

## Purpose & SOL

- Students will practice counting patterns using body movements.
- Math K.4c, 1.1d, 2.2a

## Materials

- Large number line (optional) so students can see numbers as they count.
- Upbeat music (optional) to move as background music.

**Length**  
10 min.

## Introduction

The class will count to 100, using 10 different exercises as a warm up: 1-10 jumping jacks, 11-20 hops, 21-30 heel raises, 31-40 side to side, 41-50 squats, 51-60 reach to the sky, 61-70 arm circles, 71-80 ski jumps, 81-90 low jacks, 91-100 start jumps.

## Implementation

## Exercise the Answer

- 1) The teacher will show the students each move as they practice the different patterns.
- 2) Count by 2s - cross crawl (elbow to knee).
- 3) Count by 3s - reach right, reach left, reach center.
- 4) Count by 5s - star jumps.
- 5) Count by 10s - clap it together up top (high tens).
- 6) Practice patterns with students as time permits.

## Cool Down

Count backwards from 10 while folding forward and reaching down to the ground. Slowly, count down from 10 and have students roll up to a standing position. Repeat as needed.

## Modifications

Use this as a math warm up or a beginning of the day exercise routine.

