Fit Kids Tick, Tock, Set the Clock

Purpose & SOL

- Students will manipulate the minute and hour hands to represent analog times.
- Math 1.9b, 2.9

Materials

- Judy Clocks or other clock model.
- Cards with analog times (see attached) at least one card per student in class.

Introduction

Model how the game will be played by creating a group of four people. Each group will have a Judy Clock or other clock model. Review which is the hour and minute hands. Spread the notecards with the analog times out face down in the center of the room.

Implementation

Retrieval

- 1) Have 1 student from the group skip over to the notecards and pick a card with the analog time. While the student is retrieving the card, the other 3 group members do an exercise (low jacks, scissor kicks, squats, sky punches, etc.).
- 2) When the student gets back to the group, that same student will manipulate the hands to show the time on their notecard.
- 3) All students in the group will perform an exercise (windmills, cross crawls, run in place, scissor kicks, etc.) to show they are ready for the teacher to check their clock.
- 4) The teacher will come around and check the clocks.

- 5) Once checked, a different student from the group will skip to retrieve a card and skip back to their group to make the time.
- 6) Continue play for at least 4 rounds so all students can retrieve cards and adjust the clock hands.

Cool Down

Bring arms up above your head (12:00), and slowly reach toward 1:00, 2:00, etc in a fluid motion. Go in this circle movement a few times.

Modifications

If using Judy clocks, play by retrieving cards, moving the hands, and the whole group performs an exercise when finished.

Create a large clock model using a hula hoop, large arrows fastened with a brad, and cards with number 1-12 written on them.



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Length

25 min.

















