

Purpose & SOL

- Students will collect data and graph the number of exercises they are able to complete in a given time.
- Math 2. 17 3.17, 4.14, 5.15

Materials

- Recording sheet
- Pencil
- Space to perform exercises
- Ruler (optional)

Length
25-30 min.

Introduction

Go through a series of warm up exercises and stretches to get the body warm for the exercises. Do a series of 6 exercises for 10 repetitions: 10 low jacks, 10 arm circles, 10 squats, 10 high knees, 10 cross crawls.

Implementation

Exercise the Answer

1. Distribute recording sheet and review each exercise and the questions.
2. The timer will be set for 10 seconds and the students will complete as many repetitions of the exercise as possible.
3. At the end of 10 seconds, the students will record the number of repetitions they completed and mark that information on the x-axis of the graph.
4. This will repeat for the remaining 6 exercises.
5. When time is called and all exercises have been completed students will record their data by completing the bar graph and answer the questions regarding how they performed.

Cool Down

End the activity with a stretch and 3 cycles of extended exhales.

Modifications

Have students complete this activity 1 time per quarter and have them compare their data over time.

Use the second handout to practice making line graphs.

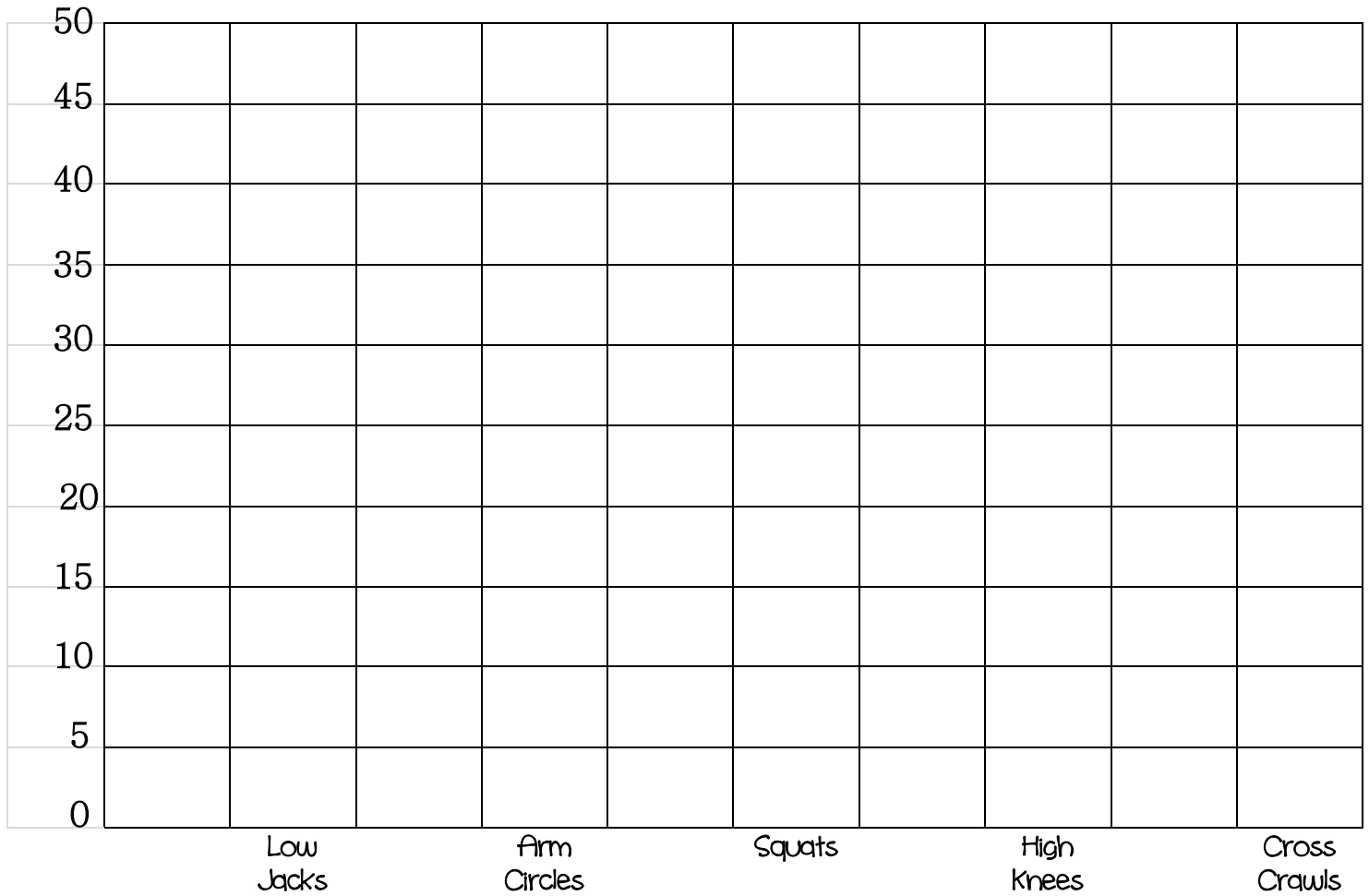


Name _____ Date: _____

Graph Fit! (Bar)

Directions: Complete each exercise for 10 seconds.

- 1) At the end of each set, record your number of repetitions on the bottom of the graph (x-axis).
- 2) After you've completed all exercises, complete the bar graph.



Using your data, answer the questions below.

1. What exercise did you do the most of in 10 seconds?
2. What exercise did you do the least of in 10 seconds?
3. How many total exercises did you do *in all*?

Graph Fit! (Line)

Directions: With your partner, decide which exercise you are going to do for 2 minutes.

- 1) One partner will be the exerciser and the other will be the recorder. Set a timer and the exerciser will begin. Both students must count.
- 2) At 20 seconds, the recorder will write how many exercises were done in the table below. The exerciser should keep counting. At 40 seconds, the recorder writes how many were done. Continue for 60 seconds, 80 seconds, 100 seconds, and 120 seconds.
- 3) Plot a point for each time interval.
- 4) Draw a line to connect the points.

	20 seconds	40 seconds	60 seconds	80 seconds	100 seconds	120 seconds
Number of Exercises						

