

Purpose & SOL

- Students will practice math facts and do a corresponding exercise.
- Math 1.6, 1.7b, 2.5b

Materials

- Math facts paper (or use any worksheet with facts you are practicing).

Length
15 min.

Introduction

Explain to the students that you will be solving math facts (addition and subtraction). After finding the sum/difference, you will be doing an exercise that number of times. Practice one or a few examples (“Do $2+3$ jumping jacks” Solve $2+3$ on the board and lead the class in 5 jumping jacks).

Implementation

Exercise the Answer

- 1) Distribute the worksheet to each student.
- 2) Call out an exercise and say which math problem to do. Example: “Do $5+5$ jumping jacks.”
- 3) The students independently solve their problem and write the sum/difference on their paper. On their own, they will quietly do that number of the assigned exercise.
- 4) Have students stand with hands on hips to show they are done.
- 5) Call on a student to say the answer.
- 6) Continue with all math facts and incorporate different exercises (Use our document “Common Classroom Exercises” – jumping jacks, floor to the sky, high knees, scissor kicks, arm circles, heel raises, jump rope, twists, squats, star jumps, cross crawls, windmills, sky punches, run in place, lunges, hops on each foot, and end with a relaxing balance on one foot).

Cool Down

Review the answers and breath and stretch.

Modifications

Change the facts for any grade. Even use this concept and write on exercises on flashcards.



Name _____

Movin' Math Facts

a) $5+5=$ _____

h) $3+9=$ _____

b) $4+10=$ _____

i) $11+5=$ _____

c) $7+2=$ _____

j) $2+8=$ _____

d) $2+12=$ _____

k) $6+4=$ _____

e) $3+6=$ _____

l) $5+9=$ _____

f) $8+4=$ _____

m) $10+5=$ _____

g) $5+3=$ _____

n) $11+7=$ _____