



# Exercise the Answers

All Grades

## Directions

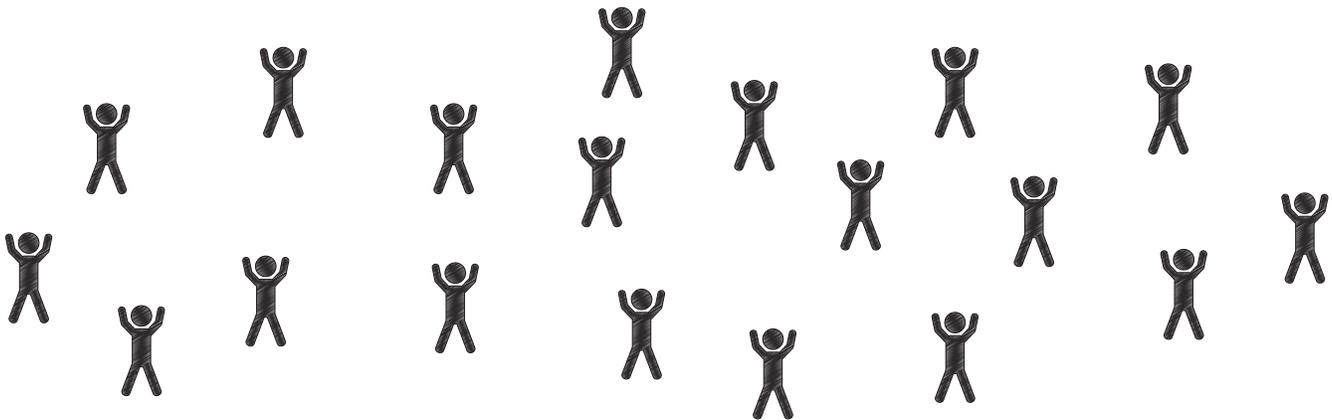
1. Teacher assigns movements to answers.
2. Teacher posts or reads a question.
3. Students respond to questions/concept with assigned movement.
4. Teacher checks for understanding.
5. Repeat steps 2-4.

## Time

20-30 Minutes

## Materials

-SOL content



commit to be fit

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# Exercise the Answers

## SOL Integration by Grade Level

### Kindergarten

**History & Social Studies-** The teacher assigns movements to water and land. Students demonstrate the exercise associated with the picture shown. (K.4 a,b,c)

**Language Arts-** Assign words with movement. As the teacher reads the story students demonstrate the assigned movement.

**Math-** Students demonstrate an exercise in a series and complete the continuing sequence. (K.13)

**Science-** The teacher assigns exercises for magnetic and nonmagnetic objects. Students demonstrate the exercise associated with the picture shown. (K.3 a,b)

### 1st Grade

**History & Social Studies-** Teacher will assign movements to map symbols. Teacher will show a symbol, and students demonstrate the movement associated with the symbol. (1.4 a)

**Language Arts-** The teacher shows a sentence, students demonstrate assigned exercises to subject, verb, and object. (1.1 a,c,e)

**Math-** Students will skip count by 2's, 5's, and 10's as they demonstrate an exercise. (1.1 d)

**Science-** Teacher will assign movements to solids, liquids, and gases. Students must demonstrate the movement associated with the picture. (1.3 a,b,c)

### 2nd Grade

**History & Social Studies-** Teacher reads topic questions about China and Egypt, students answer by demonstrating movements assigned to true and false. (2.1)

**Language Arts-** Teachers read a vocabulary word out loud, students must act out the word using their bodies. (2.2)

**Math-** Students will count forward by twos, fives, and tens to 120, while jogging in place. (2.1)

**Science-** The teacher assigns an exercise to magnetic and nonmagnetic. Teacher displays various pictures of magnetic and nonmagnetic objects. (2.2a)

### 3rd Grade

**History & Social Studies-** Assign an exercise for China, Egypt, Greece, Rome, and Mali. Teacher state a fact about one of them and students perform exercise for correct ancient civilization. (3.2, 3.3, 3.4)

**Language Arts-** Assign a movement for dictionary, thesaurus, encyclopedia, glossary, and index. Teacher states a characteristic about one of them and students perform the corresponding movement. (3.4 g)

**Math-** Teacher will assign a movement to cup, pint, quart, and gallon. State a real life container and students will perform the correct movement. (3.7 b)

**Science-** Assign natural and human influences to a movement. Teacher will state an event that can affect the survival of species. Students perform the correct movement. (3.10)

### 4th Grade

**History & Social Studies-** Teacher reads topic statements on Virginia history. Students perform the exercise assigned to True or False. (VS.1)

**Language Arts-** Assign a movement for opinion and fact. Teacher will give a statement and students will perform the correct movement. (4.1 c,d)

**Math-** Teacher will assign a movement to various solid figures. Display or state clues with number of vertices, angles, edges, and number of faces. Students will perform the corresponding movement. (4.11)

**Science-** Teacher states a fact about a part of the scientific investigation process and students will answer by demonstrating a movement assigned to the words True and False. (4.1)

### 5th Grade

**History & Social Studies-** Teacher reads topic statements on United States history. Students perform the exercise assigned to True or False. (USI.1)

**Language Arts-** Assign a movement for adjectives and adverbs. Teachers will give an example of one and students will perform the corresponding movement (5.8 b)

**Math-** Teacher will assign a movement to the terms right, isosceles, straight, and obtuse. Display an image of an angle and have students perform the correct movement. (5.12)

**Science-** Teacher will assign a movement to light and sound and then state a fact. Students will perform the correct movement. (5.2, 5.3)