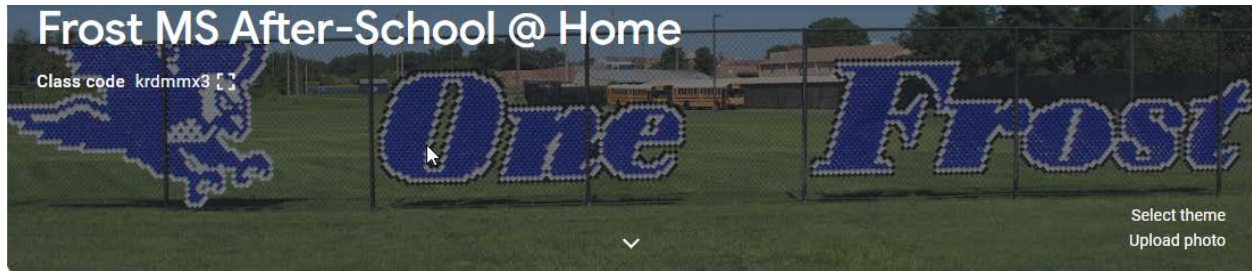


Subject: Join the FROST MS After-School @ Home Google Classroom!



[Frost MS After-School @ Home](#)

FROST Virtual After-School Activities

FCPS Middle School After-School has put together several virtual after-school activities to engage middle school students in the arts, music, STEM, physical fitness, cooking, games, puzzles, literature, and more – things students can do at home.

Frost students can access these virtual after-school activities by joining the "FROST MS After-School @ Home" Google Classroom. The classroom code is: **krdmmx3**

Once your student has joined the classroom, there are a variety of activities (topics) they can choose from in the "Classwork" tab. We hope your students enjoy this site, and that it helps them actively pursue their interests during this time of social distancing. If you or your student have ideas for other activities, please email your dlmetzker@fcps.edu or use the "FCPS MS @ Home Interest Form" located on the classroom home page.

Be Safe! Be Active! And know that we are here for you and your family!

Here are examples of some activities you can enjoy!

A screenshot of a Google Classroom page. On the left side, there is a vertical list of activity categories: Basketball, Bullet Journaling, Coding/Computers, Comic Book Club, Cooking, Crafting/Maker Spa..., Creative Writing, Current Events, Environmental Activ..., and Games/Scavenger ... The main content area is titled 'Art' and contains three items: 'Painting Flowers- beautiful and easy!', 'An Introduction to Art at Home', and 'How to Drawing Videos'. Below these items is a video player showing a hand drawing a 2-point perspective drawing of a road and bridge. The video title is 'How to Draw 2-Point Perspective: Draw a Road and Bridge' and it has 14,371 views. Below the video player is a text box that says 'Circle Line Art School has an array of step-by-step drawing tutorials for beginning to more advanced artists. All you need is paper, a pencil and a desire to draw.' and a link to the YouTube channel: 'Circle Line Art School - Y...' with the URL 'https://www.youtube.com/ch...'. At the bottom of the page, there are navigation icons for back, forward, and search.

Arts & Crafts Projects & Ideas



Magazine Boxes
Materials:
 Glue (stick or regular glue)
 Old Magazines, posters or paper
 Scissors
 Mod Podge (optional)

Turn an ordinary magazine or paper into a creative container. Step by step tutorial here: [I Make: Magazine Boxes by Abstract Octopus](#)



DIY Crystal Geodes
Materials:
 Pipe Cleaners
 Food Coloring



Rock Photo Holders
Materials: Smooth Rocks
 Acrylic Paint
 Modge Podge
 Copper Wire
 Needle Nose Pliers

How to instructions here: [Rock Photo Holder by One Little Project](#)



Yarn Chandelier
Materials:
 Yarn
 Regular Glue
 Cornstarch
 Balloons

Bullet Journaling



Bullet Journals and tools to make it fun!

Edited Apr 30

Want to get organized? Keep track of these endless days that seem to roll into the next? Make yourself a journal and learn how to do Bullet Journaling. Be creative!



Bullet Journaling.pdf
 PDF



Bubble Letter Tutorial.pdf
 PDF



How to - Calligraphy & H...
 PDF

General Fitness



Full Name Fitness Activity



General Fitness



30 Minute Workout



Workouts- customizable, all levels, all free!

Darbee Workouts is a website with a seemingly bottomless supply of wor



DAREBEE Workouts
<https://darebee.com/filter#s...>

View material



GIRLS' LACROSSE AT-HOME TRAINING GUIDE

Objective: To sharpen your lacrosse skills and stay in shape while remaining socially distant!

→ **What's included in this guide?**

- ◆ Training resources (Wall Ball, Stickwork, Partner Passing, Dodges Tricks)
- ◆ Fitness workouts that can be done anywhere (footwork/agilities, sl conditioning)
- ◆ "How To" section for specific skills

→ **How to use the resources in this guide:**

◆ **Beginners:**

- If you are new to lacrosse, start with the "How to" section. I find tutorials for the fundamental skills of lacrosse such as cradling and catching. If you don't have equipment, don't panic! Get what you have and use it to train. Some of the resources include the throwing and catching



Dodging Tips With Taylor Cummings



ProTip: How to do a Behind-the-Back Lacrosse Pass or Shot

HOOPIN' @ HOME

Basketball Workouts

...d, but you can still work on your game while at home or game sharp!

: YOU GET THE RESULTS THAT YOU I

ly.

Stretching MUST be done everyday that you practice.

Video Links are in BLUE

DYNAMIC STRETCHING- This is a good routine to start with to get the body warmed up and ready!

- Hamstring Stretch
- High Knees
- Quad Stretch
- Butt Kicks
- Lunge, Stretch & Twist
- Frankenstein Kicks
- Hip Stretch
- Hamstring Reach
- Karaoke
- Progressive Kicks

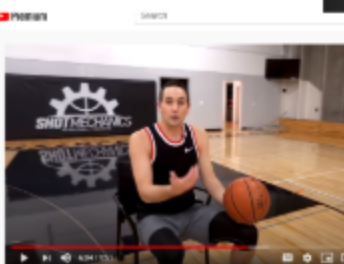
BALL HANDLING DRILLS

FOCUS POINTS:

- Keeping Your Feet...



Dynamic Stretching



Shooting Drills WITHOUT a Hoop - Basketball Shooting Tips

- Soccer Academy @ Home Tr...
- Schedule
- Training Resources
 - Juggling Ideas
 - Passing and Receiving Ideas
 - Footskills Ideas
 - 1v1 Move Ideas
 - Living Room/Rainy Day Workouts
- Sample Training Session
- 1v1 Game to 2 Goals
- Weekly Training Plans

Soccer Academy @ Home Training Guide

Hi everyone! I hope you are all staying safe and healthy during the lockdown. Since we won't be playing together at school this Spring, here are some resources you can use to easily make your own training sessions. Read below to learn how to make your own t... further down the page to see a sample training session or weekly worko...

Schedule

This is how I like to structure my sessions:

- Juggling - 10 minutes
- Passing and Receiving - 15 minutes
- Footskills - 15 minutes
- 1v1 Moves - 10 minutes
- Stretching - 5 minutes

Feel free to adjust the schedule to fit your needs. Aim for 3-5 results. You can rest on your off days or work [in some](#) fitness:

Training Resources

Below, I've included some videos/resources that you can use t... sessions. Use the videos to get some ideas on what you would... great resource for training inspiration, so consider the material...



Science



Week One Science Experiments

Edited Apr 23

Gather supplies from the Supply List attached below. Watch the videos and try them out! Once you done the experimen post your results on the attached Padlet site. Have fun!



Try this at Home 1.mp4
Video



Try this at Home Special ...
Video



Week 1 Project
<https://padlet.com/djfrengel/...>



THE SUPPLY LIST... OF SCI.
Google Docs

[View material](#)