

Fluency & Fitness

Fluency and Fitness is an activity that we have easily incorporated into math and ELA class that allows students to get active while still learning. We used it to get the students moving while practicing their math facts and sight word recognition, something they would have otherwise done while sitting down. How it works: We present a google slide presentation or powerpoint presentation which shows a couple of facts fluency problems, sight words, missing number in the pattern, etc... To begin the students stand up and take a few minutes to warm up with stretches. They remain standing and the teachers begins the slides. On each slide the students shout the answer out. After each set of 5 problems the students are given an exercise to complete such as squats, jumping jacks, hopping on one foot, sit-up etc... The teacher can decide before hand how long the students will perform each physical activity. This can be done at the beginning of a lesson or as a physical activity break during the lesson. Students love being able to participate in fluency & fitness and ask for it everyday.

When this is done in math class and ELA class it easily adds an extra 20-30 minutes of physical activity to a students day.





Brain Breaks and Gross Motor























