

## FIND YOUR ACTIVITY PARTNERS

**TYPE OF ACTIVITY:** Math

**KEY CONCEPT:** Be physically active



### OBJECTIVES:

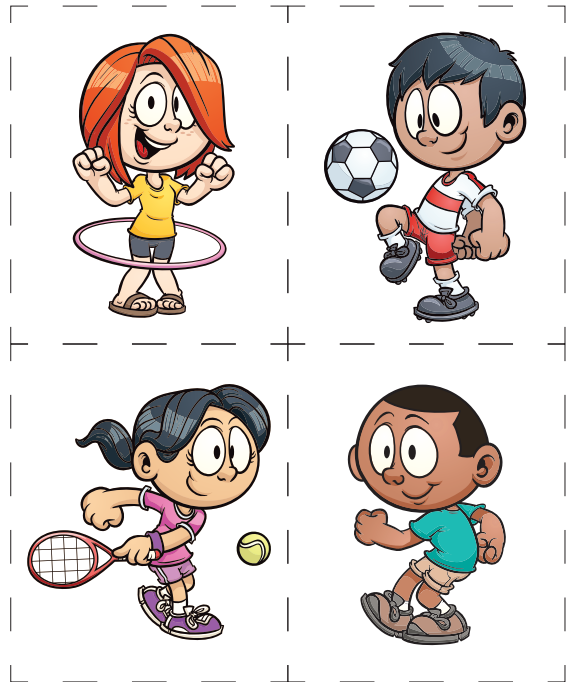
- › Children will identify different types of physical activity.
- › Children will practice gross motor skills by acting out the activity on their card.
- › Children will match their activity with the activities of other children.

### MATERIALS:

- › Physical activity cards (see template)

### PROCEDURE:

1. Set-up: Create enough activity cards so each child in the group can have one. Be sure to include at least two cards for each activity you use (e.g., two or more of swimming, two or more of basketball). Create one extra activity card to demonstrate the game.
2. Talk to a small group of children (no more than about 6 – 8) about being physically active. Remind them that when they are active, their hearts beat more quickly. Explain that increased heart rates help keep their bodies healthy. Ask children to name physical activities that they enjoy.
3. Explain to the children that they are going to play a matching game, where they will find partners who are doing the same activity. Hold up the demonstration card, and ask children to identify the picture. Have them act out the activity represented by the picture. Suggested phrases:
  - a. *What is on this card? It's a child playing football.*
  - b. *Can you pretend to throw a football?*
4. If children are young, go through each card, name the activity, and practice acting it out. (This step may not be necessary for older children.)
5. Explain that this is a silent game, and that children should not say anything while playing. Distribute cards, and give a signal for children to begin acting out their activity. Encourage children to find others doing the same activity. Give hints to children who may be having



trouble finding their partners.

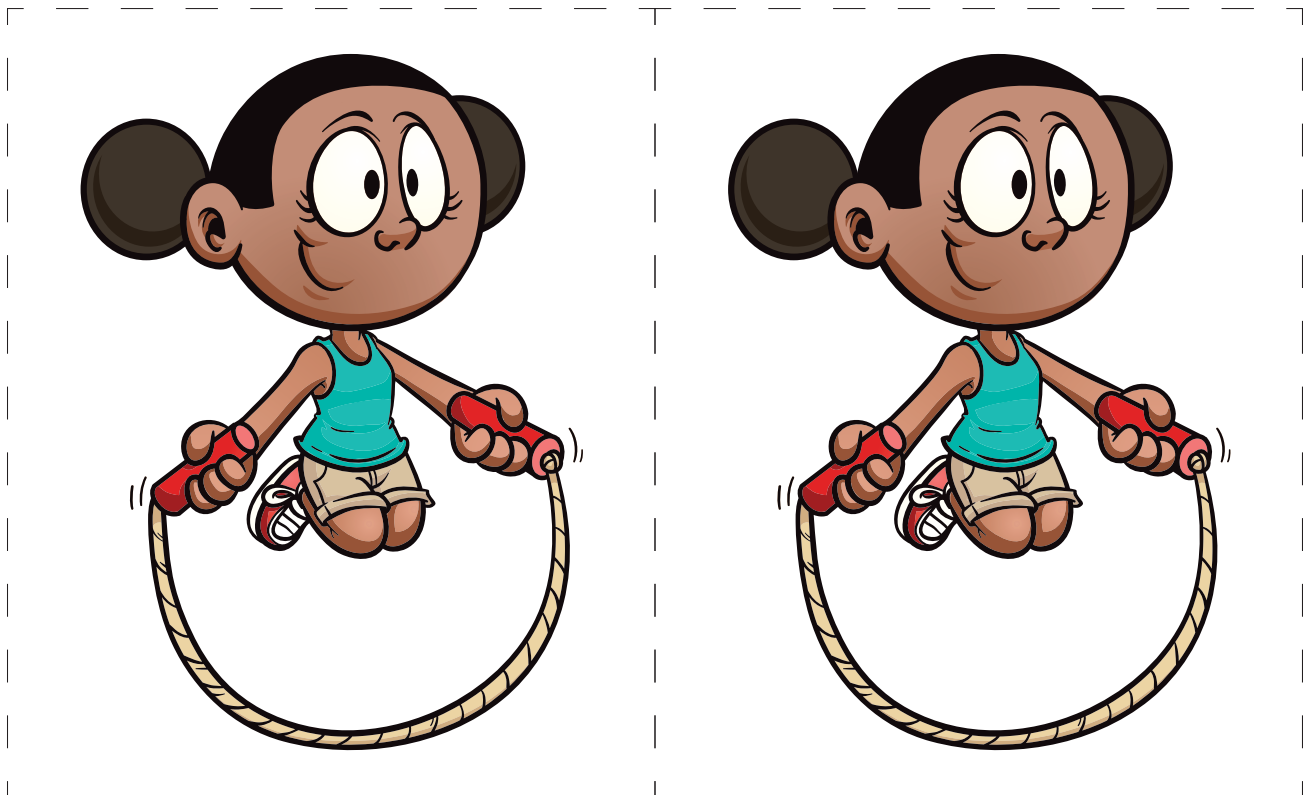
6. When children think they have found their partners, encourage them to compare cards to see if their activities match. If not, encourage them to keep looking for a match.

#### ADAPTATIONS/EXTENSIONS:

**Age adaptation:** Repeat the activity with the entire class. Include more types of physical activity to make the game more challenging.

**Literacy/thinking skills:** Help children identify the first letter of the activity on their card. Have children come up with other words that start with the same letters or sounds as the original words (e.g., "rowing" and "red" both start with "r").

### PHYSICAL ACTIVITY CARDS



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Day 15: Review – Physical Activity

For more activities, visit [eathealthybeactive.net](http://eathealthybeactive.net)

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