

# MATH & MOVEMENT™

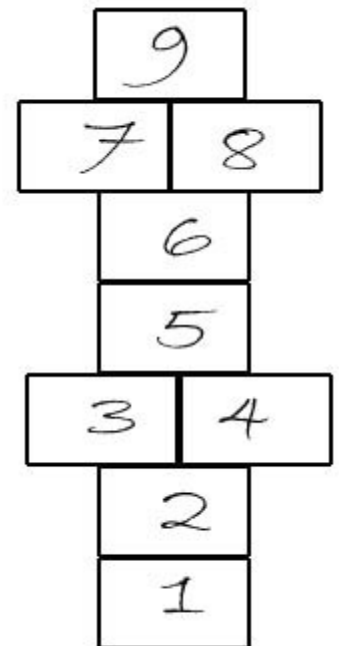
## *Take It Outside Activity Guide*

Traditional outdoor play can be combined with math learning for lots of great fun and exercise! Here are some of our favorites.

### Hopscotch

There are lots of ways to play this game, but here is the basic idea:

1. Draw a grid using chalk or tape (works well for gym floors). See the basic grid to the right.
2. Each child (up to 4) takes turns tossing a stone onto the numbers sequentially, then hopping from square to square. For this grid, you would hop on the left foot on 1, the right foot on 2, both feet on 3 etc. Note that you must miss the square with the stone!
3. Turn around with one hop on 9 and head back the other way.
4. When you get to the square with the stone, you must bend over and pick it up and then complete the grid.
5. You are “out” if your tossed stone does not land on the right square, if you step on a line, if you have to put the other foot down for balance or if you fall over when picking up the stone!



### Jump Rope

Remember all those counting rhymes?! Here's the classic one:

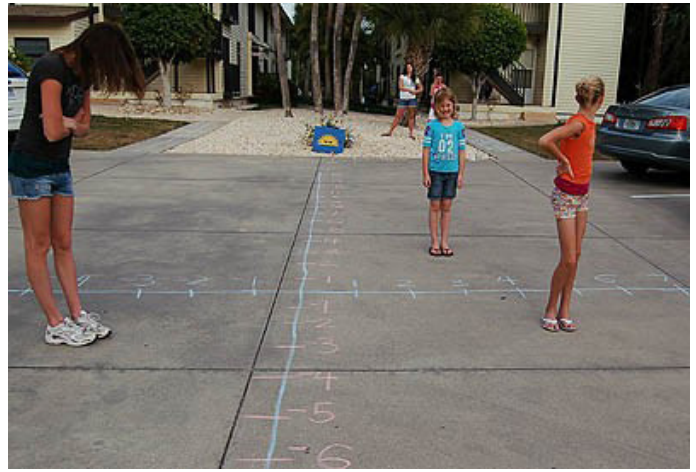
*One two buckle my shoe  
Three four close the door  
Five six pick up sticks  
Seven eight shut the gate  
Nine ten start again*



## The Number Line

Use chalk to make a big number line, both positive and negative, on the sidewalk or driveway.

Do addition and subtraction by walking the line. This can be done on both an X and Y axis for more math fun!



## Variations for this activity

1. Use equipment you have in your yard such as trampoline or swingset to play these games.
2. Skip count to the jump rope or trampoline.

## Adapt the activities

**For use at home:** Set up an obstacle course around the yard with “counting stations.”

**For use with older children:** Make the counting games part of an outdoor fitness routine.

**For use in special education:** Even if the child’s movements are restricted, adapt the ideas to the largest movements the child can make, and do them outdoors when possible.

## What else can I do with this?

Skip Counting is the first step in learning to multiply and divide the Math & Movement way. Our **Multiply with Me** workbook builds on these concepts to take learners to the next stage. Please see our website for other Skip Counting materials such as mats, rugs and charts, and to view our online training offerings!