



Overview:
 Students will work out math problems through exercise and activity. Additionally, they will learn about sets and repetitions as applied to exercise.

Lesson:
 Addition, Subtraction, Division, Multiplication

National Standard(s) Addressed:
Basic Numerical Operation -
 Understand meanings of operations and how they relate to one another.



Goals:

Performance

Students will experience four mathematical operations by performing various activities.

Cognitive

Students will reinforce their understanding of math operations through kinesthetic learning.

Affective

Student will enjoy learning about math.



Pre Teach Vocabulary

Addition - When you put numbers together to make a bigger number.

Subtraction - Finding the difference between two numbers.

Multiplication - Think of it as making sets.

Division - Is when you divide (or split) numbers.

Activate Prior Knowledge

Ask students to identify the symbols used for each of the operations: addition, subtraction, multiplication, division. Next, review all four mathematical operations, provide an example of each. Tell students that today they will take a journey, which will require them to use all four operations.

Assess and Think Critically

Ask students to talk about their favorite mathematical operation. Discuss other activities they perform that might entail the use of math. *[Shopping, board games, score keeping for sports, etc...]*



My Ideas:



Overview:
 Students will work out math problems through exercise and activity. Additionally, they will learn about sets and repetitions as applied to exercise.

Lesson:
 Understanding of repetitions and sets during exercise.

National Standard(s) Addressed:
#4 Physical Fitness - Achieves and maintains a health-enhancing level of physical fitness.



Goals:

Performance

Students will perform a variety of activities and exercises.

Cognitive

Students will understand the definition of repetition and sets as they pertain to exercise.

Affective

Student will enjoy keeping track of their exercise through counting repetitions.

Pre Teach Vocabulary

Repetition - To repeat an exercise/ movement over and over again.

Sets - A group of repetitions.

Activate Prior Knowledge

Explain the vocabulary words to the class. As an example of repetitions, ask students to clap their hands 3 times. *[Explain that this is equal to one set.]* Ask students to perform four sets of clapping hands (pause between each set).

My Ideas:

Assess and Think Critically

Review examples of the repetitions and sets performed during the video. Have students repeat and count activities.



Activity	Repetition	Sets
Eagles flapping wings	5	2
Trampoline	6	3
Jumping Jacks	9	3
Arm Circles	5	3

