

# Math Aerobics

The purpose of doing math aerobics is two-fold. First, you create movement opportunities and engagement for students. Plus, you can give students math facts and have them respond using their bodies instead of giving verbal answers. This makes a great transition activity for any time of day.

1. Place arms and hands straight down at side.
2. Hold both arms straight up in the air.
3. Hold both arms straight out to the side.
4. Squat while holding both arms straight out in front of your body.
5. Squat while touching floor with both hands.
6. Raise "bottoms up," while keeping hands touching the floor (or as close to the floor as is possible).
7. Jump up once.
8. Turn body all the way around (360 degrees) one time.
9. Stomp three times.
10. Clap once.
  
11. Clap once, then movement for number 1.
12. Clap once, then movement for number 2.
13. Clap once, then movement for number 3.
14. Clap once, then movement for number 4.
15. Clap once, then movement for number 5.
16. Clap once, then movement for number 6.
17. Clap once, then movement for number 7.
18. Clap once, then movement for number 8.
19. Clap once, then movement for number 9.
20. Clap twice. (Notice a pattern?)
  
21. Clap twice, then movement for number 1.
22. Clap twice, then movement for number 2.
23. (I think you get the picture now.)

30's Clap 3X, 40's Clap 4X, 50's Clap 5X, 60's Clap 6 times, 70's Clap 7X, 80's Clap 8X, 90's Clap 9X...

If you get up to the hundreds, you can have number 100 be a jumping jack. 200 would be 2 jumping jacks, etc.

For 0, you can have students sit down to end the activity. ☺ Enjoy!

\*This activity is an expansion of a similar activity I learned from my master teacher, Irene Dougherty, in 1996.

