _____

a. drinking plenty of water.
b. breathing slowly.
c. building the white blood cells.
d. getting enough exercise.

3. What are three things people can do to keep their body going?

_____

_____

_____

complex	**involve**	**veins**	**arteries**	**circulatory**
protective	**repair**	**restore**	**combination**	

1. Choose the word from the word box above that best matches each definition. Write the word on the line below.

A. _____ to fix something

B. _____ tubes that take blood to the heart

C. _____ keeping safe from harm

D. _____ a mixture of things

E. _____ having many connected parts

F. _____ to bring something back to good condition

G. _____ tubes that take blood from the heart to the body

H. _____ to include

I. _____ relating to the system that includes the heart and the blood

2. Fill in the blanks in the sentences below. Choose the word from the word box that completes each sentence.

A. The car is broken, so we have to _____ it.

B. Because it has many parts, a computer is a _____ machine.

C. His _____ looked blue because the blood in them had little oxygen.

D. Those flowers contain a _____ of tulips and roses.

E. In the _____ system, the heart and lungs get oxygen to the body's cells.

F. The _____ carry blood from the heart to the rest of the body.

G. I will _____ myself with the food bank to help hungry people.

H. Skin is a _____ organ because it keeps body systems safe.

I. The city will _____ the park so people can use it again.

Taking Care of the Human Body

1. Use the idea web to help you remember what you read. In each box, write the main idea of that reading. Then, use that information to write the main idea of the topic.

The Systems of the Human Body

_____

_____

_____

The Circulatory System

_____

_____

_____

Taking Care of the Human Body _____

_____

_____

The Body's Repair Kit

_____

_____

_____

Keeping the Body Going

_____

_____

_____

2. Why is the human body called a complex machine?

3. Describe two systems that are working in your body now.

4. How can you help two of your body's systems work better?

Use the Graphic Organizer on page 27 to write a summary about Taking Care of the Human Body.

INDEPENDENT READING - 30 Minutes

Instructions:

1. Continue to read your independent reading book.

2. If you do not have your Independent Reading book, select a book from your home library.

3. Log the title, author and number of pages on the Reading Log.

Reading Log 

Name: _____ Parent Initials: _____

Date	Title of Book	Author	Pages	Time spent reading

CBSD FID WORKBOOK
GRADE 5

SPECIALS
DAY 1

QUEST - Grade 5

TIME
20 minutes

FID day 1

🎯**Learning Goal: I will build a paper plane and then change its basic design to see how this affects its flight.**

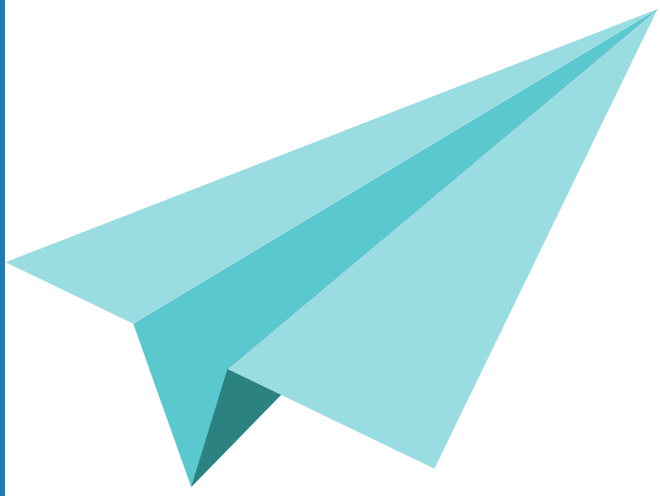
Materials
- A few sheets of paper
- Scissors
- An open space

Paper Airplanes

why flaps and folds matter

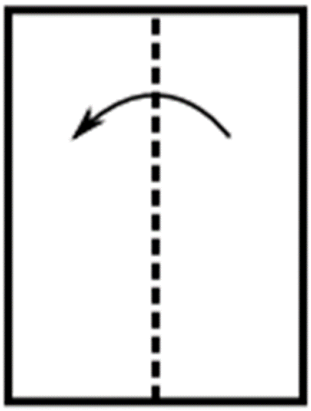
Directions:

1. Follow the directions to build the paper plane.
2. Test your plane.
3. Modify your paper plane.
4. Test it again!
5. Discover what happened...the science behind paper planes.
6. BONUS- Try a new design!

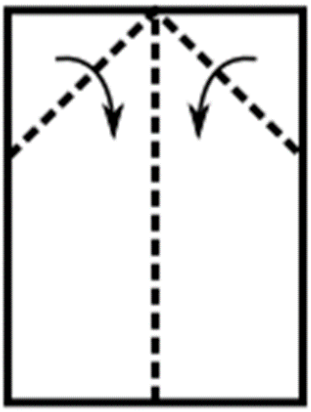


Build the plane...

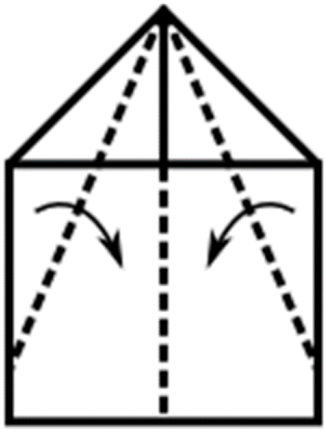
Step 1:



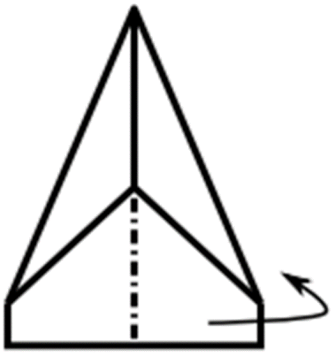
Step 2:



Step 3:



Step 4:



Step 5:

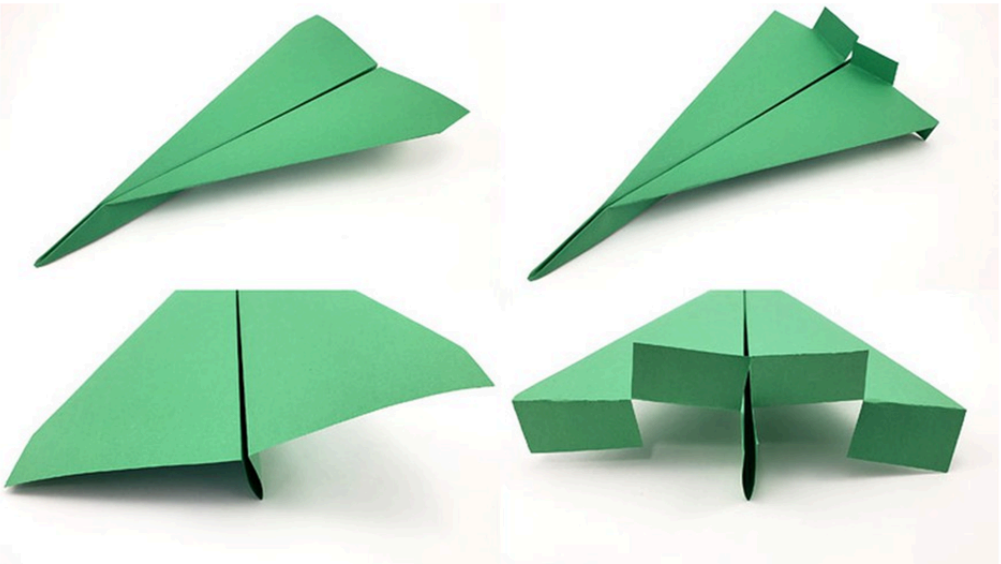
Step 6:

Step 7:

Time to Test!

- **Choose a starting line. Throw your paper airplane 5 times.**
  - **Observe where it lands.**
  - **How far does it fly?**
  - **Did it go about the same distance every time? Why or why not?**

Modify your Plane



Test Again!

- Throw your modified paper airplane 5 times, just as you did before.
  - How far does the plane fly now compared to before?
  - Why do you think this is?
  - How do the flaps increase or decrease drag?

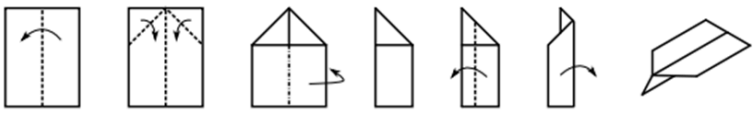
What Happened?

- As a paper plane moves through the air, the air pushes against the plane, slowing it down. This force is called drag.
- In this activity, you increased how much drag acted upon the paper plane by making a one inch-high vertical strip on both wings.
- The modified plane experienced a greater amount of drag, which pushed it back more than the original plane. Altering how just one force acts upon a paper plane can clearly change how well that plane flies.

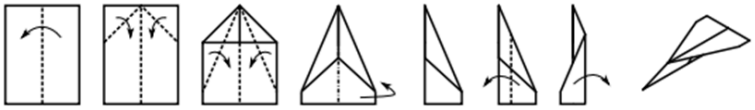
Explore some more...

- Make paper planes that are different sizes and compare how well they fly. Do bigger planes fly further?
- Try making paper planes out of different types of paper, such as printer paper, construction paper, and newspaper. Use the same design for each. Does one type of paper seem to work best for making paper planes? Does one type work the worst?
- Some people like to add paperclips to their paper planes to make them fly better. Try adding a paperclip (or multiple paperclips) to different places on your paper plane (such as the front, back, middle, or wings) and then fly it. How does this affect the plane's flight? Does adding paperclips somewhere make the paper plane's flight better, or worse?

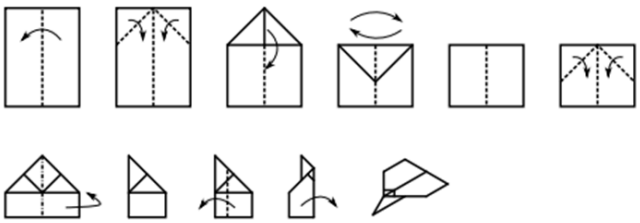
Beginner



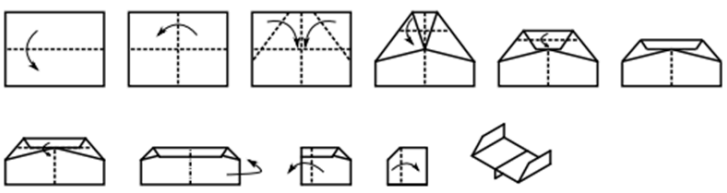
Intermediate



Advanced



Stunt plane



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