

Compute and Chase

- Modified freeze tag game.
- Each student is given a card.
- The teacher will call out a problem number and answer. Any student who has that answer becomes a tagger.
- When tagged, students must perform an exercise to become unfrozen.

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|--------------------------------------|--------------------------------------|--------------------------------------|
| COMPUTE & CHASE | COMPUTE & CHASE | COMPUTE & CHASE |
| 1. $1+0 = \underline{\quad}$ | 1. $0+2 = \underline{\quad}$ | 1. $2+1 = \underline{\quad}$ |
| 2. $5+4 = \underline{\quad}$ | 2. $5+3 = \underline{\quad}$ | 2. $3+4 = \underline{\quad}$ |
| 3. $3 \times \underline{\quad} = 3$ | 3. $3 \times \underline{\quad} = 6$ | 3. $3 \times \underline{\quad} = 9$ |
| 4. $10-2 = \underline{\quad}$ | 4. $10-3 = \underline{\quad}$ | 4. $8-2 = \underline{\quad}$ |
| 5. $3+1+1 = \underline{\quad}$ | 5. $2+2+2 = \underline{\quad}$ | 5. $3+4+1 = \underline{\quad}$ |
| <small>Card 1</small> | <small>Card 2</small> | <small>Card 3</small> |
| COMPUTE & CHASE | COMPUTE & CHASE | COMPUTE & CHASE |
| 1. $1+3 = \underline{\quad}$ | 1. $3+2 = \underline{\quad}$ | 1. $4+5 = \underline{\quad}$ |
| 2. $2+4 = \underline{\quad}$ | 2. $1+3 = \underline{\quad}$ | 2. $2+3 = \underline{\quad}$ |
| 3. $3 \times \underline{\quad} = 12$ | 3. $3 \times \underline{\quad} = 15$ | 3. $3 \times \underline{\quad} = 18$ |
| 4. $11-2 = \underline{\quad}$ | 4. $10-7 = \underline{\quad}$ | 4. $9-5 = \underline{\quad}$ |
| 5. $3+2+2 = \underline{\quad}$ | 5. $4+3+2 = \underline{\quad}$ | 5. $0+1+0 = \underline{\quad}$ |
| <small>Card 4</small> | <small>Card 5</small> | <small>Card 6</small> |
| COMPUTE & CHASE | COMPUTE & CHASE | COMPUTE & CHASE |
| 1. $4+3 = \underline{\quad}$ | 1. $5+3 = \underline{\quad}$ | 1. $2+4 = \underline{\quad}$ |
| 2. $2+1 = \underline{\quad}$ | 2. $0+2 = \underline{\quad}$ | 2. $0+1 = \underline{\quad}$ |
| 3. $3 \times \underline{\quad} = 21$ | 3. $8 \times \underline{\quad} = 24$ | 3. $3 \times \underline{\quad} = 27$ |
| 4. $7-5 = \underline{\quad}$ | 4. $9-8 = \underline{\quad}$ | 4. $8-3 = \underline{\quad}$ |
| 5. $2+1+1 = \underline{\quad}$ | 5. $1+0+2 = \underline{\quad}$ | 5. $1+0+1 = \underline{\quad}$ |
| <small>Card 7</small> | <small>Card 8</small> | <small>Card 9</small> |

Math Run – Interval Running

- Numbers and math symbols are placed in a pile at one end of the gym.
- Students are placed into pairs and one student from each pair must run to the pile and return with two random numbers and 1 symbol.
- When the student returns to the group, he/she must write down the numbers and symbol collected and calculate the answer while their partner runs to get three more cards. They must finish before running for new cards. Repeat process.

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| 7 | 8 | 9 |
| + | | - |

Fitness and Math Board Game

- Students roll a die, do the math, and perform the activity.
- Make your own board game and rules for winning.

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|---------------------------------------|--|-----------------------------------|--|
| Activity 6 # of reps = Die + 1 - 2 | Activity 7 # of reps = Die / 2 (round up) | Activity 8 # of reps = Die + 1 | Activity 9 # of reps = Die * 3 |
| Activity 5 # of reps = Die + 0 | Fitness and Math Board Game | | Activity 10 # of reps = (Die * 3) / 1 |
| Activity 4 # of reps = Die + 20 | | | Activity 11 # of reps = Die - 0 |
| Activity 3 # of reps = Die * 2 | Activity 2 # of reps = Die - 1 | Activity 1 # of reps = Die + 1 | Start |

Multiplication Tables

- Have 11 fitness stations with various exercises.
- Instead of providing the number of reps, provide a times table equation and have the students figure out how many repetitions of the exercise they should complete.
 - Progress from station 1 through 11
 - Have the answer covered by a paper so that students can find the answer if needed.
- Perform 2×0 repetitions
- Perform 2×1 repetitions
- Perform 2×2 repetitions
- Perform 2×3 repetitions
- Perform 2×4 repetitions
- Perform 2×5 repetitions
- Perform 2×6 repetitions
- Perform 2×7 repetitions
- Perform 2×8 repetitions
- Perform 2×9 repetitions
- Perform 2×10 repetitions