

Supplemental Activity: Fitness Math

Supplies Needed:

- 4.5_SW_Fitness-Math

Length of Time to Complete:

- 5 minutes of introduce activity
- 20 minutes to complete assignment

Audience (grades): 4th

Common Core Standards Taught:

- Math: Measurement and Data – Math Content 4.MD.A 2
 - Use the four operations to solve word problems involving distances, intervals of time, liquid volumes, masses of objects, and money, including problems involving simple fractions or decimals.
- Math: Operations and Algebraic Thinking – Math Content 4.OA.A3
 - Solve multistep word problems posed with whole numbers and having whole-number answers using the four operations, including problems in which remainders must be interpreted.

Lesson:

This month we talked about how moving our bodies is important to help us feel our best.

Who remembers some of the ways physical activity helps our bodies?
(Helps us learn, releases endorphins, which make us feel good, helps prevent diseases like heart disease and diabetes.)

The following worksheet has math problems from children just like you. These problems are related to the physical activities they have chosen for the day. Each time you finish a problem there are short little energy bursts for you to do, we will call them brain breaks! Please do them quietly so you do not disturb your neighbor!