



Sums In Motion

How to play:

Students jog in place or jump along with numbers as they learn math.

Beginner:

- Students begin by jogging in place.
- Teacher calls out instructions for warm-ups. (Count to 50, count backwards from 20, etc.)
- Everyone jumps as they count.
- Class continues until 10 minutes of physical activity have been completed.

Intermediate:

- Students begin by jogging in place.
- Teacher writes number words randomly on the board. As he/she points to a word, the students read that word and jump as they count to that number. Students then jog in place as the teacher points to another number.

Advanced:

- Students jog in place throughout this portion. (They will clap the answer altogether while jogging once a student calls it out.)
- Teacher calls out addition problems such as $2 + 2$. Students call out the answer and then, in this case, clap and count the answer: FOUR.
- Variation: Teacher can call out subtraction problems and have students clap and answer aloud.



How Health Smart Are You?

1. When you finish "sums in motion," is your heart beating fast or slow?
2. What does your heart pump when it beats?
3. Which organ brings oxygen into the body for the rest of the body to use?

Answers:
1. Fast
2. Blood
3. The lungs

Sums In Motion

Warm-up jumps:

Count up to 50

Count backwards from 20

Count by two's up to 20

Count by five's up to 50

Count by ten's up to 100



Number words:



Now for the
fun part...

**Sums
in
motion!**

(While jogging in place)

$1+0=1$	$2+0=2$	$3+0=3$	$4+0=4$	$5+0=5$
$1+1=2$	$2+1=3$	$3+1=4$	$4+1=5$	$5+1=6$
$1+2=3$	$2+2=4$	$3+2=5$	$4+2=6$	$5+2=7$
$1+3=4$	$2+3=5$	$3+3=6$	$4+3=7$	$5+3=8$
$1+4=5$	$2+4=6$	$3+4=7$	$4+4=8$	$5+4=9$
$1+5=6$	$2+5=7$	$3+5=8$	$4+5=9$	$5+5=10$
$1+6=7$	$2+6=8$	$3+6=9$	$4+6=10$	
$1+7=8$	$2+7=9$	$3+7=10$		
$1+8=9$	$2+8=10$			
$1+9=10$				

Switch to
Subtraction