

Name/Title: Fitness Math

Academic content: Math

Purpose of Event: To have students work together adding numbers to reach a certain goal and get exercise while doing so.

Prerequisites: Students need to know how to add the numbers 1 through 6.

Suggested Grade Level: 2-4

Materials Needed: dice, jump ropes, cones, basketballs, basketball hoops, mats, and a poster board with physical fitness activities written on it

Physical activity: Physical Fitness (Jump Rope, Jumping, Running, Jumping Jacks, Shooting Baskets, Sit-ups)

Description of Idea

Divide the class into teams of four and give each team a dice. Each team must find their own personal space in the gym. The teacher will instruct the students to take turns rolling the dice. With each number that is rolled, the students do a physical activity, i.e. 1=push up, 2=jump and stretch, 3=toe touches, 4=curl ups, etc., and a poison number. If the students roll the poison number then the entire score is wiped out to zero. Have one student in the group keep a running total until they reach the goal, i.e. 25. Other fitness activities that can be included are: jump rope 10 times, hop over eight cones, touch three walls, 10 jumping jacks, shoot a basket at each end, and/or 10 sit-ups. When a new game is started have the students switch exercises.

Variations:

You can make the target number larger for older students(example: 100). Use subtraction, multiplication and/or division.

Assessment Ideas:

Observe the groups adding the dice to check for addition. Have the students add the numbers on a piece of paper and check for accuracy.

Teaching Suggestions:

This also works well with parents and students together on a "Parents' Night."

Adaptations for Students with Disabilities:

Modify the exercises as needed to include the student(s) with a disability.

Submitted by **Brian Willford** who teaches at Kimberly Elementary in Kimberly, ID. Thanks for contributing to PE Central! **Posted on PEC: 10/9/2003.**

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