

Number Push-ups

Summary

Students will integrate math with an upper body movement exercise.

Group Size

Individual

Materials

Number cards 1-9 or higher for advanced grades.

Background for Teachers

Proper push-up starting position.

Intended Learning Outcomes

Body awareness will be stressed. They will learn manipulative skills while enjoying a new activity.

Instructional Procedures

When the students know the proper starting position for a push-up, they are ready to begin this exercise.

Spread paper numbers in front of the students. (Begin with the numbers 1-9.)

Mix the numbers up.

Explain to the students that they have to "walk" in a push-up position to all of the numbers and move them in numerical order.

Strategies for Diverse Learners

Add additional numbers such as 68, 388, 1,008 etc... and challenge the students to put them in numerical order.

Extensions

Use the letters of the alphabet, rather than numbers.

Authors

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