INTEGRATION GUIDE

Content overview, helpful tips, and integration strategies to keep kids moving and learning.

**CORE-SUBJECTS:**
GoNoodle Plus Learning Games and Learning Extensions are designed to reinforce grade-specific fluency in core subject areas like math, ELA, science, and social studies.

**KINESTHETIC LEARNING:**
Movement is tied closely to content, making fluency practice fun and memorable.

**CUSTOMIZED CONTENT:**
Dial in on grade-specific lists and questions to assign movement to core-subject lessons. Or, create your own questions with the “Question Sets” feature!
GoNoodle Plus Learning Games

The GoNoodle Plus exclusive learning games combine movement and core subjects and are perfect for introducing, practicing, and reviewing skills. You can find the learning games on the Game On! Channel, or in the “Games” section of the Plus Home. Below you will find a description of each Learning Game and tips for how to use them in your teaching.
About Bodyspell

Bodyspell gives abstract spelling concepts a physical, kinesthetic form helping to make the task of learning spelling manageable, fun, and memorable.

**ELA-Aligned:** Auto mode in Bodyspell includes 400 - 600 words for each grade (K-5). Each grade has its own set of 40 lists, designed to be used weekly and in sequence. Lists you’ve played once before are indicated with a green checkmark. Each list can be played as often as you’d like, and in any order you’d like.

**Customizable:** Create your own lists to correlate with predetermined spelling lists for your classroom’s lessons. You can save your lists within each of your classes and create unique lists for each class.

**Ways to Use Bodyspell:**

- Introduce new weekly spelling words.
- Play at the end of each day to practice repetition and fluency.
- Learn classmates’ names at the start of the year with a custom word list of students’ names.

“We LOVE educational brain breaks like Bodyspell, where we spell sight words with our bodies!”

- Lisa L.,
  1st grade teacher,
  Tennessee
About Copy Catman

Students copy building sequences of exercises, challenging them to expand their capacity for memorization while enjoying the benefits of a structured movement break.

**Memory and Executive Function Skills:** Help students exercise their memory and recall through simple structured practice, and help students develop their executive functioning skills, focus, and memorization systems.

**Fully Adaptable:** Adjust the level of challenge based on the needs of your students.

Ways to Use Copy Catman:

- Have students create their own movement sequences for the rest of the class to follow.
- Follow up the game with a discussion of how students remembered the movements, encouraging them to think about and share how they remember things.
- Encourage students to work together and reflect on what was challenging and how they helped each other throughout the game.
FIELD TRIP

Teach about STEM related objects as you go on a field trip somewhere cool and wacky!

About Field Trip

Use Field Trip to inspire curiosity and learn about STEM topics in everyday life, all while getting kids moving!

**STEM:** The content in Field Trip spans a wide range of scientific topics in students’ lives and inspires them to dig deeper into further research and exploration.

**Class Blog:** After earning “postcards” from various locations (inside a nose, anthill, or computer) the content is stored in your class blog. Students can revisit the information, be reminded of the concept, and recall all the places they’ve traveled.

Ways to Use Field Trip:

- Use the content in Field Trip as a springboard to learn more about a topic. Have students further research the topic presented and share more facts.
- Introduce a topic or unit with either provided or custom content.
- Ask students what they know about a topic then help them learn more about that topic as they play.

Great news! This game incorporates Question Sets.

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the “Question Sets” section of the Plus home.
**About Freeze It Content**

Reviewing core-aligned concepts through fun physical activity helps make content meaningful.

**Wide Variety of Content**: Choose from colors, emotions, geography, letters, reading, time, addition, subtraction, multiplication, division, mixed numbers, improper fractions, and nutrition. Freeze It serves four questions every minute of play.

**Nutrition**: The “Go, Slow, Whoa Foods” category in Freeze It provides the class with an easy and engaging way to explore nutrition. The National Heart, Lung, and Blood Institute (NHLBI) suggests kids think about foods in these three simplified categories.

**Ways to Use Freeze It:**

- Take a movement break between lessons while practicing fluency in core-subjects.
- Break students into teams, having them take turns answering questions.
- Activate prior knowledge before beginning a unit or lesson.

---

**FREEZE IT**

Dance around the room until the music stops... freeze and respond to a question... then dance again!

---

Great news! This game incorporates Question Sets.

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the “Question Sets” section of the Plus home.
Great news! This game incorporates Question Sets.

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the "Question Sets" section of the Plus home.

About Maximo the Magnificent

Hold static stretches while answering grade-aligned “mental math” questions conjured by Maximo’s amazing crystal ball.

**Math Fluency:** Practice math skills and fluency with over 6,500 built-in math questions across 60 categories -- all grade-aligned with the pacing of CCSS.

**Fully Customizable:** Select the grade, category, and topic alignment(s) you want to focus on in each play session.

Ways to Use Maximo the Magnificent:

- Informally assess student comprehension of specific math topics as they move and have fun!
- Practice math facts and add a timing element to assess how fast students can answer questions.
- Have students create and share their own mystery number questions similar to those in the learning extension.
MEGA MATH MARATHON

Practice math fluency as you sprint toward the finish line, answering math questions along the way.

About Mega Math Marathon

Mega Math Marathon gives students the repetition, speed practice, and fluency they need to master grade-specific math concepts. Students can answer in unison or take turns calling out answers.

Grade-Specific Fluency: Math fluency skills are aligned with core subjects by grade level, utilizing those expectations of mastery from the previous grade level as well as the current grade level.

Robust Content: Choose from over 40 sub-categories in math concepts like addition, subtraction, multiplication, division, number sense, time and money. Add multiple subcategories to practice several concepts in one stride.

Ways to Use Mega Math Marathon:

• Play before or after a math lesson to offer a movement break while staying in a math mindset.
• Informally assess students' by observing their answers.
• Review skills to be built upon in an upcoming unit or lesson.
• Practice basic skills and drills such as addition, subtraction, multiplication, and division facts.

“I absolutely love the fact that kids can get up and move while answering math questions. It is very educational. Best invention for kids!”

- Joely J., kindergarten teacher
Great news! This game incorporates Question Sets.

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the “Question Sets” section of the Plus home.

About Montana James Content

Montana James promotes grammar fluency and cross lateral movement to improve reading fluency and comprehension skills, all the while offering students low-stakes competition to develop teamwork.

ELA-Aligned: Montana James is designed to help students practice fluency in grade-appropriate grammatical concepts with over 1,500 questions focused on parts of speech, grammar, and language concepts.

Cross-Lateral Movement: The two sides of the brain are connected by a bridge known as the corpus callosum. Researchers and educators have found that when children do cross-lateral movements, like those in Montana James, the two sides of the brain are forced to communicate resulting in improved reading rates and comprehension.

Ways to Use Montana James:

- Begin grammar lessons with Montana James to activate both sides of the brain, and put students in an ELA mindset.
- Play in two class teams to practice teamwork.
- Take a break from ELA lessons or reading time while staying focused on ELA topics.
About Quantum Zapp

Through a short session of vigorous movement, your students will power Zapp’s hoverboard and move him incrementally through time, back to present day as they learn about some amazing inventions and explore STEM concepts.

**Interdisciplinary Content:** Students learn both STEM and social studies as they learn about over 100 inventions through the use of a timeline.

**Travel Journal:** Print your own Time Traveller’s Journal as a class keepsake or send home with students for non-fiction reading materials.

**Ways to Use Quantum Zapp:**

- Kick-off a unit about inventors and inventions.
- Use as an inspiration for students to write about and create models of their own inventions.
- Help students understand and compare the past, present and future with both the game and the related learning extension.
- Create a class timeline with dates and events your class learns about in social studies.
THINK ON YOUR FEET

Turn your classroom into a game show as your students work in teams to play a fast-paced quiz incorporating a variety of simple exercises and trivia questions.

About Think On Your Feet

Think on Your Feet includes over 1,400 grade-appropriate trivia questions covering a wide variety of topics, such as Geography, Dates, Music, Books, Art, People, Technology, and more. The class can split into two trivia teams to make review a fun, competitive experience!

8 Trivia Categories

- Animals
- Food
- Geography
- Dates
- Music, Books & Art
- People
- Technology
- The Human Body

Ways to Use Think On Your Feet:

- Assess math fact fluency, seeing how many questions your students can answer in a round.
- Divide your class into teams at the end of a social studies unit to review fact-based questions.
- Encourage teamwork and have fun as you build your class community at the beginning of the year.

Great news! This game incorporates Question Sets.

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the “Question Sets” section of the Plus home.
ULTIMATE CHAMP TRAINING

Take a trip to the gym with the GoNoodle Champs and your own personal trainer, Coach Terry. You’ll get fit and learn health-related trivia!

About Ultimate Champ Training

Ultimate Champ Training provides a fun way to explore important health and wellness concepts with students, and a perfect way to start a discussion, lesson, or unit about living a healthy lifestyle.

Health Topics: The content in Ultimate Champ Training spans important health topics like healthy eating, physical activity, sleep, cyber safety, bully prevention, and safety. Choose one or more topics at the beginning of each play session to hone in on a specific health skill.

True/False Questions: During every session of play, your class must answer a True/False health trivia question before an exercise is performed. The game includes over 900 questions.

Ways to Use Ultimate Champ Training:

- Supplement a human body unit by helping kids answer questions about their bodies and health.
- Kick off or review a health lesson with related questions.
- Use the related Learning Extension to practice healthy habits in a silly and fun Gonoodle way!

Great news! This game incorporates Question Sets.

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the “Question Sets” section of the Plus home.
Developing a strong vocabulary promotes reading comprehension and improved communication between students and teachers. Word Jam explores vocabulary in a unique and memorable way!

- Katrina S., core-alignment expert
About Question Sets

Choose from a library of provided question sets that span a range of grades and topics, or create your own custom sets of questions to cover the content your students need most. You can edit and share both the provided question sets and question sets you create.

To browse and create Question Sets, visit the “Question Sets” section of the Plus home.

Use Question Sets With:

- Ultimate Champ Training
- Freeze It!
- Montana James and the Palace of Peril
- Field Trip
- Maximo the Magnificent
- Think On Your Feet

Ways to Use Question Sets:

**Weekly Review:** Review key concepts from all subjects at the end of day on Friday for a fun wrap-up to the week.

**Activate Prior Knowledge:** Create question sets to activate prior knowledge before starting a unit or lesson to assess what students already know and get them ready to learn more!

**Test Prep:** Use GoNoodle Plus to practice topics for upcoming tests to bring energy and life back into drill practice.

**Pro Tip**

The Question Sets feature will always serve questions in a multiple choice format, but you can easily adapt it for other question formats:

**True/False questions:** Add a true/false statement into the question field, and list True and False in the answer fields, leaving the others blank.

**Sight words:** List one sight word per question field, and Correct and Incorrect in the answer fields with “Correct” set as the right answer.

**Fill in the blank:** Use underscores to create a “blank” for one answer field. Then type “Correct” and “Incorrect” in the following fields with “Correct” set as the right answer.

**Images:** Add images to questions for questions in all subjects.
About Learning Extensions

The GoNoodle Plus Learning Extensions are curricular, printable worksheets and activities related to over 100 videos and games. You can find learning extensions with their related videos or through the “Learning Extensions page.”

Core Subjects: Learning Extensions span different grades and skills, and address all core subjects including, ELA, math, science, social studies, health and Spanish.

Align with Your Teaching: The engaging content of Learning Extensions offers a wide array of options for integrating them into your lessons and curriculum.

Ways to Use Learning Extensions:

- Kick off a unit or lesson with a GoNoodle video and its related learning extension.
- Use learning extensions for homework assignments.
- Use as an informal assessment at the end of a unit or lesson.

Pro tip:

This icon above indicates a video or game has a Learning Extension that accompanies it. Look for it in the top right corner of your video window when watching videos or playing games.

Extra Content

With GoNoodle Plus, you get a brand new video every week! Check the Discover Page for new videos and curated content just for you!