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PED 231

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### Activity Design

**ACTIVITY NAME:** Math Olympics

**PURPOSE OF ACTIVITY/SKILL LEARNED:** Students practice the math that is being taught. Teaches kids how to use teamwork and encouragement. Pushups help build upper body strength and balance. Sit-ups help build core muscles. Jumping-Jacks help build endurance and cardio. Lunges help build lower body strength and balance. Squats help build lower body strength.

**EQUIPMENT NEEDED:** Game Cards.

**GRADE LEVEL:** K-3

**ACTIVITY RULES/DIRECTIONS:** Spilt the class into groups or have the class get into a circle. If you split the class each team will have a station and each station will have 5 game cards. The game cards will have a problem and an exercise. The exercises include: Pushups, Sit-ups, Jumping-Jacks, Lunges, and Squats. The students will have to answer the problems and then do that many of the exercise as a group. The first team that has the correct answers and completes the exercises first wins. If you do the activity as a whole put the game cards in the middle of the circle and then flip them over one at a time. As a class then solve the problem and then do that many of the exercise. As the teacher you are the person the students will turn in their game cards too and you need to check them to see if they are right. As the students are performing the exercises you should be watching to make sure everyone is doing or at least attempting to do all of the exercises.

**CHALLENGES OR MODIFICATIONS:** Can modify the game cards to have more difficult or easier questions. Can change the exercises. Can make different games out of the cards, for example could have the cards at one spot and have the kids run to get them. Could make the questions support a different subject. Doing the activity as a whole you could have harder questions that you can work through as a group. You can adjust the lesson to students with physical disabilities by letting them do any exercise they want, also by saying and reading the problem out loud. For students with mental disabilities having them work with a group or working as a whole could help them find new ways to do the problem.

**RESOURCES USED:**