Counting Aerobics

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.

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, 21-40 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
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.

www.grfit4kids.org  www.facebook.com/grfit4kids