

Place Value Plyometrics

Purpose & SOL

- Students will identify the place value that is underlined and then perform a corresponding exercise.
- Math 3.1a, 4.1a, 4.3a, 5.1

Materials

- Posters of the place value and corresponding exercise (at the end of document). Hand these on the board. Graphics are from EduClips and Whimsy Clips.
- Card Stock with the numbers that are appropriate you're your grade level class. Underline one of the digits to practice identifying place value. (at the end of document or make your own)



Introduction

Start by writing a "5" on the board. Ask students to run in place if they know the place value, digit, and value (ones, 5, 5). Call on a student running in place, and complete 5 of the exercise associated with ones. Then write "55", and ask students for the place value, digit, and value (tens, 5, 50). Do 5 of the exercise associated with the tens, but COUNT BY tens (10, 20, 30, 40, 50). Go through each place value (using 5 as the digit) and exercise that corresponds.

Implementation

Exercise the Answer

- 1) Hold up the first card with the number and one digit underlined.
- 2) Students will jog in place if they know the place value, digit, and value of the underlined number.
- 3) Choose a student to answer. They should tell you all 3 answers. (Example: 2,864,733 place value is ten thousand, digit is 6, value is 60,000.)
- 4) As a class, complete the exercise associated with ten thousand, and count by 10,000. Do 6 total.
- 5) Continue holding up number cards until you've at least gone through all of the place values.

Cool Down

To refocus attention, have students count down from 10-0 and squat as slowly as possible into their chair. Breathe and stretch.

Modifications

With practice, this could be a student led activity at a station.

For 3rd grade, only use six-digit numerals.

This can also be used for younger grades using only ones, tens, or hundreds.



www.grfit4kids.org

www.facebook.com/grfit4kids

Thousandth

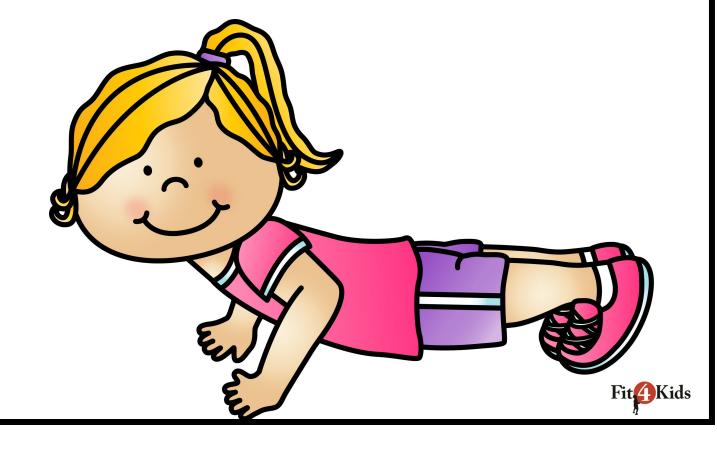
Sit Ups





Hundredth

Push Ups



Tenth

Arm Circles





Ones

Cross Crawls





Tens

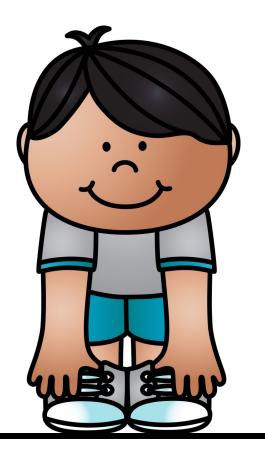
Hops on 1 Foot





Hundreds

Toe Touches





Thousands

Jumping Jacks





Ten Thousands

Jogs in Place





Hundred Thousands

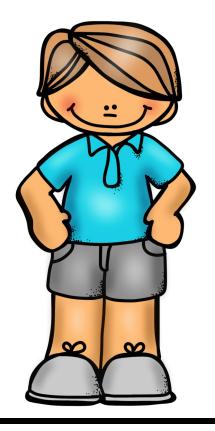
Squats





Millions

Twists





4th and 5th Grade

2, 583, 927.4

482, 110.97

5, 278, 326

76, 928.31

4, 738, 561.8

1, 367, 589.29

385, 626.09

1, 389, 442.59

7, 802, 311.49

47, 673.5

306, 297.74

3rd Grade

1, 574, 326

4, 086, 275