

1, 2, 3 Count and Move with Me

Purpose & SOL

- Students will review number sense through exercise by completing the designated exercise for each number.
- Math K.1a, 1.1a

Materials

- 1,2,3 Count and MOVE with me! Number cards
- Large paper grocery bag
- Personal space (make sure to reinforce the expectations when moving with friends all around)

Length
15 min.

Introduction

Hold up the number cards for the numbers that you hope to review with students. Take the time to say the number, stomp to count to that number and complete the exercise for the number for the equivalent of the value of the number.

Implementation

Exercise the Answer

- 1) After reviewing the number cards, place them in the brown grocery bag and shake them up to mix them around.
- 2) Have the class stand in a circle.
- 3) The teacher will call on a student to pick a card out of the bag and say the number, count to the number and do the exercise (with the class).
- 4) The entire class will complete each exercise and then another student will be called to choose a card.
- 5) This will continue until most, if not all, students have had a turn to choose a card.
- 6) If possible have the students create a number line and discuss where each number belongs in the number line and introduce the idea of more and less.

Cool Down

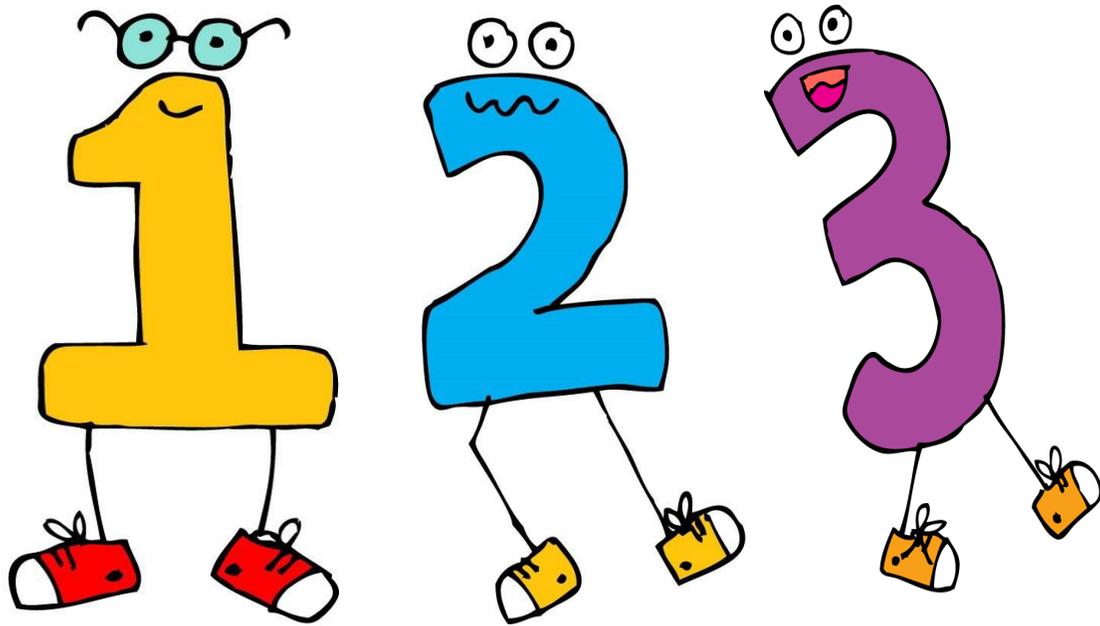
Close the lesson by reaching up, diving low 4 times, in slow motion. Then, have students quietly tiptoe to their seats.

Modifications

Practice adding using the number cards. Have two students choose cards and add how many movements they did all together.

You can also use this to practice place value and associate a movement.



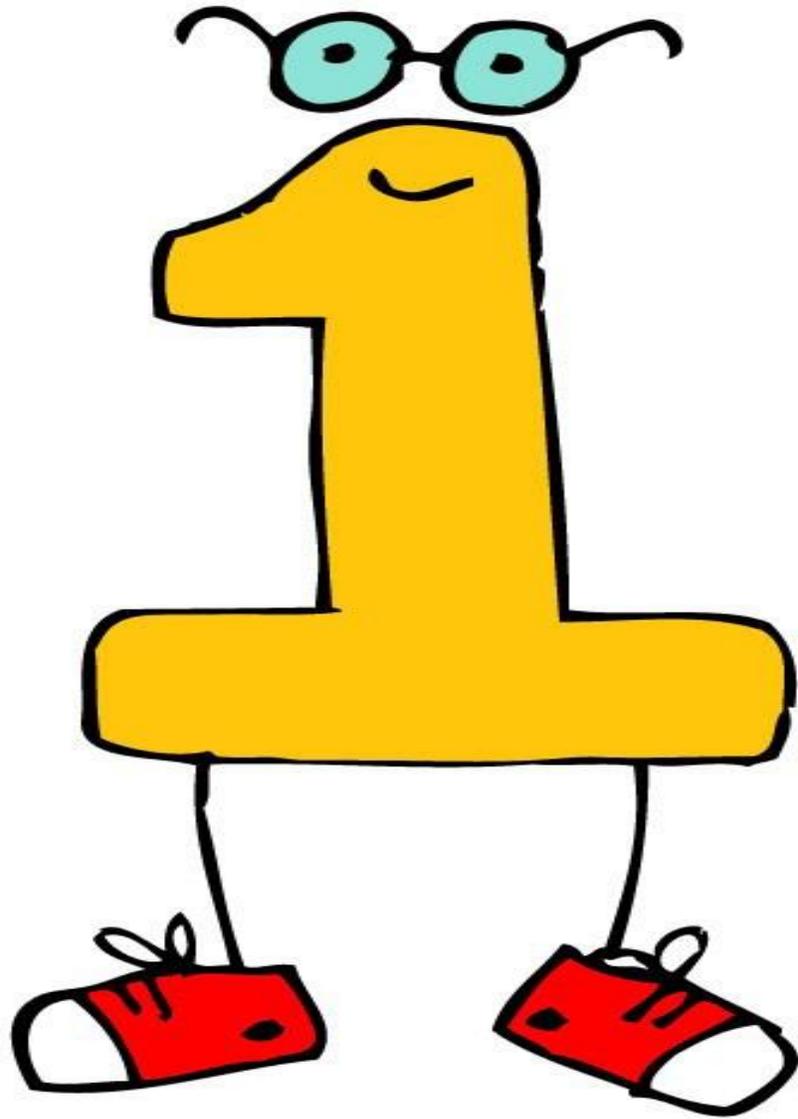


**Come count
and move
with me!**

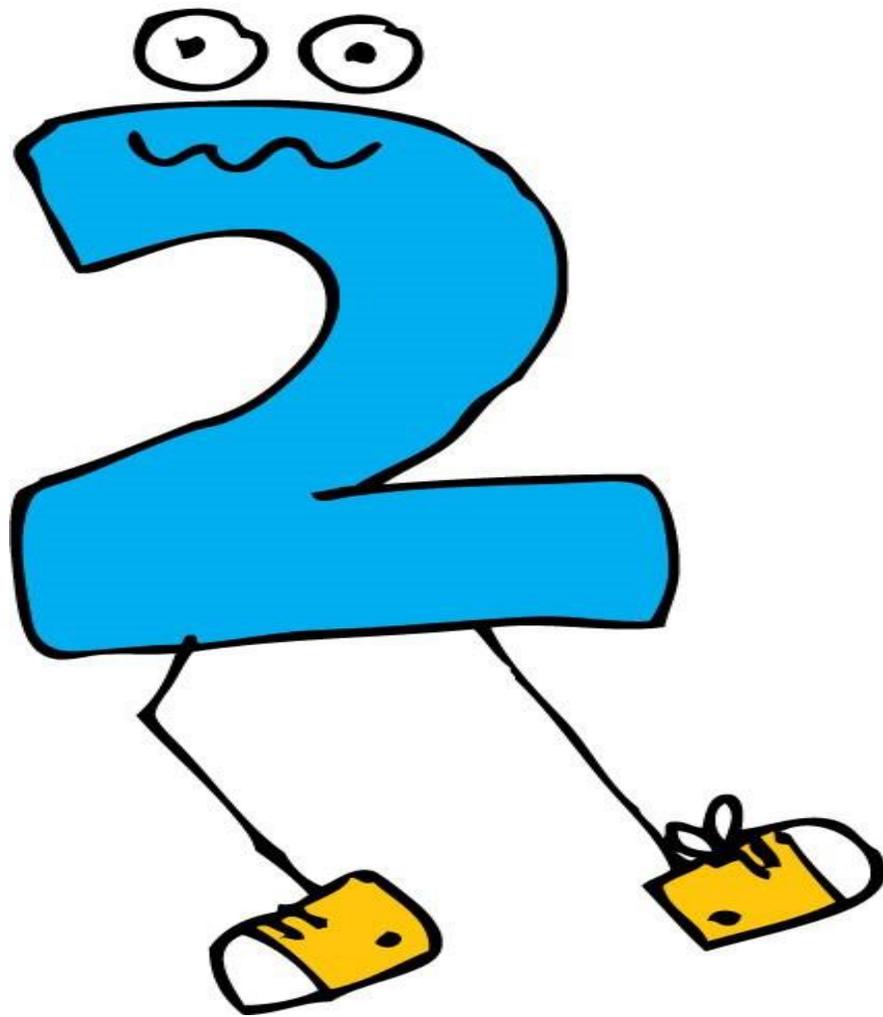
Math Monsters Clip art by: KPM Doodles @



<http://www.etsy.com/listing/85601857/math-monsters-digital-clip-art>



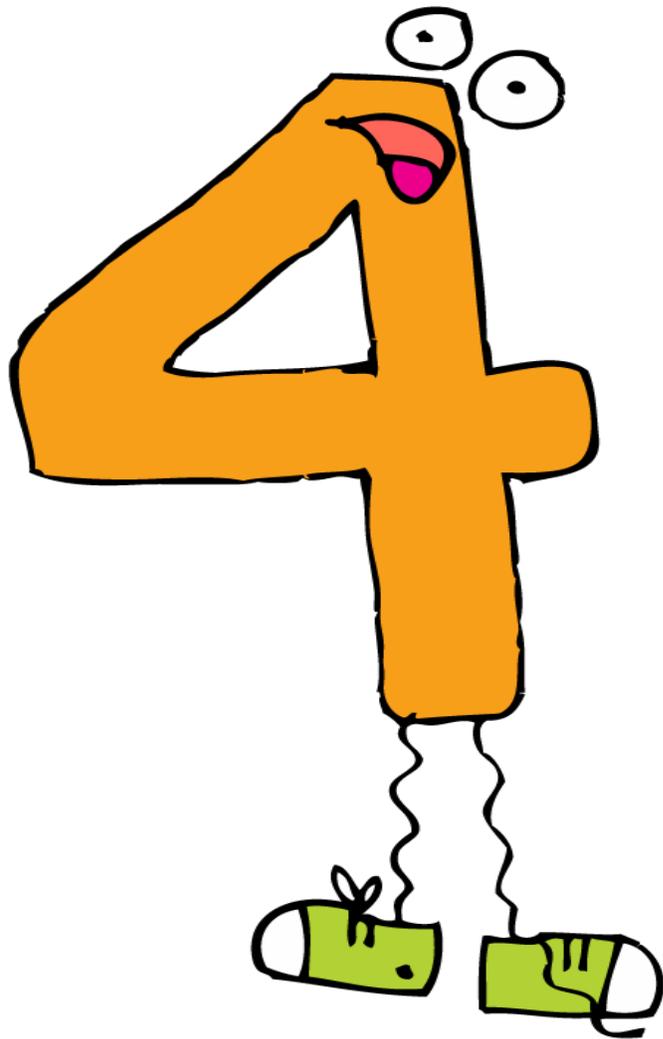
**One
Hop**



**Two
Toe Touches**



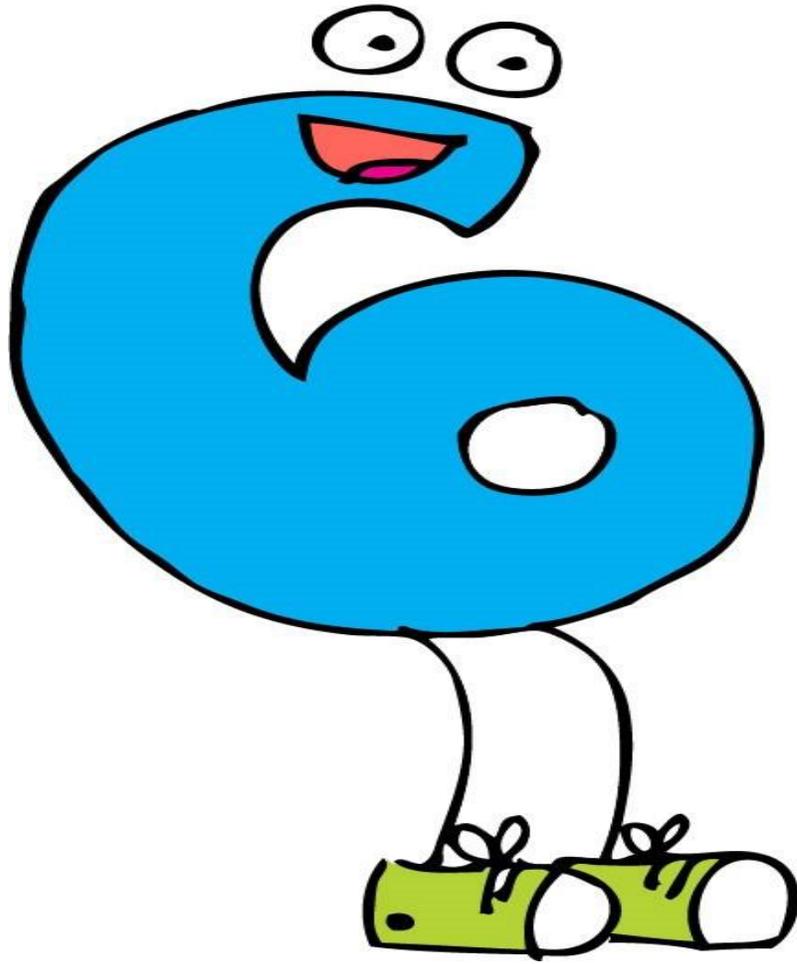
**Three
High Knees**



**Four
Wiggles**



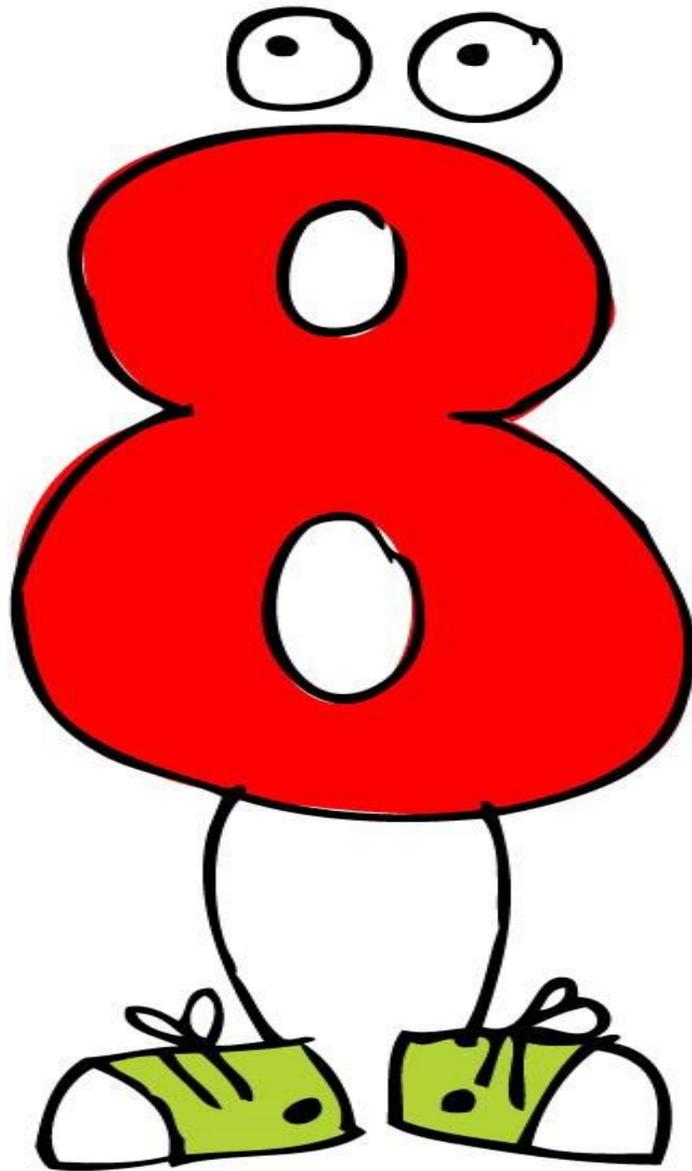
**Five
Shuffle Steps**



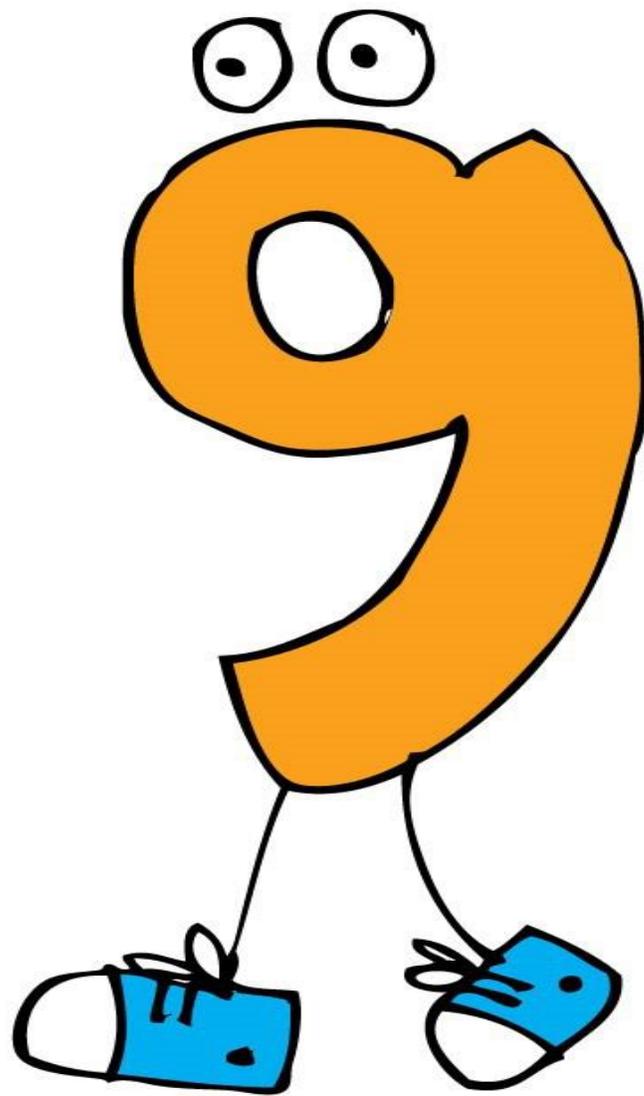
Six
Squats



**Seven
Skips**



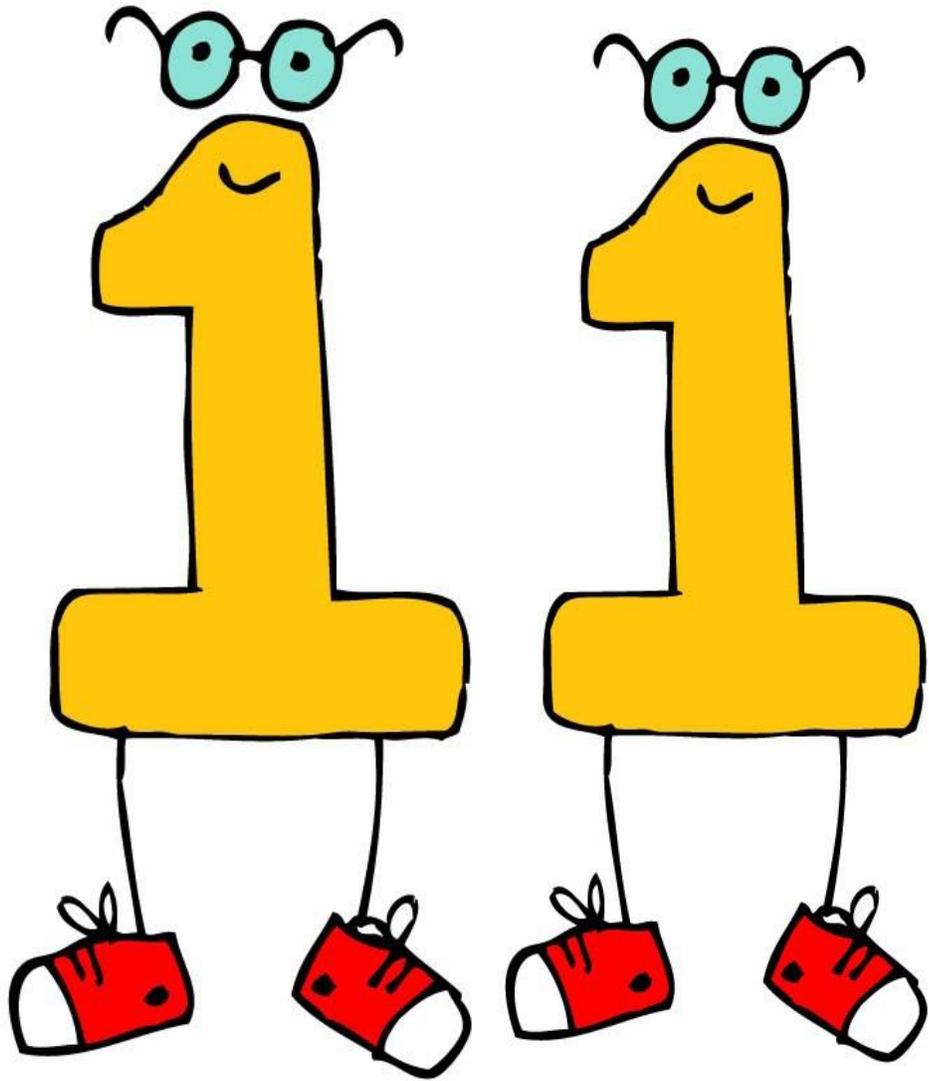
Eight
Jumping Jacks



**Nine
Marches in Place**



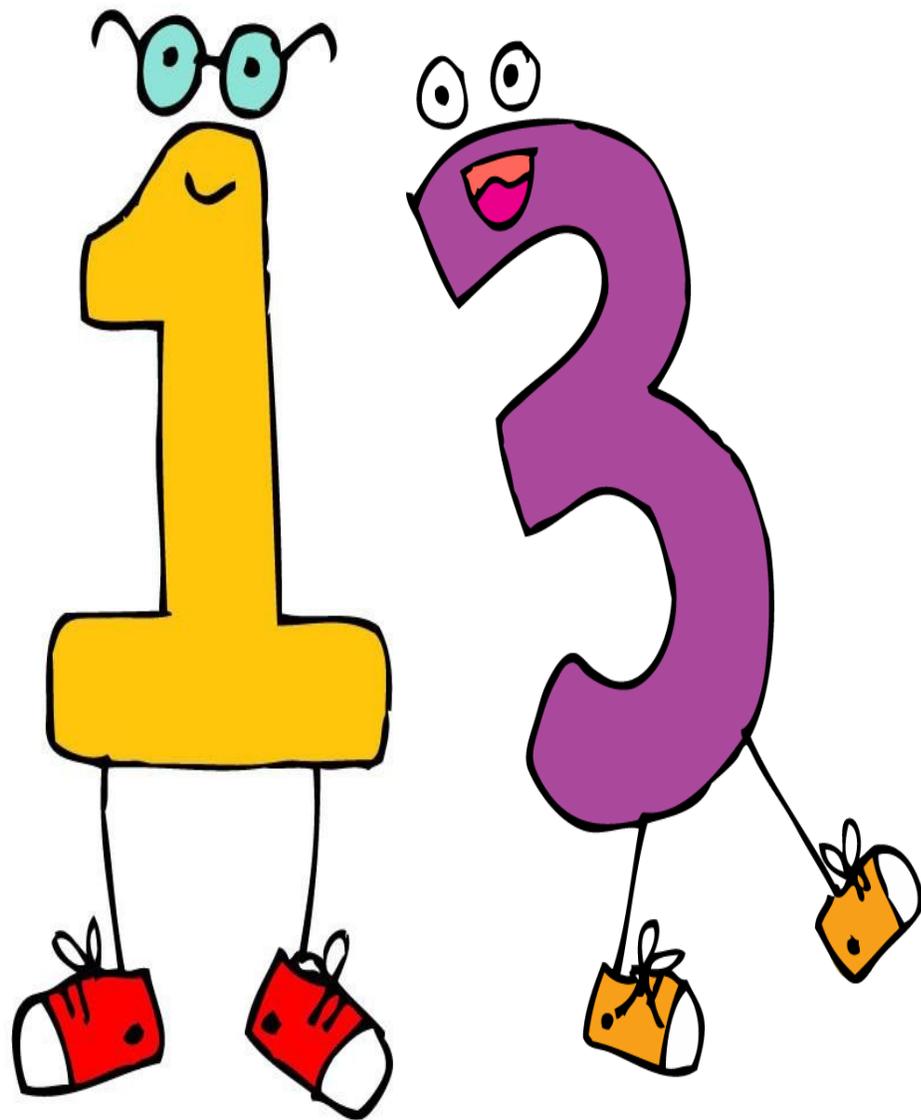
**Ten
Star Jumps**



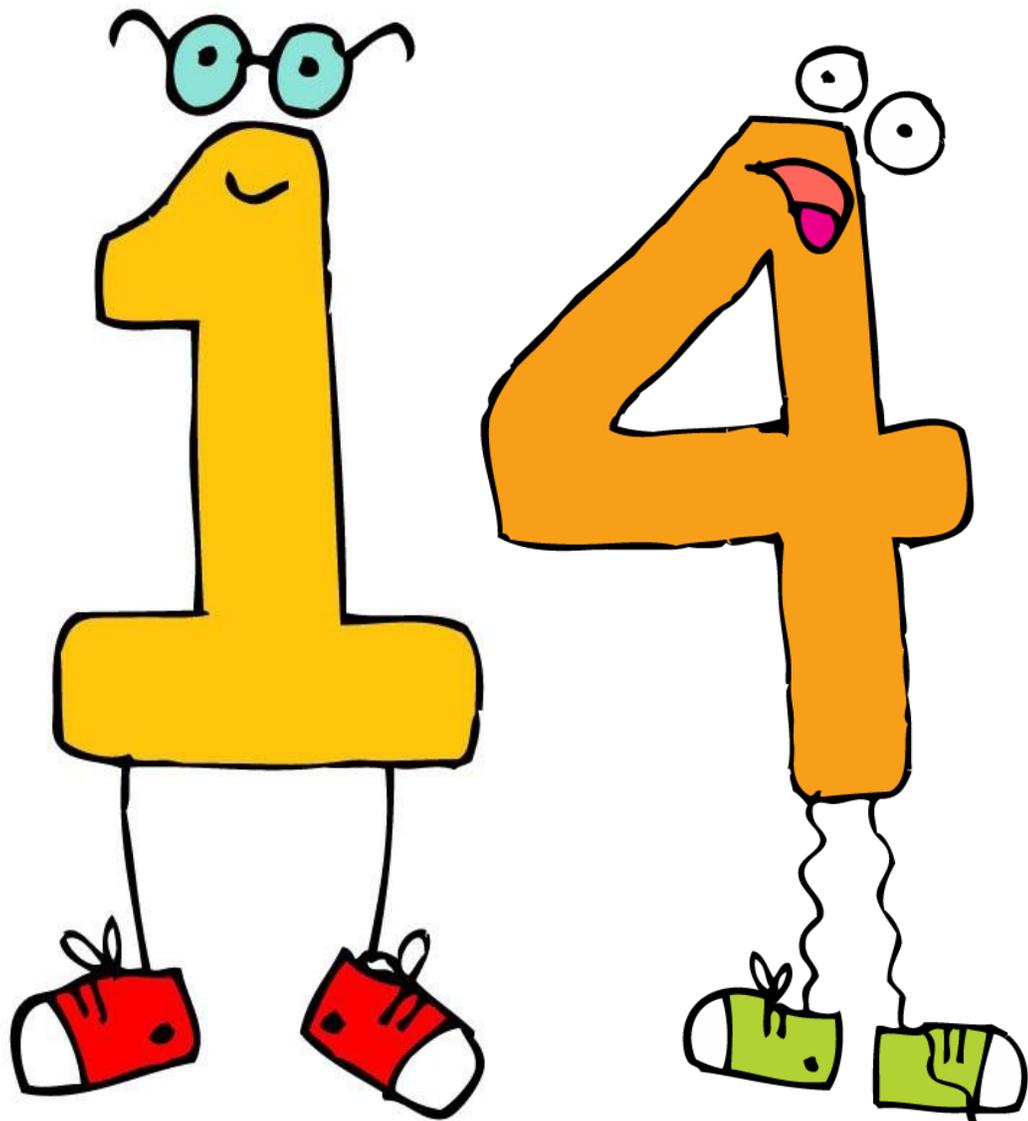
**Eleven
Side Bends**



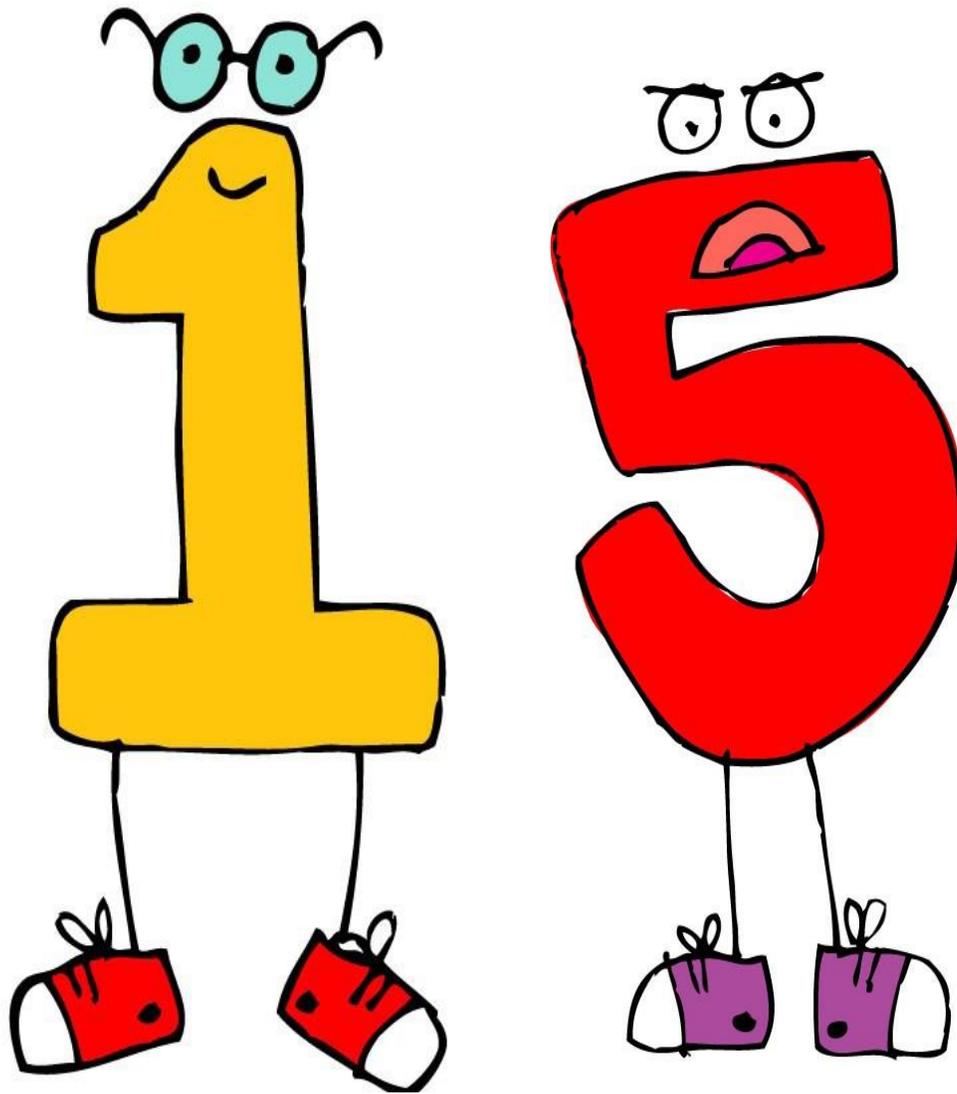
**Twelve
Twirls**



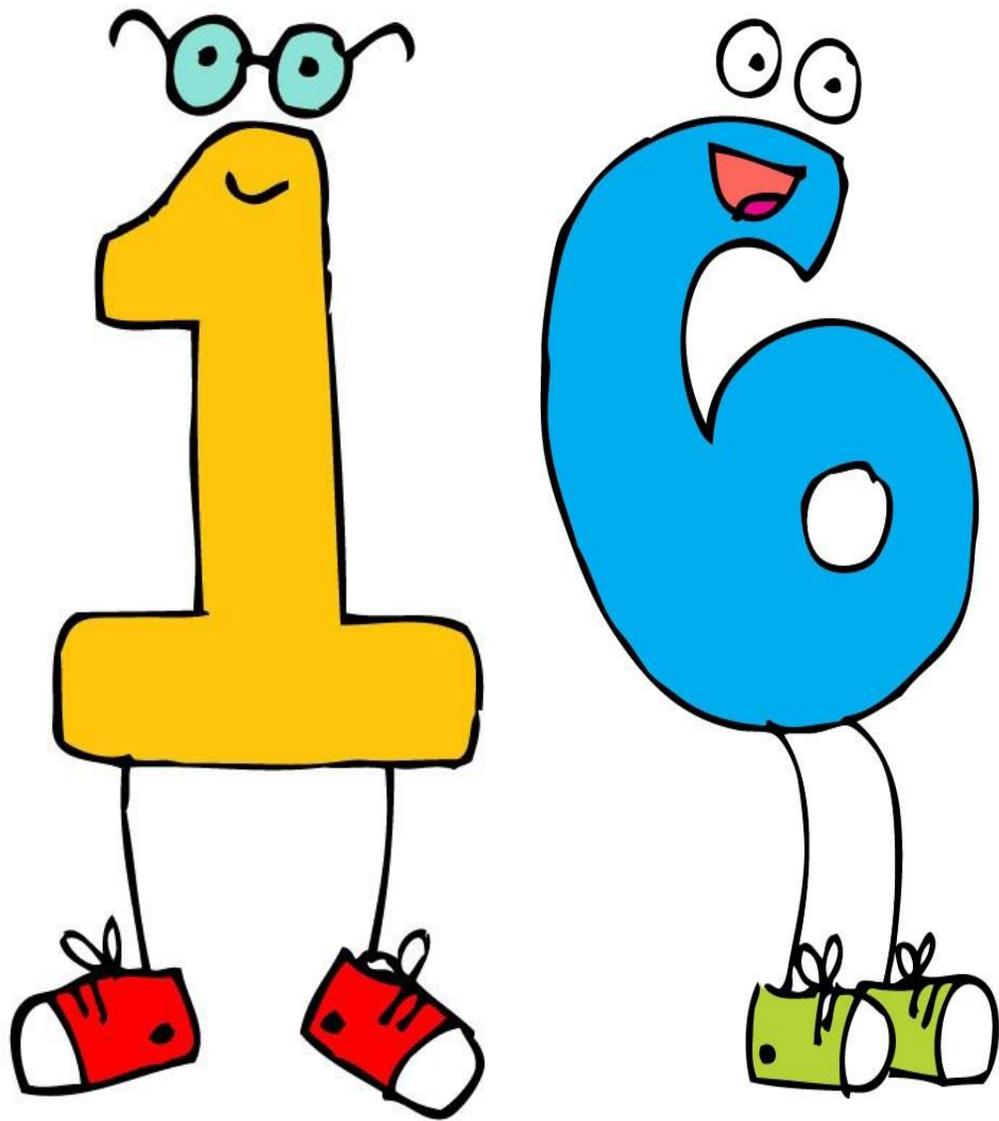
**Thirteen
Throws**



**Fourteen
Frog Jumps**



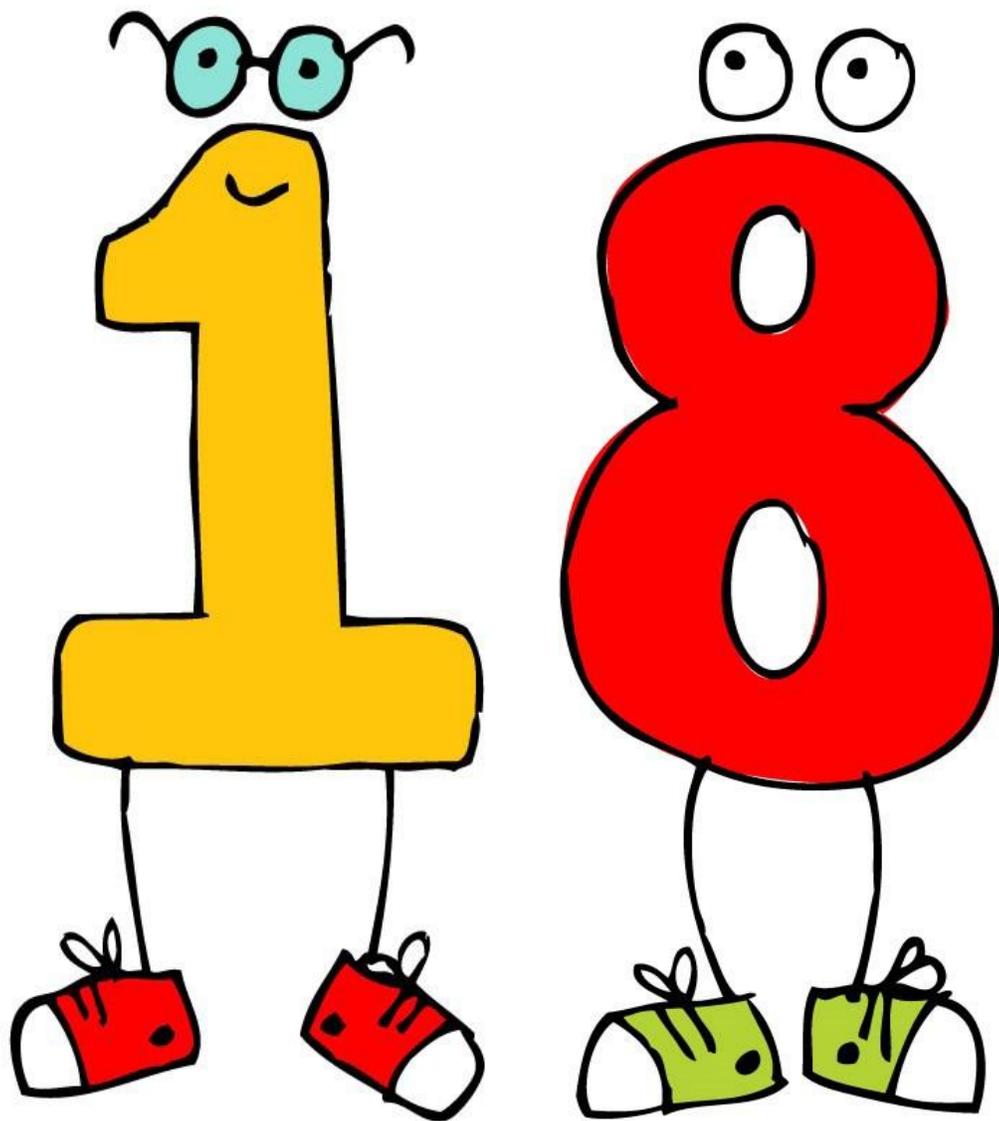
**Fifteen
Knee Bends**



**Sixteen
Arm Circles**



**Seventeen
Mountain Climbers**



**Eighteen
Leg Lifts**



Nineteen
Elbow to Knee Lifts



**Twenty
Crossovers**