

## Common Core Standards

### Lesson Plan:

- **1.NBT.1:** Count to 120, starting at any number less than 120. In this range, read and write numerals and represent a number of objects with a written numeral.

### Print Concepts and Fluency:

- **1.RF.4:** Read with sufficient accuracy and fluency to support comprehension.
- **1.RF.4a:** Read on-level text with purpose and understanding.
- **1.RF.4b:** Read on-level text orally with accuracy, appropriate rate, and expression on successive readings.
- **1.RF.4c:** Use context to confirm or self-correct word recognition and understanding, rereading as necessary.

### Practice Exercises:

- **1.L.1h:** Use determiners (e.g., articles, demonstratives).
- **1.NBT.4:** Add a two-digit number and a multiple of 10.
- **1.NBT.6:** Subtract multiples of 10 in the range 10-90 from multiples of 10 in the range of 10-90.

### Active Learning:

- **1.MD.1:** Order three objects by length; compare the lengths of two objects indirectly by using a third object.

### Printable Book:

- **1.RF.4:** Read with sufficient accuracy and fluency to support comprehension.
- **1.RF.4a:** Read on-level text with purpose and understanding.
- **1.RF.4b:** Read on-level text orally with accuracy, appropriate rate, and expression on successive readings.
- **1.RF.4c:** Use context to confirm or self-correct word recognition and understanding, rereading as necessary.



# Common Core Lesson Plan

## “Jumping is a Fun Way to Exercise”

Grade: 1

### Common Core Standards:

- **1.NBT.1:** Count to 120, starting at any number less than 120. In this range, read and write numerals and represent a number of objects with a written numeral.



### Materials Needed:

- “Jumping is a Fun Way to Exercise” video episode, computer, Wi-Fi connection, small whiteboards, dry erase markers and erasers, open space to jump

### Preparation:

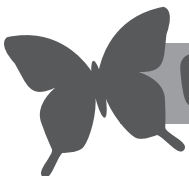
- Familiarize yourself with the lesson, video, and the related fluency passage.
- Gather the needed materials in an appropriate area.

### Breaking it Down:

- Watch the video, “Jumping is a Fun Way to Exercise.”
- Use the fluency passage to reinforce the lesson theme and goals.
- Complete the lesson.

### Lesson:

1. After watching the video lesson, split the students into several groups.
2. Set the groups up as if they are doing a race. Set one whiteboard for each group on the opposite end of the room.
3. Instruct the students in front of the line to hop and count their hops together.
4. Tell them to keep hopping and counting until you say, “Stop.” Have each student write the number of “hops” on the white board. Give each group 2 points if the student wrote the number correctly on the board.
5. The next student in each group will start at the last number the previous group stopped at.
6. Continue until all students have had a turn.



# Common Core Lesson Plan

## “Jumping is a Fun Way to Exercise”

Grade: 1

### Open Dialogue:

- Discuss what animals jump frequently.
- Discuss what activities might require jumping (e.g., jump roping, dancing, sports, etc.).
- Discuss why jumping can be a good exercise (e.g., it works your muscles, it gets your heart rate up, etc.).

### Capping it Off:

- Have students complete the practice math and language exercises.
- Have students color the associated coloring pages. Display within the classroom or have the students take them home to share with their families.
- Have students complete the active learning project.
- Encourage students to refer back to the printable book and fluency passage as needed.
- Reinforce the lesson throughout the year by using reminders and reviewing the episode.



Wonder Grove Kids

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“Jumping is a Fun Way to Exercise”