

Purpose & SOL

- Students will practice forming groups of a certain number.
- Math K.1b

Materials

- Hula Hoops.
- Open space preferably outside.
- Designated starting line.

Length
15 min.

Introduction

Instruct students to line up on the starting line and clearly indicate the boundaries of the playing area. Review the safety rules when having a lesson outside. Review the value of numbers by leading students through exercises. Call out a number and an exercise. The whole class will complete that many of the exercise.

Implementation

Exercise the Answer

- 1) The teacher will divide the class into two groups and run through a demonstration round.
- 2) Have group 1 line up at the line and call out a number, like 4. On the go signal, the students will run to a hoop and put one leg in, but only 4 students can have a foot in each hoop. If there are students left over, they can find another hoop or they get a high five from their teacher!
- 3) Call group 2 up and do the same exercise, this time with a different number. Students will skip, jog, crab walk, etc to the hoop and make groups.
- 4) Play will continue until all students have had a turn and demonstrate an understanding of the concept.
- 5) If there's enough space, invite both groups to play at the same time.

Cool Down

End the lesson with a slow skip to the hoops and back to the starting line. Then take 3 deep breaths with an extended exhale to calm down and prepare to go back to the classroom.

Modifications

To play in the classroom, use fewer hoops and make the groups smaller. Uses exercises best for the classroom.

