

Instant Activity

It All Adds Up to Fitness

STUDENT TARGETS

- ✓ **Skill:** Fitness
- ✓ **Cognitive:**
- ✓ **Fitness:** Cardiovascular Endurance, Muscular Strength and Endurance, Flexibility
- ✓ **Personal & Social Responsibility:**

TEACHING CUES

- ✓ Teaching cue
- ✓ Teaching cue

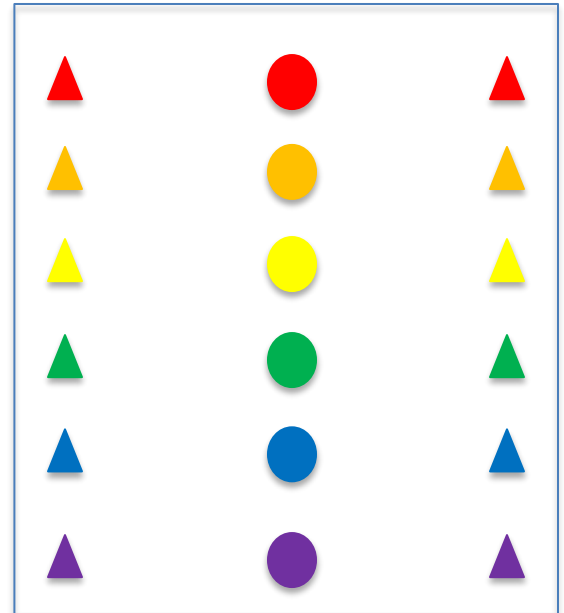
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ Hula hoop
- ✓ Cones
- ✓

Set-Up:

Hula hoops in the center
A pair of hoops at either side line.



Activity Procedures:

1. Place students in groups of 3. One at the hoop and one at each cone.
2. The student at the hoop starts it spinning and begins an exercise of their choice.
3. Students at the cones shuttle run from the sideline to the center as many times as possible until the hoop stops.
4. When the hoops stops, the shuttle runners meet in the middle.
5. These students play, "I love math!" The winner becomes the new spinner.

I Love Math

- Players face each other putting hand to fist similar to "rock, paper, scissor." They chant, I – Love – Math and then say "Add."
- On the word "ADD," both players put out their hand with whatever number of fingers extended that they would like.
- The first student to add sets of fingers together correctly, wins.
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Grade Level Progression:

- 1st: Add two hands
- 2nd: Add four hands
- 3rd: Multiple one hand
- 4th: Add two hands and then multiple the sum of the opponents hands



MODULE NAME

ACTIVITY NAME

CHALLENGE
PROGRESSIONS

- ✔ Challenge Progression

MODIFICATIONS

- ✔ Developmental Modification

ACADEMIC
LANGUAGE

Academic Vocabulary Words

STANDARDS
& OUTCOMES
ADDRESSED

- ✔ **Standard [outcome code]** Standard description

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** Question
- ✔ **DOK 2:** Question
- ✔ **DOK 3:** Question

TEACHING
STRATEGY
FOCUS

Strategy Focus: How to use the strategy focus.