**Physically Active Numeracy: Add Sum Fun**

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**Want More?**

[www.canadago4sport.com](http://www.canadago4sport.com)

[www.gophersport.com](http://www.gophersport.com)

Twitter & Instagram => @canadago4sport (for weekly posting of a new game)

**Description:** Learning Math through Physical Activity and Learning Physical Activity through Math. Participate in active games that involve both mathematics and physical activity. Working your mind as we work the body. Learning to be more mathematically and physically literate. Some equipment used in session to be given to attendees.

Great resource:

<https://www.ciraontario.com/countingonfun>

**Workshop Objectives:**

* Learn and experience the integration of mathematics with physical activity.
* Lear the importance and simplicity of using physical activity in a classroom setting.
* Learn about safety considerations for physical activity in a classroom setting.
* Learn about helping the whole child learn through their whole being.

**Workshop Agenda:**

* **Opening**
	+ RPS Intro
		- <https://www.canadago4sport.com/Warmups/Rock-Paper-Scissors-Four-Corner-Introductions>
	+ Geometric Shapes Gathered from a Square 4 cones and puzzle pieces
		- <https://www.canadago4sport.com/Numeracy/Geometric-Shapes-Gathered-from-a-Square>

* **In twos**
	+ Ready Set Shoot (add, multiply, subtract plus, subtract negative)
		- <https://www.canadago4sport.com/Numeracy/Ready-Set-Shoot->
	+ Dice Tag
		- Odd/Even 2 Large Die (and 1 small dice per player)

1 half pool noodle per player

* + - <https://www.canadago4sport.com/Numeracy/Dice-Tag%E2%80%94Odd-or-Even>
		- Add
		- Multiply
		- South Pole (Plus)
	+ True/False math…
		- <https://www.canadago4sport.com/Numeracy/True-and-False>
	+ Planks till odd—grab bean bag for a point 1 Bean Bag per 2 players

* **In threes**
	+ Paint Palette Relay 6 rainbow beanbags per team
		- <https://www.canadago4sport.com/Numeracy/Paint-Pallette-Relay>
	+ 0-5... Relay Numbered Topple Tubes
* **In sixes**
	+ Stryke’N Bowl Six Toppletubes plus 4 foam balls
		- In order first to 12 pins knocked over
		- <https://www.canadago4sport.com/Numeracy/StrykeN-the-Pins>
		- In order first to pass 50 points
		- <https://www.canadago4sport.com/Numeracy/StrykeN-the-Pins-to-Over-50>
		- In order first to exactly 30
		- <https://www.canadago4sport.com/Numeracy/StrykeN-the-Pins-to-Exactly-40>
	+ Tic Tac Toe Beanbags
		- <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid->
		- Tic Tac Toe in push up Beanbags
		- <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid-With-Push-Up>
		- Tic Tac Toe with run Beanbags
		- <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid-Relay>
		- Topple Tic Tac
		- <https://www.canadago4sport.com/Numeracy/Topple-Tic-Tac>
	+ Relay make a math word—quick math Deck of cards & pool noodles (SUM)
	+ Math works 10 numbered cones and deck of cards
	+ Five Finger Fling—in groups with exercise 1 Decks of cards (1-10 with win take a (one hop, two hop, lunge with number) break and lose do 5 squats)

* **Larger groups or all**
	+ Heel-Toe Tag with correct is not It 3 playing cards per player

5 noodles per five players

* + - <https://www.canadago4sport.com/Numeracy/Heel-Toe-Tag>
		- Add
		- <https://www.canadago4sport.com/Numeracy/Tag-and-Add>
		- Multiply
		- <https://www.canadago4sport.com/Numeracy/Tag-and-Multiply>
		- Divide
		- <https://www.canadago4sport.com/Numeracy/Tag-and-Divide>
	+ Ping Pong 7
		- <https://www.canadago4sport.com/Numeracy/Ping-Pong-7>
	+ Zero In—Number between 0-100 (5 Jacks-/+5 Squats)

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| **Item** |  | **Details** | **Quantity** | **Subtotal** |
| --- | --- | --- | --- | --- |
| [Big Foam Dice - Blue Pair](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoic20xaGxMbTlZNVB1dEVZWDJsUHUzUHFXaDY0IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9iaWctZm9hbS1kaWNlP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiMTNkM2VlYzM0N2Y5NGUyYjk4MDQ4NDYyMjg1NWRhMTFcIixcInVybF9pZHNcIjpbXCI0MTNlOGM1NGRjOTdmNDA4ZmNmNTZhMWUzZjJkNDBkNTZkNmNiMjA5XCJdfSJ9)Item No: 10-022Availability: In Stock | Price:Unit: | C$30.00Pr | 1 | C$30.00 |
| [Numbered Vinyl Cones - Numbered Vinyl Cones](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiX2tXZ2RCM3d2WUp6Z3dRMXhTVEc0MnpZWUhzIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9udW1iZXJlZC12aW55bC1jb25lcz91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjEzZDNlZWMzNDdmOTRlMmI5ODA0ODQ2MjI4NTVkYTExXCIsXCJ1cmxfaWRzXCI6W1wiNmFkMmE2MjU1NTIxY2U5MjQwOTJhYjYzOGM1NTFmMWVlYThkZjc5ZFwiXX0ifQ)Item No: 93-130Availability: In Stock | Price:Unit: | C$125.00Set of 10 | 1 | C$125.00 |
| [Pool Noodles - Pool Noodles](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoidTJucHlGMEU4TDFxYjVCdnhybDNSWFV2U1hzIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3N3aW1taW5nXFxcL2Z1bm9vZGxlcy1mb2FtLXJvZC1mbG9hdHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCIxM2QzZWVjMzQ3Zjk0ZTJiOTgwNDg0NjIyODU1ZGExMVwiLFwidXJsX2lkc1wiOltcIjMyNjE1Mzg0ZDc2NzU3YTQyNTFmOGI1YTcxZGZjNTZiNzAyNjcwODVcIl19In0)Item No: 86-637Availability: In Stock | Price:Unit: | C$125.00Set of 32 | 1 | C$125.00 |
| [ACTION! ToppleTubes Set - ACTION! ToppleTubes Set](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoia1AxX3h2ZkxFcWhtU1ZRU0V5NjdTcVYtdEFZIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9hY3Rpb24tdG9wcGxldHViZXMtZ2FtZT91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjEzZDNlZWMzNDdmOTRlMmI5ODA0ODQ2MjI4NTVkYTExXCIsXCJ1cmxfaWRzXCI6W1wiYzMzZjdmYmRmYmZjNGYwNzFhZTVlN2NmMjZmODliZTk3YWEzN2E5ZlwiXX0ifQ)Item No: 58-259Availability: In Stock | Price:Unit: | C$249.00Set | 1 | C$249.00 |
| [Rainbow Beanbag Bonanza Packs - Cotton](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiR1JqbkRNY1FHeHlDbTRaNnREUmgzYnFVN05FIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmVhbmJhZ3NcXFwvcmFpbmJvdy1iZWFuYmFnLWJvbmFuemEtcGFja3M_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCIxM2QzZWVjMzQ3Zjk0ZTJiOTgwNDg0NjIyODU1ZGExMVwiLFwidXJsX2lkc1wiOltcIjQwZWI4Nzg3MTliNzQ0NGE3MjMyZjJkYzM0MTBmOGQzMGFlZTg4YmFcIl19In0)Item No: 20-553Availability: In Stock | Price:Unit: | C$189.00Pack of 96 | 1 | C$189.00 |
| [PEmoji Coated-Foam Balls - PEmoji Coated-Foam Balls](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiVm5qYkcxV0l6ejhscVh6YlhQZlVGV2NnbjVjIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmFsbHNcXFwvcGVtb2ppLWNvYXRlZC1mb2FtLWJhbGxzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiMTNkM2VlYzM0N2Y5NGUyYjk4MDQ4NDYyMjg1NWRhMTFcIixcInVybF9pZHNcIjpbXCI0ZDY0YTEwODIzNTgzOThmZmMyODJiZmI4YmMwZGFiMTk3OWQ0NjBkXCJdfSJ9)Item No: 72-094Availability: In Stock | Price:Unit: | C$115.00Set of 6 | 1 | C$115.00 |

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Bring from home

* 48 dice
* 2 decks of cards
* Felt marker
* Paint Palette slips