

# MAKE-IT TAKE-IT FITNESS GAMES

## Reinforcing Academic Skills Through Fitness Activities

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For children, movement is a motivating medium through which math and reading skills can be practiced and reinforced. Following are examples of exciting fitness and movement activities that use teacher-made task cards to support academic skills for elementary and middle school students. Teachers can make these task cards on card stock or regular paper backed by construction paper, laminate the cards and use them with students for years. Full-size, ready-to-copy templates of these games and others in the presentation can be found in *Make-It Take-It: Fitness Games* from [greatactivities.net](http://greatactivities.net).

### Math Scrabble

MATH SCRABBLE <b>0</b> Zero	MATH SCRABBLE <b>1</b> One	MATH SCRABBLE <b>2</b> Two
MATH SCRABBLE <b>3</b> Three	MATH SCRABBLE <b>4</b> Four	MATH SCRABBLE <b>5</b> Five
MATH SCRABBLE <b>6</b> Six	MATH SCRABBLE <b>7</b> Seven	MATH SCRABBLE <b>8</b> Eight

MATH SCRABBLE <b>+</b> Plus	MATH SCRABBLE <b>+</b> Plus	MATH SCRABBLE <b>-</b> Minus
MATH SCRABBLE <b>X</b> Times	MATH SCRABBLE <b>X</b> Times	MATH SCRABBLE <b>-</b> Minus
MATH SCRABBLE <b>÷</b> Divided By	MATH SCRABBLE <b>=</b> Equals	MATH SCRABBLE <b>=</b> Equals

Group size: Whole class

#### Equipment:

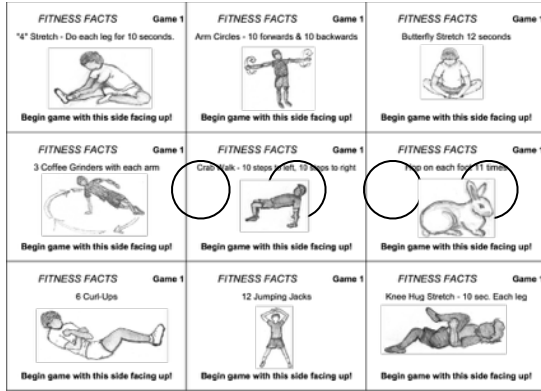
- Math Scrabble cards – numbers and symbols
- 8 hoops
- 8 cones
- CD player with upbeat music (optional)

#### Set-Up:

- Set up the play area as shown.
- Divide the class into teams of 3-4 students. Each team sits behind a hoop in a relay set-up.
- Give each team a set of Math Scrabble **Symbols** to keep at their hoop:  
two “plus”, two “minus”, two “times”, two “divided by”, and four “equals.”
- Scatter the Math Scrabble **Numbers** face down on the floor across the opposite end of the playing area.

#### How to Play:

- As in a relay, the first player in each line runs to the opposite end of the play area, chooses one Math Scrabble number card, runs back to his team, places the card in the hoop, and then tags the hand of the next player in line.
- The next player in line takes a turn to run to the opposite end to retrieve a card, and so on until all the cards have been chosen.
- The players on each team then work together to form number sentences or equations using the numbers they have gathered and the symbols they began the game with. Equations may be created across and up and down, sharing numbers and symbols as in a traditional game of Scrabble. Allow 2-3 minutes for this part of the game.



WE	SHOULD	EXERCISE
AT	LEAST	30
EVERY	DAY	!!!

1      2      3      4      5      6

         7      8

  1   2   3   4   5   6   7   8  

         1      2      3      4      5      6      7      8     

*Scatter Math Scrabble Cards face down at opposite end of play area.*

- To prepare for a new game, the first player in each line takes one number card back to the opposite end of the play area and places it face down. In relay fashion, the next player takes another back, and so on until all the numbers have been returned. Use a different locomotor movement for this part of the game. The teams keep their math symbols to use in the next game.
- Before playing another round, have each team shift one or two spots to the right so that they are not directly opposite the numbers they just returned.
- Play several rounds and change the locomotor movement used each time.
- If desired, play upbeat music while the game is being played.

**Variations:**

- Feedback and support from the teacher will usually be sufficient to make this game successful. However, if you wish to add a scoring challenge, have teams award themselves 10 points for each addition or subtraction equation created and 25 points for each multiplication or division equation.
- To add a strength or flexibility factor to the game, have students perform a specific exercise or stretch before picking each Math Scrabble card.

## Fitness Facts

**Group size:** Whole class working in groups of 2-4

**Equipment:**

- One set of Fitness Facts cards for each group
- One hoop for each group

**Set-Up:**

- Place one set of Fitness Facts cards face up in each hoop.
- Each group of 2-4 students sits around a hoop.

**How to Play:**

- One group member selects a Fitness Facts card.
- All members of the group perform the exercise indicated on the card.
- When they finish the exercise, the card is turned over to reveal a word on the opposite side.
- Another group member selects a card and the group performs the exercise before flipping over the card. This continues until all cards have been turned over.
- The group next works together to arrange the revealed words to form a sentence that expresses a fact about fitness.
- Each group in turn reads their sentence out loud so that the rest of the class can hear the fitness fact.

## Double Dice

**Group size:** Whole class divided into groups of 2-4

**Equipment:**

- 8 Graph Multiplication Double Dice of Addition
- 8 hoops
- 2 dice for each group

DOUBLE DICE -- MULTIPLICATION

1  *4* Stretch 10 sec.-Each Leg	2  20 Arm Circles	3  15 Crunches	4  10 Chest Raises	5  Quad Str. 10 sec.-Each Leg	6  25 Jumping Jacks
7  No Homework for 1 Month	8  Straddle Stretch 10 sec.-Each Way	9  Thigh Stretch - 10 sec. Each Leg	10  Jog 2 Laps.	11  Free Trip to Hawaii	12  Leg Cross Stretch-10 sec.
13  4 Tickets to an NFL Game	14  2 Hours of Extra Recess	15  15 Modified Push-Ups	16  Shoulder Stretch 10 sec.	17  Pizza for Everyone	18  Thigh Stretch 10 sec.-Each Leg
19  Free Soda for Everyone	20  6 Push-ups	21  Do 3 Back Handsprings	22  Chew Gum All Day	23  Ice Cream for You & A Friend	24  *V* Seat for 20 sec.
25  Crab Walk 22 Steps	26  Automatic *A* On Your Next Spelling Test	27  Do 7 Cartwheels	28  Free Candy for 1 Week	29  Win a CD of Your Choice 20 sec.	30  Butterfly Stretch
31  Win 2 Movie Tickets	32  Sing *Old McDonald Had a Farm*	33  350 Mountain Climbers	34  Jog 53 Laps	35  Free Happy Meal	36  Jog in Place 50 Steps

DOUBLE DICE -- ADDITION

1  Extra Recess for 2 Weeks	2  20 Arm Circles	3  15 Crunches	4  10 Chest Raises	5  Quad Stretch 10 sec. Each Leg	6  15 Mountain Climbers
7  *V* Balance 25 sec.	8  Straddle Stretch 10 sec. Each Way	9  Knee Hug Stretch 10 sec. Each Leg	10  15 Modified Push-Ups	11  *4* Stretch 10 sec. Each Leg	12  Leg Cross Stretch 10 sec.

•4 cones to mark a jogging perimeter

**Set-Up:**

- Place the four cones near the corners of the area to form a jogging perimeter
- Place the hoops on the floor within the jogging area. Inside each hoop place one Multiplication or Addition Double Dice card and two dice.
- Students work in groups of 2-4 and each group sits around a hoop.

**How to Play:**

- When all group members are sitting down around the hoop, one player rolls both dice.
- Depending on which game is being played, the group computes either the product or the sum of the two numbers that come up on the dice. For example, if a

five and a three are rolled, the product would be 15.

- The group finds the corresponding box on the Double Dice card. Each member in the group performs the exercise indicated in the box.

- Some squares on the Double Dice card contain funny or unrealistic tasks. The unrealistic tasks only appear in squares that can never be reached by multiplying or adding numbers one through six, the numbers that appear on a die.
- When all group members have completed the task and are sitting down around the hoop, the next player can roll the two dice.
- If desired, play upbeat music while the game is being played.

**Variations:**

- One player can roll one die and a second player can roll the other die. The group then determines the product or sum as above.
- If you do not have enough dice, choose one or two students to roll one pair of dice for the class. Each group then uses their card to determine which exercise to perform. When all groups are finished and sitting down, choose another student or students to roll the dice.
- Students can play independently within their group. One student rolls both dice and determines which exercise to perform. The second student then rolls to determine his exercise, and so on. Each time a student finishes an exercise, she returns to the hoop and rolls the dice again.

## Line Graphs

**Group size:** Whole class working as individuals or as partners.

**Equipment:**

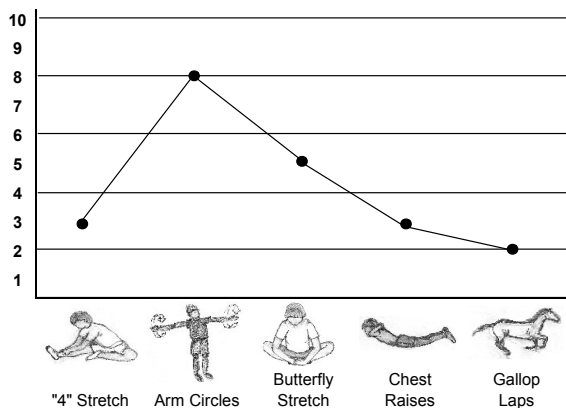
- 40 Line Graph Workout cards
- 1 hoop
- 4 cones to mark a jogging perimeter

**Set-Up:**

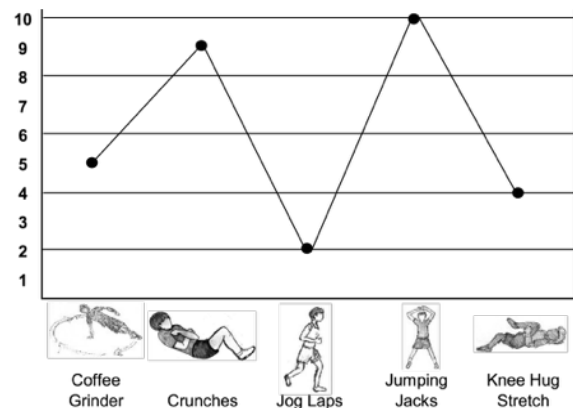
- Put the hoop in the center of the gym.
- Spread the Line Graph Workout cards face down on the floor in the hoop.
- Put the four cones near the corners of the gym to form a perimeter for jogging and other locomotor skills.

**Game:**

- Each student chooses one Line Graph Workout card from the hoop.
- The students use the line graph to determine how many times to perform each exercise.
- When a student finishes all five exercises on her card, she returns it to the hoop, places it face down, and chooses a new card.



• If a



- student chooses a card he has already had, he still performs the exercises a second time.
- If desired, play upbeat music while the game is being played.

**Variations:**

- If some students have difficulty reading the line graphs, have those students work with a partner. Be sure to pair stronger readers with those needing help.
- Use Line Graph Workout as a station activity.

**Deal A Workout**

 <p>Deal a Workout</p> <p>Stand in a corner and sing "Happy Birthday."</p>	 <p>Deal a Workout</p> <p>Shake hands with 10 different players.</p>	 <p>Deal a Workout</p> <p>Go to the blue cone and do 5 butterfly stretches.</p>	 <p>Deal a Workout</p> <p>Go to the green cone and do 5 push-ups.</p>	 <p>Deal a Workout</p> <p>Use a playground ball and shoot a basket at each basketball hoop.</p>	 <p>Deal a Workout</p> <p>Use jump ropes to spell your first name on the floor.</p>
 <p>Deal a Workout</p> <p>Gallop one lap around the gym.</p>	 <p>Deal a Workout</p> <p>Skip to the green cone. Then gallop to the red cone.</p>	 <p>Deal a Workout</p> <p>Hop to the yellow cone. Then slide sideways to the purple cone.</p>	 <p>Deal a Workout</p> <p>Walk two laps.</p>	 <p>Deal a Workout</p> <p>Go to the yellow cone and do 5 crunches.</p>	 <p>Deal a Workout</p> <p>Go to the purple cone and lay on your back for 20 seconds.</p>
 <p>Deal a Workout</p> <p>Go to the center of the gym and sing "Mary had a little lamb."</p>	 <p>Deal a Workout</p> <p>Walk two laps.</p>	 <p>Deal a Workout</p> <p>Run and touch all 4 walls.</p>	 <p>Deal a Workout</p> <p>Balance a beanbag on your head and walk one lap.</p>	 <p>Deal a Workout</p> <p>Jump rope 10 jumps.</p>	 <p>Deal a Workout</p> <p>Go to the yellow cone and do a Tarzan yell.</p>
 <p>Deal a Workout</p> <p>Skip one lap.</p>	 <p>Deal a Workout</p> <p>Go to the blue cone and hop on your left foot 17 times.</p>	 <p>Deal a Workout</p> <p>Run and touch every cone.</p>	 <p>Deal a Workout</p> <p>Jog one lap.</p>	 <p>Deal a Workout</p> <p>Jog two laps.</p>	 <p>Deal a Workout</p> <p>Go to the green cone and do the Coffee Grinder 6 times.</p>
 <p>Deal a Workout</p> <p>Go to the red cone and do the knee hug stretch 5 times.</p>	 <p>Deal a Workout</p> <p>Go to the green cone and stand on one foot for 10 seconds.</p>	 <p>Deal a Workout</p> <p>Go to the blue cone and do 20 jumping jacks.</p>	 <p>Deal a Workout</p> <p>Sit on your bottom and spin in a circle 5 times.</p>	 <p>Deal a Workout</p> <p>Do a crab walk from the red cone to the green cone.</p>	 <p>Deal a Workout</p> <p>Go to the purple cone and do the straddle stretch 3 times.</p>
 <p>Deal a Workout</p> <p>Go tell 8 people: "Fitness is Fun!"</p>	 <p>Deal a Workout</p> <p>Go to the purple cone and do the "4" stretch 2 times for each leg.</p>	 <p>Deal a Workout</p> <p>Go ask 7 people: "Who is your favorite baseball player?"</p>	 <p>Deal a Workout</p> <p>Take a turn as the DEALER!</p>	 <p>Deal a Workout</p> <p>Take a turn as the DEALER!</p>	 <p>Deal a Workout</p> <p>Take a turn as the DEALER!</p>

**Group Size:** Whole class

**Equipment:**

- 72 Deal a Workout cards
- 6 hoops, 6 8-1/2" playground balls, 20 jump ropes, 6 beanbags
- 6-12 cones of different colors

**Set-Up:**

- Choose 2-3 students to begin as the Dealers. Each Dealer holds 20-30 Deal a Workout cards, holding them face down.
- The remaining students stand in lines in front of the Dealers.
- Place the cones randomly throughout the play area.
- Place the playground balls, jump ropes and beanbags accessible to the students, near a wall.

**Game:**

- The Dealer deals the top card, face down, to the first student in line. That student turns the card over and follows the directions on the card, using whatever equipment is needed.
- The Dealer then deals to the next student in line, and so on.
- When a student finishes his task and returns any equipment used, he returns to one of the Dealers for a new card. The Dealer will place the old card face down on the deck.

- If a student is dealt a card that reads, "Take a turn as the Dealer," she shows the card to the Dealer and the two trade places.
- If a student is dealt a card he has already had, he still performs the movement a second time.
- If desired, play upbeat music while the game is being played.

*Variation:*

- If some students have difficulty reading the directions, have those students work with a partner. Be sure to pair stronger readers with those needing help.

## Equation Ladder

Group size: Whole class playing in groups of 2-5

Equipment:

- 8 Equation Ladder cards
- 8 dice
- 8 hoops
- 4 cones to mark a jogging perimeter

*Set-Up:*

- Students work in groups of 2-5. Groups are scattered in general space and each group sits around a hoop.
- In each hoop place one Equation Ladder card and one die.
- Place the four cones near the corners of the area to form a jogging perimeter

*Game:*

- One player in the group rolls the die so that it stays inside the hoop. The group uses the number rolled to complete the equation for the first exercise, beginning at the **BOTTOM** of the ladder.
- All players in the group perform the exercise. When all players in the group have finished and are sitting around the hoop, the next player can roll for the next exercise, and so on.
- If desired, play upbeat music during the game.

*Variations:*

- If you don't have enough dice for each group, choose one student to roll one die for the whole class. Each group then uses the number rolled to complete their first equation and then each group performs their first exercise. When each group is finished, choose a new student to roll for the next number.
- Use Equation Ladder fitness as a station activity. Students can play alone or with a partner.

