

Teaching Fluency and Math Literacy through Physical Education

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Math

Scatter the numbered and colored poly spots (#s 1 - 12 in six colors) around the teaching area.
 Depending on the age of the class here are a variety of activities that will reinforce number recognition and math skills.

1. Each student is assigned a color and stands near a poly spot of that color. They keep that color for the duration of the activity or until you assign a new color. Once the activity starts they walk (or another locomotor skill you are working on) to the next number +1 when they get to 12 they go to 1. They do not change to the next number until you tell them. If older they can skip count.

Math

Scatter the numbered and colored poly spots (#s 1 - 12 in six colors) around the teaching area.

2. In groups of 3 - 4, each group is assigned a color and a home base. Students one by one go to retrieve a poly spot of their color. Once all the spots are back they put the numbers in order. They can also group by odds and evens.

3. You can do the same activity but the students need to retrieve the numbers in the correct order.

4. Bring back the odds then the evens.
 While students are waiting for their turn they can perform various fitness challenges.

Math

Jump ropes can be used to make numbers and solve equations. You can call out the number, ask them to make the number of their age or give math problems they need to solve. This can be done between teaching new jump rope skills.

Pedometer Math

Depending on the age the activities will vary.
 Start with recording the number of steps it takes to get to various locations at school.
 Then as their skills develop have them add or subtract different numbers they record.

Money

Partner with the classroom teacher and borrow the play money kit. In groups of 3 - 4 with the money scattered across from each group hand each group a money card. Each student jogs across and brings back a coin, working together they need to collect the correct amount of money.

With money scattered around the teaching space. Groups of 3 running to collect money to equal the amount on their card.

Do a physical challenge around the gym or in a space and then collect a coin. Use task cards or fitness cards for the activities.

Dice

- In pairs or small groups - roll and perform the activity
- Use task cards listing exercises roll the dice to determine which activity to do



Locomotor Puzzle

1. Skip to #8
2. Jog to #9
3. Walk backwards to #6
4. Run to #11
5. Walk to #10
6. Crawl to #7
7. Crab walk to #12
8. Hop to #5
9. Gallop to #3
10. Leap to #4
11. Jump to #2
12. Jumping Jacks to #1

Letters

1. Jump ropes to form letters. First letter of name, school, teacher etc. Then can do cooperative activities to spell words with a partner.
2. Toss and spell bean bags - scattered around the teaching space retrieve bean bags until all are collected and then form spelling words and record on paper or iPad. Groups of 3 -4 students.
3. Reading books that students can act out (ex. The Ball Bounced)

Nutrition Bean Bags

Bean bags scattered throughout the teaching space. In small groups collect the bean bags, when all are collected have the students try to assemble a healthy meal and discuss. Can change the activity and give the students the directions to collect bean bags that will make a healthy meal.

If I have students collecting all the bean bags I start with them face down.

Mini Parachutes and SuccessBalls

1. SuccessBalls can be used to count catches and challenge students to count to a certain number.
2. Add the mini parachutes and students attempt to make "x" number of successful catches.
3. Combine 2 groups and toss the ball back and forth using the mini parachute.