

ORDINAL EXERCISE

Purpose: Students will participate in physical activity according to their ordinal position in line.

Suggested Grade Level: K - 2

Math SOL: Numbers and Number Sense K.3, 2.2

Equipment/Materials Needed: None

Advance Preparation:

1. Prepare a list of physical activities for students (see examples in front of binder).
2. Have students form lines according to the number of ordinal position on which you are working.

Directions:

1. Explain to students they will be participating in physical activities according to what position they are in line.
2. Discuss who is first, second and so on, until all positions are accounted for.
3. Make sure the students are spaced far enough apart to allow for arm or foot movements.
4. Call out different ordinal positions and have students perform an activity (Ex: 3rd person performs windmills, last person performs jumping jacks, 2nd person performs 2 push ups, 1st and 3rd person performs the triangle stretch).
5. Have students change locations, so that the first person in each line becomes last and then all others move up to a new position.
6. Continue until all students have had a chance to be first.

Teaching Suggestions:

1. Make sure all students get a chance and that they are spread out to avoid injury.
2. Demonstrate some of the exercises or stretches that you may use that students might be unfamiliar with. This is a good opportunity to teach something new.
3. Have students stand on carpet squares or dots to allow for proper spacing.

Modifications/Variations:

1. Use only two groups so that there might be approximately 2 lines of 12. Have one team take turns choosing an ordinal position and activity for the other line to do. Make sure all of the ordinal positions are chosen so no one is left out.

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