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## Math in Motion Activities

### Chalk

- **Size it Up!** If there is room outside, draw the actual length of an animal or object. For example, the Humpback Whale can get up to 42 feet long. Stand in it. Compare and contrast its characteristics to one or multiple children.
- **Shape Scramble:** Draw different patterns of 2 to 4 shapes in multiple rows: Jump on squares, hop on circles, squat on triangles. Write the words in or next to the shapes.
- **Dice Dots:** Draw circles or squares with dice dots inside to practice counting before jumping/leaping/hopping. Roll a big dice and move to the matching die.
- **Move & Measure:** Draw a large ruler on the ground and challenge children to jump/leap/run as far as they can – or toss a bean bag, then measure the distance.
- **Road to Nowhere:** Draw a road or path that the children can walk, sidestep, dance along, skip, hop, jog, or even tricycle on. Draw the path in the shape of a large number, letter, or shape – or a combination of all three.
- **Fish in a Bowl:** Draw a large fishbowl. Children can swim to the bowl and stand in it, or swim their fish artwork over to the bowl to place in. Then compare and contrast the different fish, sort and

count. Also consider, birds over buildings, clouds, or in trees. Frogs in a pond, and much more.

- **Chalk Bodies:** Draw outlines of the body and get him/her dressed with more chalk. Use items from nature to embellish and decorate the clothes. Have the children describe their clothing using words like over, under, beneath, beside, wide, thin, etc. Count the buttons, flowers, sticks, etc. when finished.
- **Chalk Faces:** Draw heads with hair and use objects from nature like rocks, sticks, leaves, and pinecones to make the features. Paint the rocks beforehand for added fun.
- **Straight Lines:** Draw straight parallel lines (or use laces or tape) equidistant apart, about 12 inches. Jump between them, walk around them, walk between them / turn / and come back. What happens when we take small steps / large steps / jumps between?
- **Color Cubes:** Draw shapes and fill them in with different chalk colors. Ask the children to move to the colors and shapes using different motor skills. Also see “Motor Up!”



### Tape | Laces

- **Twister:** Tape (or use chalk to draw) shapes or numbers on the floor/ground and play your own brand of twister.
- **Balance Beam:** Tape lines (or use laces or chalk) on the floor and challenge children to walk down the line, stopping to balance on one foot and pick up numbers and shapes along the way.

- **Walk the Path:** Tape (or use laces or chalk) to make different pathways on the floor. Instruct kids to walk the pathways. Move different ways on each pathway: wave arms like a monkey, wave arms like a bird, walk like an elephant, stomp like a hippo, move slow like a turtle, on tip-toe up high like a giraffe.
- **Move & Measure:** Tape lines on the floor and challenge kids to jump like a frog (and other motor skills) to the farthest line, and then measure.
- **Rolley Polley:** Tape a large shape on the floor (or use chalk) and challenge kids to roll or bat different sizes of balls (basketball, tennis ball, golf ball) with their feet, head, hands, or even a noodle, along the tape. Time them and see if they can beat their time.
- **Seek & Find:** Hide number sticks, plastic eggs with numbers inside of them, plastic 3-D shapes. When the children find them all, they gather together to put the numbers in order. Also hide different colored items that the children can sort once found.
- **Para-Sheet:** Use an old sheet or table cloth to bounce balloons or beach balls into the air.
- **Number Hunt:** Provide the children with a number in hand, have them search around the room or outside to find a matching number.
- **Order Up:** Hide number sticks or numbered plastic eggs. When the children find their match, they work together to put them in order.
- **Shadow Shapes & Lengths:** Trace shadows and compare sizes and lengths. Do it again at different times of the day.
- **Hoopty:** Lay hoops flat on the floor, end to end. Challenge kids to jump in and out of them doing various motor skills, identifying the colors as they jump in. If outside, draw chalk numbers or shapes inside for them to identify.
- **Animal & Insect Moves:** Mimic the way different animals and insects move within a certain period of time... say 15 seconds: Seal, bear, octopus, snail, spider, snake, crab, etc. Count each step/move as you go or measure the distance traveled in those 15 seconds.
- **Balance & Toss:** Children toss their colorful bean bag into a receptacle of the same color. Move the receptacle closer or farther away.
- **Shape Bands:** Use stretchy strips/bands of material or soft elastic bands. Children step

inside and use their feet and hands to stretch the bands into different shapes.

- **Rhythmic Clapping:** The teacher claps/counts out a rhythm. Students imitate the rhythm of the clap using their hands, feet, by moving a body part, or by shaking/pounding a homemade instrument.
- **Hokie Pokie:** Make different shapes with tape, laces, or chalk and dance 1 verse of Hokie Pokie per shape.
- **Motor Up!** Move around tape or lace shapes using different motor skills to practice prepositions. March in, around, between, on, beside, etc. Changing up different motor skills.



## Streamers

- **Volleyball:** Tape or tie one streamer on either side of a hallway/table leg/door knob. Bat a balloon or beach ball over the streamer to a partner. Keep adding more streamers 6" apart to challenge the kids, or move the streamer higher up the wall.
- **Limbo:** Limbo under the streamer without falling. Tie or tape additional streamers at various heights down the hall. "How low can you go?" Measure how low they could go.
- **Over & Under:** Tape multiple streamers on either side of the hallway, at different heights and angles to create an obstacle course. Children have to get to the other side without breaking any streamers. Challenge them to climb over one color, and crawl under the other.



## Use Your Noodle:

- **Noodle Rings:** Bend the noodles into large circles and tape the ends. Jump and step into them like you would a hula hoop.
- **Slice it Up!** Cut the noodles into 1.5" to 2" sections and use them for target practice into a dry receptacle or on filled with water. Fish them out by color.
- **Toss and Catch:** Toss and catch noodle rings – either the entire ring or the sliced pieces. Toss independently or to a partner. Call out the color to be tossed. Give the children a target to practice on.
- **Bat Crazy:** Use the noodles to bat balls or balloons by color / in a direction: up, down, left, right, far away, closer, into a basket. How many fit? Swing them at a target.
- **Through the Gate:** Set-up a series of wickets (arched noodles) for relay races, target practice, soccer croquet. Use plastic dowels and pound them into the ground to form the noodles in an arch. *Do not use sharp objects that can impale the body.*

## 2-5 Minute Action Games

Choose based on age-appropriateness

### Circle Clapping Count!

- Children get into circles. (4-12 children)
- Pass an object around and count together as the object is passed.
- Clap together after each number is called
- Speed up!

### Mice & Elephants! – Use cue CARDS!

- Call out a number. Hold up a card.
- Children expand their bodies bigger or smaller depending upon whether the next numbers are more or less.

### Number Crunch! – Use cue CARDS!

- Call out a number - Hold up a card.
- Kids get into groups that size (no running)
- Check the counts
- Do a silly dance (if correct / if not)
- Repeat

### Stand Up/Sit Down – Use cue CARDS!

- Stand when you see the number 1 (sit if you don't)
- Stand if you see 2 numbers (sit if you see 1)
- Stand if the number is more than 5 (sit if lower)
- Stand when the number is even (sit if odd)

Math Games - Hand-out.doc  
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