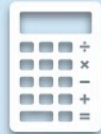


MOVEMENT IN MATH

A WAY TO ADD MORE **PHYSICAL ACTIVITY** IN THE CLASSROOM

RELAY RACES

Split students into groups, have them take turns solving problems while the others do jumping jacks



TIC-TAC-TOE

Students are only allowed to play a space once they get a question correct

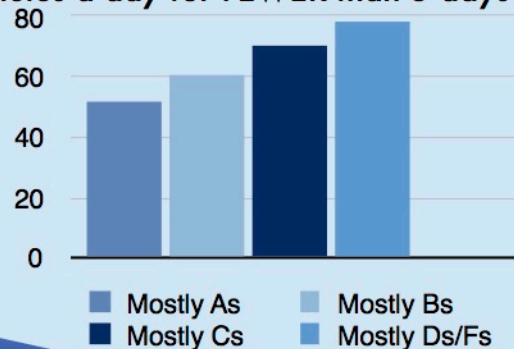


STABILITY BALLS

Using stability balls instead of chairs, engages the students core while not taking away from the academic lesson



The percentage of what grades students get based on physical activity for at least 60 minutes a day for FEWER than 5 days



WHY INCREASE PHYSICAL ACTIVITY?

The US Department of Health and Human Services recommends children 6-17 years old get a minimum of 60 minutes of physical activity a day



ONE in three children achieve 60 minutes of physical activity a day

On the 2016 national physical activity report card the US received a

D-



test scores
memory
participation
concentration
social & cooperative skills