

## Purpose & SOL

- Students will review the 50 states and capitals and place the matches on the US map in the correct location.
- Social Studies WS1.b

## Materials

- Recess state map
- Index cards with the 50 states written on them (use 4-5 different colors and break them up evenly)
- Baskets/bags for cards and cones

**Length**  
25 min.

## Introduction

Start out with a few laps around the state map. Switch up the exercise - run, hop, skip, donkey (butt) kicks, gallops, side steps, grapevine, etc.

## Implementation

## Relay

- 1) Divide the class into teams no larger than 5.
- 2) Each group will have a specific cone color or spot as their starting point. Have each team line up behind their cone (that is placed a good distance away from the map). Give each team their basket/bag of state cards. They cannot look at them yet.
- 3) On the teacher's signal, the first student in line will pick a card and run, hop, skip jump, grapevine, etc. to their state on the map. Once they are there, they should FREEZE. The teacher will check each of the 4 or 5 students for correctness.
- 4) If the student is right, the team does 5 jumps up. If the student was wrong, the teacher will show the student where the state is, and the team will do 5 squats. The students will hand their card to the teacher and skip back to the end of the line. The next 4-5 students will go at the teacher's signal.
- 5) Continue until all cards are gone.

## Cool Down

Take a few walking laps around the state map and breathe. Even sing the state song! Take a 'slow motion' lap around the states and whisper-sing the song.

## Modifications

Play by having kids leave their notecard on the map on the state instead of handing it to the teacher... only play on a calm day because wind can be an issue! Challenge the students to make state capital cards.

