

Get a Move On: Movement-Infused Math for Preschool and Kindergarten

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If the bum is numb, the
brain is too.



Agenda

- **Benefits of Movement in General**
- **Movement Concepts**
- **Incorporating Movement into the Math Curriculum**
- **Today I learned...**



But First Let's *MOVE!*



Make Four Elbows!

- Children form a circle and begin slowly walking in one direction.
- At a signal from the leader, they stop and listen to instructions.
- When the leader states, “Make four elbows,” the children touch one or both of their elbows to other children’s elbows to make a total of four connected elbows.
- Each group then shares their methods for accomplishing this task.
- Other directions might include: make 12 fingers, make four knees, and make 12 fingers.

On with the dance!

Let joy be unconfined.

- Lord Byron



Benefits of Movement

- ◉ Concentration, attention span, releases endorphins
- ◉ Speed and retention of learning
- ◉ Provides variety
- ◉ Fewer discipline problems
- ◉ Positive affect
- ◉ Improved memory
- ◉ Better retention of information





“Regularly-scheduled movement breaks throughout the day and movement used within and between lessons results in better-behaved, more engaged students who can more easily focus on and retain what they are supposed to be learning.”

--Nina Fiore, M.Ed.

Like "Miracle-Gro for the Brain"

Exercise may have both a physiological and developmental impact on children's brains. Physical mechanisms include:

- Increased oxygen to the brain that may enhance its ability to learn
- Alterations to neurotransmitters
- Structural changes in the central nervous system



Forms of Movement



Locomotor Skills

- Before you look at the next slide, how many **locomotor** skills can you name?



Locomotor Skills

- ❖ Crawl
- ❖ Creep
- ❖ Walk
- ❖ Run
- ❖ Jump
- ❖ Leap
- ❖ Gallop
- ❖ Hop
- ❖ Slide
- ❖ Skip
- ❖ Step-Hop

Non Locomotor Skills

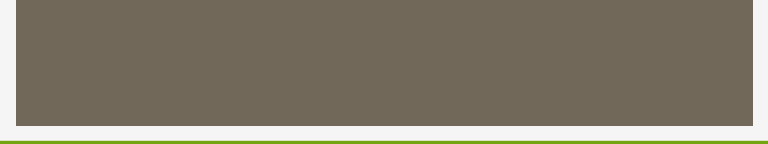
- Before you look at the next slide, how many **non-locomotor** skills can you name?



Non Locomotor Skills

- Stretch
- Bend
- Sit
- Shake
- Turn
- Rock/Sway
- Swing
- Twist
- Dodge





When Should We Incorporate Movement?

When Should We Incorporate Movement?

Anytime we
can!



Math time can
be movement
time!



Here are some fun activities for practicing the counting sequence...



Scarves

1. Keep it Up
2. Count & balance on your shoulder, head, hand, back while you walk heavy, light, tall, short, fast, slow.
3. Toss to a friend and count.
4. Juggle and count.
5. Toss to a friend and see how many times you can clap before catching.



Play ~ Velcro Ball



Creative Connections for Kids

Parachute Activities

- **Ball Rolling.** Count how long you can keep the ball rolling on parachute.
- **Stuffed Animal Toss.** Count & try to knock the animal off the opposite side of parachute.
- **Pompom Toss.** Pour a bunch of pompoms on the parachute. Count how long til they are all off or ten seconds and see how many remain.



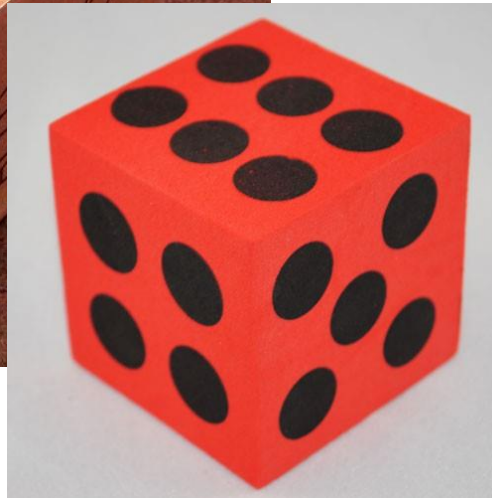
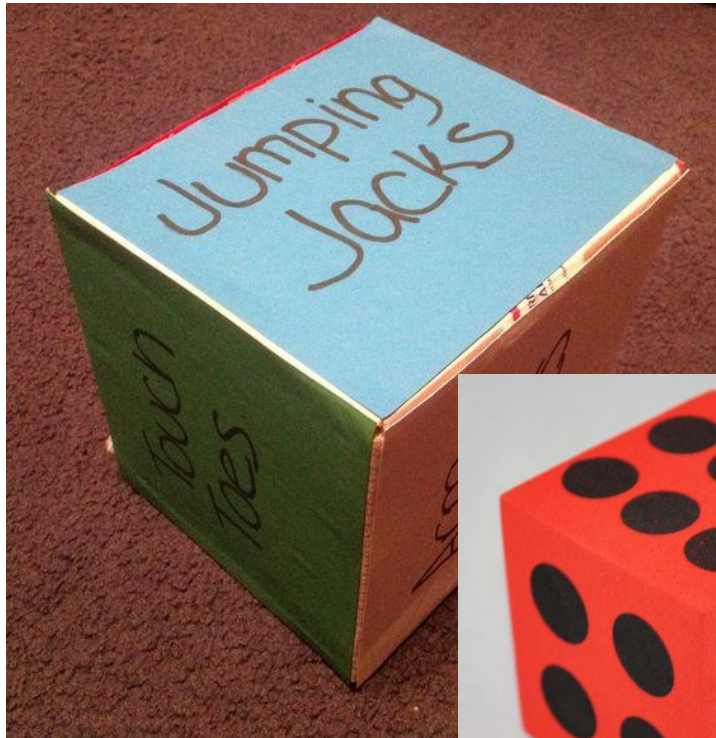
Count, Clap, Jump Bags

- Materials: baggies numbered 1-20, pom poms, hula hoops
- Child chooses bag. Reads the number. Claps that number of times. Jumps that number of times. Runs & counts out correct number of pom poms. Puts them in bag. Next child's turn.

Video TWO

5

Count the Movements



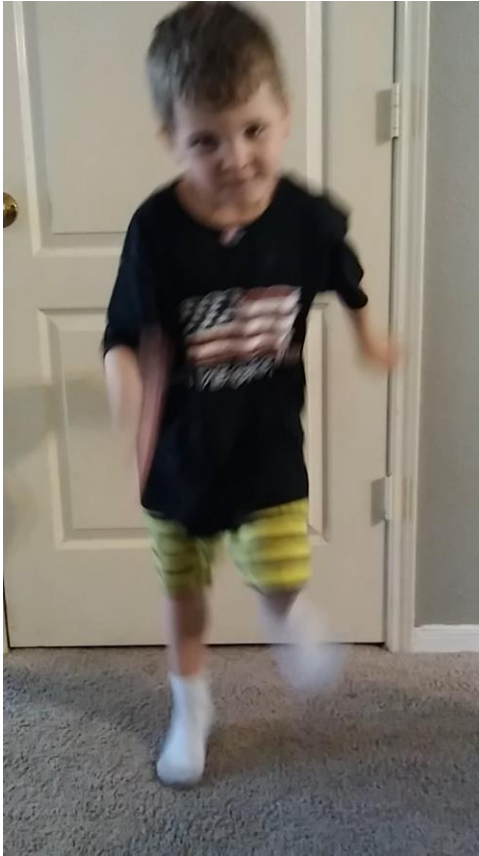
- Label a die (or make a large one) with movements
- Toss a regular die too.

Get a Move On Card Game.

1. Slogging through quicksand. 6 heavy steps.
2. Slide sideways. Value of a dime.



One More, One Less Movement Game.



- “One more than 15 jumping Jills.”
Students do 16 jumping Jills.
- “One less than 10 toe touches.”
Students do 9 toe touches.

But that's just counting...

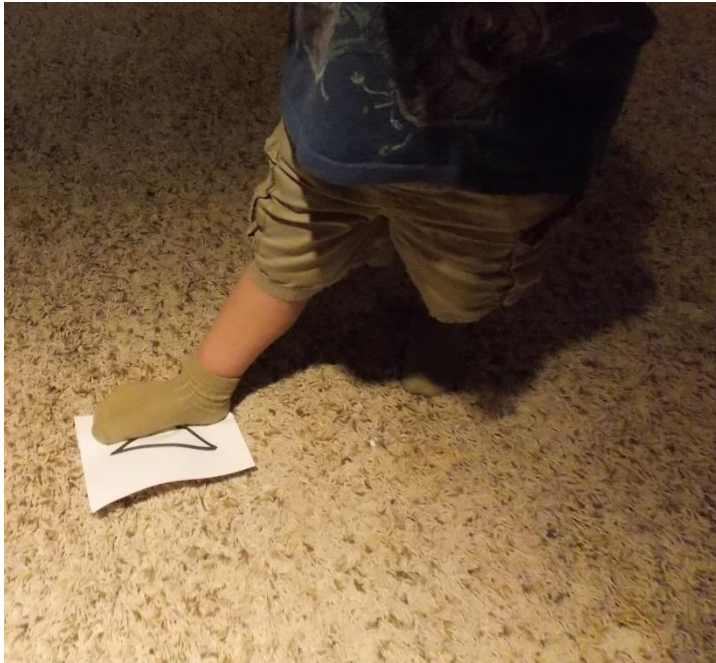


Clap, Snap Patterns



- Have students make pattern with linker cubes.
- Students translate the pattern into physical actions. “Act out” the pattern with clapping, snapping, hopping, touching shoulders, or other types of movements.
- Clap, stomp, shake!

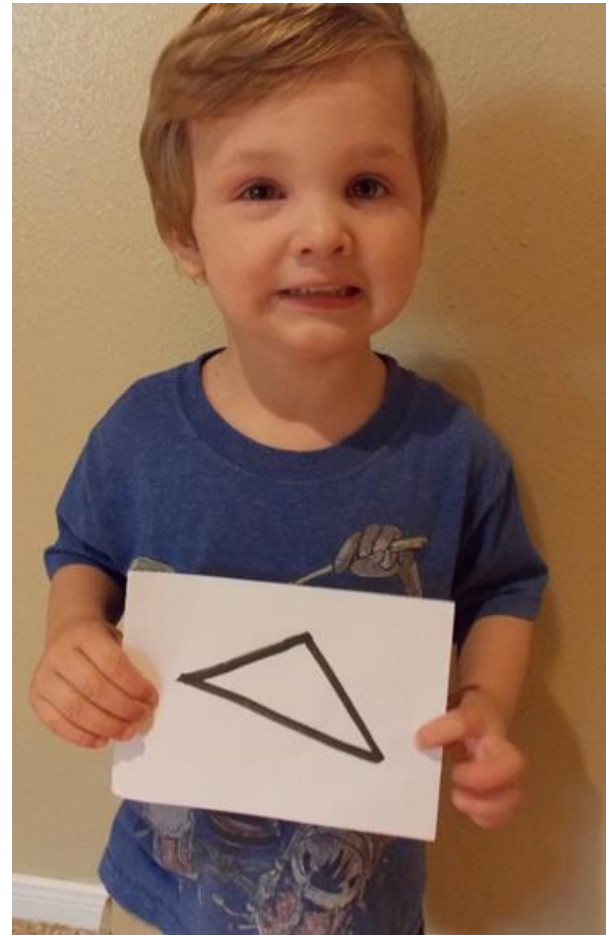
Hop to It



- Place lots of shape cutouts on floor. Give verbal instruction.
- Hop to a triangle.
- Glide to a square.
- Skip to a cylinder.
- Jump to a cube.

Pass the Shapes

- Children pass shape cards around a circle.
- When music stops, children holding a shape card hold them up and name the shape.



Positional Words

Indoor Obstacle Course



- Across the balance beam.
- Inside the tunnel.
- Over the streamers.





Serving Tray Pom Pom Toss

Label the sections with numbers,
colors, shapes, etc...

Child steps 2 feet away, tosses a
pompom, walks down, retrieves it,
tells which section it landed in.





Balloon Treasure Map

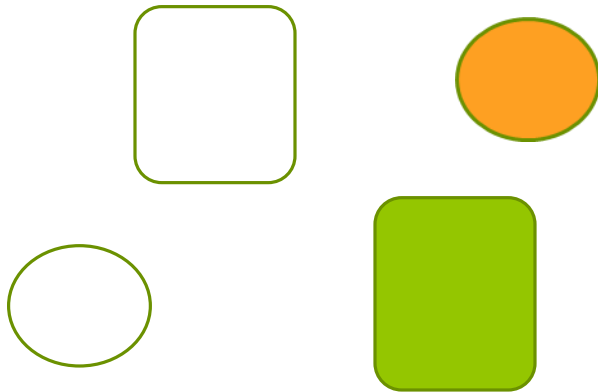
Positional Words

- Give children a simple map with directions such as, “Go Behind the Cubbies. Go Beside the Bookshelf.”
- They scoot their balloon around the area following the map to find a treasure.

Use several balloons and kids won't get too competitive.

Color Match Toss

- Boring colors sheet:



Color the rectangles green?
Color the ovals orange?

- DAP task:



Measurement Hunt

- Boring math sheet:

Name _____

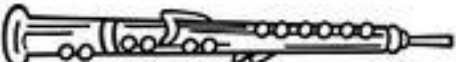
measurement

 _____ in

 _____ in

 _____ in

 _____ in

 _____ in

This was: Easy Just Right Hard
(Circle one)

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- DAP math task:
- Find four things that are longer than your shoe.
- Find four things that are shorter than your shoe.
- Can you find something exactly the same length?

Body Shapes

- Boring math sheet:

Name _____

Reading Readiness Worksheet
Word Recognition (shapes)

Look at the words and the shapes below. Draw a line to match each shape name with its picture.

oval



rectangle



pentagon



hexagon



- DAP math task:
- Use your body to make a circle, a square, an oval, a rectangle. You might have to have a friend help!

Hokey Pokey Shapes

- Give child 2D shape card, 3D shape blocks, or real object
- “You put your cylinder in. You put your cylinder out...”



Construction Flagging Shapes

\$3-4 at Lowe's
and Home Depot





Shape Walk

- Child finds a square and labels it with a square sticky note.
- Label rectangles with index cards,
- Label circles with dot stickers.



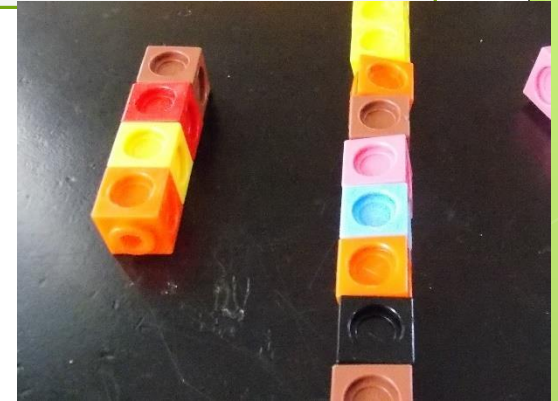
People Hunts

- ◉ Find a partner with the same hair color.
- ◉ Find a partner with the same size hands.
- ◉ Find a partner with a different color of shirt.
- ◉ Find a partner with the same birth month.
- ◉ Make a human bar graph.



Number Bonds for 10

- Materials: linker cubes, nametags numbered 0-10
- Make a stick of ten linker cubes. Place on front table.
- Give each child a name tag with number 0-10
- Child makes stick to match their number.
- Children walk around room and find partner whose number sums to 10.
- Children double check by comparing their stick to the stick on the front table.



Flyswatter

- 3D shapes, real world shapes
- Call out an attribute. Kids try to be the first to swat the correct shape.



Lego Color Match

- Hide legos around the room.
- Have children sort the legos on the floor on the parachute.



Over the Line

- Masking tape on floor. One side is TRUE, other is FALSE.
- Show picture or give definition, problem, etc.
- Children to true or false side.





What lessons can you think of for this photo?

Adapting Activities for Children with Special Needs

- ◉ Children participate at **their own level**
- ◉ Sense of **belonging** to group
- ◉ Focus on what the children **can** do
- ◉ **Large motor** activities are important for strength, endurance, and coordination
- ◉ **Integrate** gross motor activities into daily schedule
- ◉ Follow with **quiet** activities

Encouraging Hesitant Children

- Start with just a few children and hope others will join in
- Give the hesitant child a helper job (Will you blow the whistle at the end of the game?)
- Use repetition and familiarity to help child feel comfortable
- Don't shame or embarrass the child
- Spectators are important, too!

General Tips

- Don't wait for all the children to be quiet and listening before you start. Just start!
- When you do need their attention, use another movement activity:
 - Can you reach up high?
 - Can you touch your nose?
 - Can you clap?
 - Can you shrug your shoulders?
 - Can you melt into a tiny puddle and be very, very quiet?

If the bum is numb,
the brain is too.



Goodbye Cheer

I say up, you say down.
Up- down... (Point up
and down.)

I say fast, you say slow.
Fast – slow... (Run fast
and slow.)

I say open you say
close. Open – close...
(Open and close fists.)

I say beginning, you say
end. Beginning – end.
Beginning – THE END!
(Wave goodbye.)

From Dr. Jean
http://www.drjean.org/html/monthly_act/act_2012/12_Dec_css/pg00.html

Let's Stay in Touch!

Like Me on Facebook: Dr. Carrie S. Cutler

Twitter: @DrCarriecutler

If you try any
of these
activities, let
me know.
I will do my
happy dance!



**Handouts also available
on conference website.**