

10 Minute Interdisciplinary Activities

Presented by:

Casey Pilkington

New Fairfield Public Schools

CT Cadre of Physical Education Trainers

cpilkington@new-fairfield.k12.ct.us

10 Activities to get you started!

Fitness Math

Equipment: Index card with math problems written on them.

Directions: Each student begins with an index card with a math problem written on it. On teachers go signal, students answer the problem on their own (this can be done on a scrap piece of paper or worksheet). Student then match their answer to the fitness skill that corresponds with the number and students perform that fitness skill. Once completed, students switch problems with other students.

Variation: Can also be done as a whole group. Teacher would post problem and whole class would perform fitness skill that corresponds with the answer.

Math Wars

Equipment: Fitness cards

Directions: This is a great game for reviewing for a test. Divide the class into at least 4 teams. Allow teams to make a team name. Teacher posts a math problem. Teams work together to answer the problem. When they have their answer, they send one team member up to the whiteboard to write their answer. Once a team has answered, round stops. If that team answered correctly, they are rewarded points and allowed a pick from the fitness cards. They then give this card to another team to perform the fitness skills. If the first team answer is wrong, no points are awarded and they must perform the fitness skill chosen.

Variation: Can be used with other subject areas.

Beach Ball Math

Equipment: 1 beach ball with math problems taped to it for each group.

Directions: Divide class into at least 4 groups. Groups must find a small open space to work in. Each group gets a beach ball with math problems taped to it. Teacher can start music which signals for students to begin passing beach ball around the group. When the music stops, the student holding the beach ball must read the problem closest to their right thumb. All members write down their answer to the problem. For each correct answer in a group, the group receives a point. For example, if 4 out of 6 groups members answer the problem correctly, that group receives 4 points.

Variation: Can be used with other subject areas.

Musical States or Capitols

Equipment: Index cards with pictures of states.

Directions: Each student receives a state card. When music starts, students begin walking around classroom. When music stops, they turn to face the student closest to them. Students show each other their states. Each student must tell the other student what the name of the state or the capitol of that state they are holding is.

Vocabulary or Term Toss

Equipment: 1 tossable object.

Directions: Teacher tosses a tossable object to students when they want them to answer a question. The student can then toss it back to the teacher who tosses it to another student or they can toss it to another student and ask that student a question.

Variation: Can be used with many subject areas.

Spelling Relay

Equipment: Index cards with letters and exercises on each.

Directions: Divide students onto teams. Index cards with letters are placed in another location (1 set for each team). Teacher announces a spelling word. On the teachers go signal, one student from each group jogs up to letters spread out on floor. They find a letter that is in the spelling word and run it back to their group. The next person in line goes and gets the next letter while the first student reads off the exercise on the card to the rest of the group who must perform that exercise until the next group member returns. This repeats until a group has all letters to the word and show the teacher.

Variations: Relay can be performed using different locomotor movements or skill themes such as dribbling a basketball.

Link up

Equipment: Index cards with letters

Directions: Teacher passes out index cards with letters to a spelling word on them. When teacher announces the word, those students with cards must come up when their letter is called and link together to form the word.

Acrostic Poem Share

Directions: Students make acrostic poems using movements. These poems can be themed, names, etc. They then share their poems with their classmates who perform the movements in their poems.

Egg Search Sentence Relay

Equipment: Plastic eggs of different colors with sentence fragments inside and small cones.

Directions: Divide class into teams. Hide eggs underneath cones. Assign each team to a color. On teachers go signal, one person from each team goes to find one of their color eggs. When they find it they bring it back to their group who takes out the sentence fragment. The next person in the group goes to find the next egg. This continues until all eggs of each color are found. The winning team is the team that shows the teacher their sentence put together correctly first.

Funny Bones

Directions: Perform the hokey-pokey using these words.

Put your right phalanges in,
Put your right phalanges out,
Put your right phalanges in
And you shake them all about.
You do the bony hokey pokey
And you turn yourself around,
That's what it's all about!

Repeat for left phalanges, pelvic bone, cranium, etc.