

Table of Contents

Introduction.....	5
Active Math Movements	9
Locomotor and Manipulative Skills	11
Jump Rope Skills.....	21
Non-Locomotor Skills	31
Math and Movement Activity Guides	45
Kindergarten Activities	47
Locomotor Movements-Skip Counting, Add/Subtract Mats.....	49
Jumping and Landing with Good Balance-My First Shapes, Geometric Shapes Mats	52
Jumping in a Horizontal Plane with Good Balance-1-10, Skip Counting by 2's Mats	55
Traveling on Different Levels-Skip Counting by 2's and 10's Mats	58
Fitness Knowledge-1-10 and Skip Counting by 2's Mats	61
1st Grade Activities.....	65
Locomotor Movements-Skip Counting, Add Subtract Mats.....	67
Hopping-Clock Mat.....	72
Jumping and Landing in a Vertical Plane-Geometric Shapes Mat	80
Jumping in a Horizontal Plane-Skip Counting by 2's Mat.....	83
Underhand Throwing-Measurement Mat.....	86
Jump Rope-Add/Subtract Mat.....	89
Traveling on Different levels-Skip Counting by 2's Mat	95
Fitness Knowledge-Skip Counting Mats.....	98
2nd Grade Activities.....	101
Locomotor Movements-Skip Counting, Add/Subtract Mats.....	103
Hopping-Clock Mat.....	109
Jogging and Sprinting-Skip Counting by 2's and 4's Mats	116
Jumping and Landing in a Vertical Plane-Geometric Shapes Mat	120
Jumping in a Horizontal Plane-Skip Counting by 2's Mat.....	123
Underhand Throwing-Skip Counting by 2's Mat.....	126
Overhand Throwing- Add/Subtract Mat, Measurement Mats	129
Catching-Dollar Hop Mat.....	133
Jump Rope-Add/Subtract Mat.....	140
Traveling on Different Levels-Skip Counting by 2's,1-10 Mats.....	146

3rd Grade Activities	149
Differentiating Between Running and Sprinting-Skip Counting Mats (3's-7's, omit 5's) ...	151
Jumping in a Horizontal/Vertical Plane-Skip Counting Mats (2's-9's, omit 5's)	154
Locomotor Transitioning-Multiplication Hop, Skip Counting (3's-9's, omit 5's), Add/Subtract Mats.....	158
Underhand Throwing-Skip Counting by 4's and 8's Mats	162
Overhand Throwing-Measurement Mat, Add/Subtract Mat.....	165
Catching-Skip Counting Mats (2's-9's, omit 5's).....	169
Jump Rope Skills-Active Math Movements	172
Enhancing Physical Fitness through Physical Activity-Skip Counting Mats (3's-7's, omit 5's), Add/ Subtract Mat, Factor Fun Mat, Fraction Walk Mat, Multiplication Hopscotch, Hopscotch for 3's.....	180
 4th Grade Activities.....	189
Differentiating Between Running and Sprinting-Skip Counting Mats (3's,-7's, omit 5's) ..	191
Jumping in a Horizontal/Vertical Plane-Skip Counting Mats (2's-9's, omit 5's)	194
Locomotor Transitioning-Multiplication Hop, Skip Counting Mats (3's-9's, omit 5's), Add/Subtract Mat.....	198
Underhand Throwing-Skip Counting by 4's and 8's Mats	202
Overhand Throwing-Measurement Mat, Add/Subtract Mat.....	205
Catching-Skip Counting Mats (2's-9's, omit 5's).....	209
Jump Rope Skills-Active Math Movements	212
Health Related Fitness Components-Skip Counting Mats (3's-7's, omit 5's), Add/Subtract Mat, Factor Fun Mat, Fraction Walk Mat, Multiplication Hopscotch, Hopscotch for 3's....	220
 5th Grade Activities.....	229
Differentiating Between Running and Sprinting-Skip Counting Mats (3's-7's, omit 5's) ...	231
Jumping in a Horizontal/Vertical Plane- Skip Counting Mats (2's-9's-omit 5's)	235
Locomotor Transitioning-Multiplication Hop, Skip Counting Mats (3's-9's, omit 5's), Add/Subtract Mat.....	239
Underhand Throwing-Skip Counting by 4's and 8's Mats	243
Overhand Throwing-Measurement Mat, Add/Subtract Mat.....	246
Catching-Skip Counting Mats (2's-9's, omit 5's).....	251
Jump Rope Skills-Active Math Movements	254
Health Related Fitness Components-Skip Counting Hopping Mats (3's-7's, omit 5's), Add/Subtract Mat, Factor Fun Mat, Fraction Walk Mat, Multiplication Hopscotch, Hopscotch for 3's.....	262
 Assessments	271