

Third to Fifth Grades

Invisible Jump Rope

Purpose of the activity: To recall basic counting, addition and subtraction facts while jumping.

Materials needed: None

Directions: Teacher calls out numbers starting from 1-10 starting with one. Everyone jumps as they count up to that number. Start at 20 and count backwards as students do the invisible jump rope backwards. As students are more experienced and learned you can have them count by 2's, 3's, and 5's. (Take 10!)

Word Buddies

Purpose of activity: To learn how to group words in a category together while being physically active.

Materials needed: None

Directions: Students pair up and are reminded to speak softly so the other students can hear their partners. The object of this game is to copy the activity your partner is doing. Every 60 seconds, the teacher calls out a new activity for the students to perform while facing each other. While the students are doing the activity, the teacher gives them a category (ie, things that are cold). The students take turns going back and forth naming items in that category. Activities can be simple (marching in place, knee raises, jumping jacks, squats, lunges, reaching up to the sky, etc). (Take 10!)

The Hokey-Pokey

Purpose of the activity: To gain a better awareness of spatial orientation while learning basic anatomy.

Materials needed: None

Directions: Have students jog in place as they sing the hokey-pokey. Teacher calls out a body part such as leg, arm, knee, head, etc. Use right and left as appropriate. You can also do directions such as pointing to specific organs or muscles. (Take 10!)

Healthy Spelling

Purpose of this activity: Incorporate your list of spelling words and alphabetizing into physical activity.

Materials needed: None

Directions: Students march in place throughout activity except when they are spelling the word and doing another activity. The teacher names the activity (ie, lunges) that the student will be doing while spelling. The teacher/leader calls out two of their weekly spelling words. For example, use the words “dog” and “pony.” The class decides which word comes first alphabetically and then responds, “dog.” The students spell D-O-G, while doing forward lunges. Then they spell P-O-N-Y while doing lunges. Class continues until 10 minutes have been completed. As the class advances you can change the physical activity with each new word (jumping jacks, knee raises, toe raises, bicep curls, etc.) (Take 10!)

Sign Up For Fitness

Purpose of activity: To practice sign language while incorporating physical activity.

Materials needed: None

Directions: Students start while jogging in place. The teacher starts by saying, “give me an A,” while signing it. The students respond by signing the letter “A.” As the students advance and can spell out words have students do various activities while spelling out words. You can even have the students spell their spelling words while marching or jogging in place. (Take 10!)

Pumping Up with Spanish

Purpose of activity: To count and solve simple equations in Spanish while doing physical activity.

Materials needed: None

Directions: Begin with a 20 “viente” jumping jack warm up. The students perform 15 of each strength or muscular endurance activity. Allow students to march in place for a 15 second count between each activity. After all activities have been completed, repeat each cycle but perform 18 of each activity. As students are more experienced, have them solve simple math problems in Spanish. The correct answer is the number of times each activity is performed.

Examples of Activities: Push-ups, Lunges, Sit-Ups, Squats, Biceps curl.
(Take 10!)

Build a Healthy Diet

Purpose of the activity: To learn the Food Guide Pyramid while getting some physical activity.

Materials Needed: None

Directions: Students march in place. The teacher begins to call out foods for the students to decide which food group the food belongs to as well as the number of recommended servings per day. The teacher either can have the students who know the answer raise their hands or as the class becomes more familiar with the food groups, the students can call it out as a group. As each food is identified with its food group and recommended servings per day, the students then do the activity chosen for this round while they count aloud. Use the higher number in the recommended serving size. For foods in the "Fats, Oils and Sweets" group, have students squat down and recite "sparingly." Class continues until 10 minutes of physical activity has been completed. (Take 10!)

Fitness and Literature

Purpose of activity: To motivate students to read and stay active during the winter months.

Materials needed: Posters promoting physical activity, calendars for the students to keep track of their progress each month, posters for students to watch their progress and their classmates.

Directions: While kids are encouraged to read so many books during the winter as part of their English class, they are also encouraged to get up to 10,000 minutes of physical activity. They record all activity by minutes, for example if they play basketball after school for an hour they can record 60 minutes. (PE Central)

Long Jumping

Purpose of activity: To teach math while getting some activity.

Materials needed: Yard stick, masking tape, pen and paper

Directions: Make a line on the classroom floor and plot out feet and inches using the yardstick. Have students jump as far as they can three times, recording their distance each time. Then they average their distance. You can expand this activity by plotting out all of the students' averages on a graph.