



First Grade

Parent Tips

- Encourage your child to read books, such as Little Bear by Else Holmelund Minarik, outloud to you. Help him or her sound out difficult words. Your child's teacher can help you find more suggestions on books to read with your child.
- Act out stories together from books, television, or your child's imagination.
- Pick a "word of the day" each day starting with a different letter. Have your child write the word, look for it in books or newspapers and look for other things beginning with the same letter.
- Visit the library with your child every week. Have your child sign up for a library card.
- Choose books at your child's AR (accelerated reader) level.
- Talk about your family's roles and responsibilities.
- Discuss why your family lives in Arlington.
- While driving around, talk about why people would live in different towns and cities.
- Observe and discuss different cultures and traditions throughout the year.
- Talk about trees, plants and people parts.

Parent Tips are suggestions from the National PTA website: <http://www.pta.org/content>
(Made available in English and Spanish)

Reading:

First grade students learn/ can:

Trimester 1

- Use phonics (matching letters and sounds) and word analysis skills to figure out unfamiliar words when reading.
- Read grade level prose and poetry.
- Retell stories.
- Demonstrate an understanding of the organization and basic features of print.

Trimester 2

- Identify similarities and differences in text.
- Identify who is telling the story.
- Identify words/phrases in stories or poems that suggest feelings or appeal to the senses.
- Read words with inflectional endings.
- Know and use various text features.
 - ◊ Identify the correct meaning for a word with multiple meaning based on the sentence or paragraph context.

Trimester 3

- Ask/answer questions about key details in a text.
- Identify the author's purpose.
- Compare and contrast and describe connections.
- Decode two-syllable words.
- Know final-e and common vowel sounds.
- Read with accuracy and fluency.

Writing:

First grade students learn/ can:

Trimester 1

- Write narrative pieces that have two or more events in order, details about what happened, linking words that show the order of events and a sense of closure.
- With help from adults and peers, improve their writing.
- Use a variety of digital tools to learn and write.
- Use information from their lives and provided sources to answer questions.

Trimester 2

- Write an opinion piece in which they introduce a topic, explain why it is a good idea, and provide a sense of closure.

Trimester 3

- Write to inform or explain with a topic, facts about the topic, and a closing.

Social Studies:

First grade students learn/ can:

Semester 1

- Identify their own families and families from other cultures.
- Recognize important roles and responsibilities of family and family members.
- Describe why their family lives in Arlington and why others choose to live in other places.
- Describe the difference between needs and wants.

Semester 2

- Identify their own families and families from other areas.
- Describe different cultures and be able to compare the two familiar units.
- Identify geography, climate and food from around the world and relate this information to explain how the people in the other areas live.
- Identify other holidays, birthdays, clothes, food, and homes of other first graders throughout the world.

Science:

First grade students learn/can:

Trimester 1

Liquids and Solids

- That liquids take the shape of a container.
- That solids will retain their shape regardless of the container.

Trimester 2

Pull and Position

- Use common terms to help with position of objects.
- A push or pull is a force.
- Some forces happen by touching and some without touching.

First Grade

Parent Tips

- Point out ways that you (parent) use math in everyday life.
- Have students practice math in everyday situations.
- Play “I’m thinking of a number.” Give your child clues:
 - ◊ “I am thinking of a number that makes 10 when added to 7. What is my number?”
 - ◊ “I am thinking of a number that has five groups of ten and 2 ones. What is my number?”
- Make up your own story problems:
“I have 10 slices of bread and need to use 4 for sandwiches. How many will I have left?”
- Listen to many different kinds of music with your child. Describe it together, and focus in on the dynamic changes (loud and soft), the tempo (the speed), and the pitch (if the music notes are high or low). PBS offers all styles of concerts.
- Tap the beat or rhythms on drums, sticks, pots and pans, or other homemade instruments.
- Go on a family “music field trip”. The “Sound Garden” in Centennial Park in downtown Arlington, Soundbridge at Benaroya Hall in Seattle (<http://www.seattlesymphony.org/soundbridge/about/>), etc.
- Attend live concerts. Many options are available, including concerts at Arlington High School.
- Discuss appropriate audience behaviors during different types of live concerts.
- Play board games to practice taking turns and learning how to win and lose with appropriate emotions.
- Organize a neighborhood tag game and emphasize using your eyes to watch where you are running.
- Go for a walk and along the way practice hopping, galloping, skipping and leaping.
- Practice jump roping as an individual and with a long rope.

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Trimester 3

Animal Parts

- Identify different external parts on animals.
- Different animals may have the same body part for different reasons (i.e., people use tongues for tasting and talking while frogs use their tongues to catch their food).
- How different animals get food and water.

Habitats

- What habitats need to support life (i.e., food, air, shelter, water and space).
- Explain how people can help or harm a habitat.

Mathematics:

First grade students learn/ can:

Trimester 1

- Count to 120.
- Read, write and represent a number of objects with a written number.
- Fluently add and subtract numbers up to 10 by memory.
- Add and subtract numbers up to 20 using strategies.

Trimester 2

- Count to 100 by 10's.
- Break apart two-digit numbers into groups of ones and tens.
- Compare two-digit numbers.
- Measure objects using nonstandard units (ex. 7 pencils long).
- Measure time using digital and analog clock.

Trimester 3

- Solve addition and subtraction word problems.
- Make shapes by joining other shapes together.
- Divide circles and rectangles into halves and fourths.
- Add and subtract two digit numbers.

Music:

First grade students learn/ can:

- How to perform and how to be a good audience in a variety of settings.

Trimester 1

Rhythm

- Recognize when music has a steady beat and when music does not have a steady beat.
- Tell the difference between the beat (the steady pulse in music) and the rhythm (patterns in music). We may begin to experience/ read quarter notes, quarter rests, and paired eighth notes.
- Use their rhythm knowledge to read and perform music.

Trimester 2

Melody

- Listen to music and recognize whether the direction of the melody (pitch) moves up, moves down, or stays the same.
- Apply their experience with melody as they sing and play instruments.

Trimester 3

Expressive Elements and Symbols

- Listen to music and identify whether it is loud (forte) or soft (piano).
- Listen to music and identify whether it is fast (presto) or slow (largo).
- Apply their knowledge of expressive elements and symbols to make their musical performance more interesting.

Health/Fitness:

First grade students learn/ can:

Effective Participation:

- Work effectively with a variety of team members.
- Work with team members to achieve a common goal.
- Demonstrate appropriate sportsmanship during games.

Fundamentals:

- Walk, jog, run, jump, hop, leap, gallop, slide and skip.
- Balance a beanbag on various body parts while moving.
- Move safely within general space.
- Demonstrate static (one leg, tippy toes, 1 arm-1 leg).

Catching & Throwing:

- Track an object when thrown.
- Catch various objects (bean bag, ball, scarves, etc.) while stationary.
- Throw various objects with opposition.
- Throw to target (partner, hoop, etc.) with accuracy and distance.

First Grade

Kicking and Trapping:

- Track an object when kicked.
- Kick a ball while ball stationary.

Rhythmic Movement:

- Demonstrate rhythmic patterns using various manipulatives (hands, feet, cups, and sticks).