

Integrating Academic Subjects into the Physical Education Setting

Number Flash Card Math - Using a deck of flash cards that number 1 - 100, remove all of the single digit numbers. Place as many cards as you can around on the floor or taped to the walls. Ask the children to move to the music in a designated way (walk, skip, jump, gallop, hop, etc.). When the music stops, ask the children to stand behind a number whose two digits, together, add up to nine (or any other number that you specify). So that children do not take too long to find an answer, add a countdown (10, 9, 8...) and ask them to have an answer before you get to zero. Allow children to share cards, as there may be only one or two cards out that have a correct answer.

Variations:

1. Subtract the larger digit from the smaller digit.
2. Multiply the two digits together.
3. Divide the smaller digit into the larger digit.
4. Find a number greater than or less than a certain number

Number Relay - You will need one set of cards 1 - 6 for each team that you intend to have. Spread the cards randomly on the floor around the room and hide them underneath something. (Paper plates work fine and are inexpensive. On the word "go" the first person in each team must go out, pick up a plate and look to see if it has the number 1. If it does, he leaves the plate there but brings back the number and goes to the end of the line. The next person goes out to find #2. If it does not, he leaves it there, returns to the team and goes to the end of the line. The next person in line goes out to continue looking for #1. The object of the game is to collect the cards in order as fast as possible. Encourage players to be discreet and not disclose what number is under the plate if it is not the one they need. Assign an exercise for students to do while waiting in line. Change exercises often.

Variations:

1. Have 6 teams and have each team be responsible for finding all of one number.
2. Attach the numbers directly on the bottom of the plates. Plates are then picked up, however, and the choices become fewer. This may speed up the game. Suggestion - Do not write directly on the bottom of the plate, as it will show through on the other side.
3. Reverse the order in which the numbers are picked up.
4. If children are very young, keep the numbers facing up.
5. Have fewer cards if you want the game to move faster.

Language Arts

Matching Rhyming Words Relay - This is a great activity during Dr. Seuss Week. Using index cards, draw or cut out pictures of rhyming words and put the name on the back side. Have only one picture on each card. In a small corner of the card place a number one. On the matching card, place a number two. (This will save time when you divide the cards later.) Place two hula hoops at the front of the classroom. (To avoid confusion, try to provide different color hoops.) Put one set of cards (picture side up) in one hoop and the rhyming card (picture side up) in the other hoop. Divide the class into 2 teams, telling each team which hoop to go to first. On the word go, the first person on each team goes to the hoop that is in front of him, picks up a card, moves next door to the other team's hoop and finds the rhyming match. The cards are brought to the teacher for confirmation. The player then returns to the back of his team's line and the next person goes. The game is over when all of the cards are matched.

Variations:

1. Play this game with the word side showing instead of the pictures.
2. Divide the rhyming cards in half and put two hoops in front of each team. Teams only have to find the rhyming words in their own two hoops.
3. For older children, have one hoop with the word showing and the other hoop with the picture showing.

Suggestions for Rhyming Words:

bug / rug	mop / stop	coat / note (musical)
spoon / moon	frog / log	chair / bear
tree / bee	boat / goat	bell / wishing well
tire / fire	pail / snail	goose / moose
plane / rain	pie / eye	cat / bat (baseball)
box / fox	one / sun	key / three
snake / cake	light / kite	mouse / house
car / star	bread / bed	sock / clock
ring / king	hat / bat (the flying type)	

Another Use for the Rhyming Words:

Looking for a quick way to partner students? Upon entering the gym, hand each student a word card and have him find a person whose word rhymes with his. This can be done using the picture side only or the written word side only. Another challenging option is to arrange the cards ahead of time so that one person will have the written word and another will have the picture. This requires a little more thinking on the part of the students.