

# \_\_\_\_\_ First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Class/Grade \_\_\_\_\_ - \_\_\_\_\_ Parent Signature \_\_\_\_\_

## Website Exploration Special Project

Ms. Duell, Kinesiologist  
Lifetime Fitness & Health

Purpose: To learn how to navigate Ms. Duell's website; assist the students and families to locate specific information on the website; and to introduce the website to the student's families.

- 1. All students will need to visit Ms. Duell's website to complete this assignment, located at: [http://www.mauitechgirl.com/kinesiology/index\\_folder/navigation\\_index3.html](http://www.mauitechgirl.com/kinesiology/index_folder/navigation_index3.html)**
- 2. All students must have their parents/guardians sign this assignment sheet.**
- 3. All work should be done on the back of this assignment sheet.**

**Kindergarten:** Students and parents/guardians look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Oct. 20-27**; plus review information on the main page. **Due: TBA.**

**1<sup>st</sup> Grade:** Students and parents/guardians look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Oct. 12-19**; plus draw a picture of one of the stretches we do in class-check out the Warm-up & Stretches link. **Due: TBA.**

**2<sup>nd</sup> Grade:** Students and parents/guardians look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Oct. 28-Nov. 4**; plus color and label One (1) muscle group. **Due: TBA.**

**3<sup>rd</sup> Grade:** Students and parents/guardians look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Nov. 17-30**; plus practice the Muscle Group Names using the Learn Your Muscles Link ...remember to hold your mouse over the muscle group for three seconds. \*(You must be on a PC for this page to work correctly). **Due: TBA.**

**4<sup>th</sup> & 5<sup>th</sup> Grade:** Students and parents/guardians look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Dec. 1-8**; plus find the Target Heart Rate **INTERACTIVE** form(on the practice & learn page), teach your parents/guardians the formula; Extra Credit for those students who complete the form and submit it via the "submit" button. **Due: TBA.**

**6<sup>th</sup> -8<sup>th</sup> Grade:** Students and parents/guardians look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Dec. 9-16**; review three (3) different pages then email me ([mauitechgirl@mauitechgirl.com](mailto:mauitechgirl@mauitechgirl.com)) a brief sentence describing each of the three different pages. **Due: TBA.**

**9<sup>th</sup> -12<sup>th</sup> Grade:** Students (and parents/guardians) look at the website together; find the Curriculum Map, and write the activity the students will be participating in for the week of **Aug. 15-20**; **and** review three (3) different pages, write a comprehensive paragraph describing each of the three different pages, send it to me via email ([mauitechgirl@mauitechgirl.com](mailto:mauitechgirl@mauitechgirl.com)). **Due: TBA.**