

Make Math Move

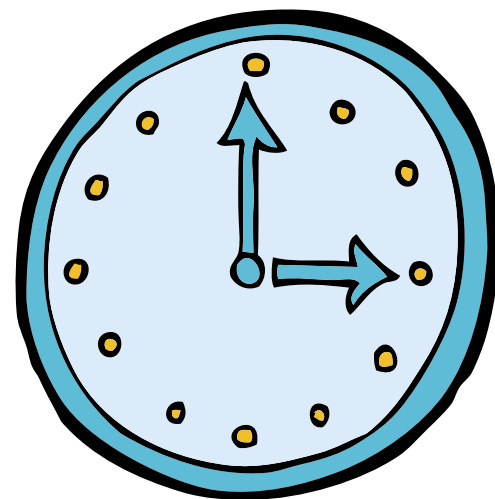
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Core Knowledge[®]

This activity will help get children moving while also working on their understanding of time.

Materials

- Timer
- Clock



Instructions

- Step 1:** Decide on five body movements.
- Step 2:** Choose at least one stretching movement, one cardio movement and one strength movement.
- Step 3:** Write them each down on a piece of paper.
- Step 4:** Set the timer for reference, but watch the clock to know how long you've done the movement.

Example: Forward fold for 1 minute, jumping jacks for 30 seconds and squats for 30 seconds.



Learning Outcomes

Physical Education

- Movement
- Numeracy
- Time

Potential Enrichment

Add a cool down and warm up to your workout.