



## Jumping Math

### OVERVIEW

This is an interactive math lesson that includes using different types of jumps to count. Some of the jumps used are jumping jacks and side to side jumps. As the students do different types of jumps, they count in various ways such as counting by 2's, 3's, and 5's. This is a wonderful lesson combining cognitive and psychomotor skills.

### LEARNING OBJECTIVES

#### Psychomotor

- Students will use various jumping activities in rhythms to remember counting by 1's, 2's, 3's, 5's, and 10's

#### Cognitive

- Students will practice counting sequences

#### Affective

- Students will respect others self-space for safety

### GRADE LEVEL

K-5

### TIME ALLOTMENT

15-20 minutes

## **MATERIALS**

None

## **BEFORE THE LESSON**

- Briefly review the exercises to be done in the activity
- Briefly explain the topic that students will be working with
- Have a mental note of the types of jumps and counting patterns being used
  - Hopping on one foot and counting to 30
  - Jumping jacks counting by 2's to 30
  - Two feet together jumps counting by 3's to 30
  - Jump rope jump counting by 5's to 100
  - Side to side jumps counting by 10's to 100

## **DURING THE LESSON**

### **Part 1: "I do"**

- Teacher demonstrates the first type of jump (hopping on one foot to 30) to provide an example of safe and controlled jumps

### **Part 2: "We do"**

- Teacher instructs students to stand with sufficient space between them and their peers
- Starting with the first jump again, the class as a whole hops on one foot counting to 30

### **Part 3: "You do"**

- Students will do the type of jump(s) and count how directed as the teacher calls them out

## EXTENSIONS

- Have students come up with other types of jumps to do
- Have students come up with other ways to count (by 4s, 20s...)

[www.wskg.org](http://www.wskg.org)

[www.pbslearningmedia.org](http://www.pbslearningmedia.org)



Conrad and Virginia KLEE  
FOUNDATION



WSKG