

## **FITNESS DIVISION (AND OTHER MATH OR SPELLING SKILLS)**

**Purpose:** Students will identify the divisible factor while participating in physical activities.

**Suggested Grade Level:** Any

**Math SOL:** Computation and Estimation 2.5, 2.6, 2.7, 3.4, 3.5, 4.4, 5.4 (depending on use)

**Equipment/Materials Needed:** none

### **Directions:**

1. Ask students to stand by their desks.
2. Identify two factors (i.e. numbers that are divisible by 5 and numbers that are divisible by 3).
3. Call out a number (one that is divisible by 3 or 5) and have the students perform a pre-determined physical activity based on the answer. For example, if the number is divisible by 5, hop on one foot; if the number is divisible by 3, do jumping jacks.
4. Have students participate in the physical activity for a minimum of 15 seconds.

### **Teaching Suggestions:**

1. If there is not enough room or little time, you can have the students simply stand up if “X” occurs and sit down if “Y” occurs.
2. Be creative. This is easy, quick and stimulates a little blood flow and brain activity.

### **Modifications/Variations:**

1. Lesson can be used for addition, subtraction or multiplication.
2. Lesson can be used for greater than/less than, i.e. if the number is greater than 5 do “X” and if it’s less than 5 do “Y”.
3. Lesson can also be used for spelling for younger students, i.e. if the word begins with a “D” or a “G” do “X” and “Y”; if the consonant blend ends in “AN” or “MP”; if the word called out is a verb, or a noun; if the word is a state, or a capital – country or a continent, etc.

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