

## Common Core Standards

### Lesson Plan:

- **K.CC.4a:** When counting objects, say the number names in the standard order, pairing each object with one and only one number name and each number name with one and only one object.

### Print Concepts and Fluency:

- **K.RF.1a:** Follow words from left to right, top to bottom, and page-by-page.
- **K.RF.1b:** Recognize that spoken words are represented in written language by specific sequences of letters.
- **K.RF.1c:** Understand that words are separated by spaces in print.
- **K.RF.4:** Read emergent-reader texts with purpose and understanding.

### Practice Exercises:

- **K.RF.2a:** Recognize and produce rhyming words.
- **K.CC.3:** Write numbers 0-20. Represent a number of objects with a written numeral 0-20.

### Active Learning:

- **K.G.1:** Describe objects in the environment using names of shapes, and describe the relative positions of these objects using terms such as above, below, beside, in front of, behind, and next to.

### Printable Book:

- **K.RF.1a:** Follow words from left to right, top to bottom, and page-by-page.
- **K.RF.1b:** Recognize that spoken words are represented in written language by specific sequences of letters.
- **K.RF.1c:** Understand that words are separated by spaces in print.



# Common Core Lesson Plan

## “Jumping is a Fun Way to Exercise”

Grade: K

### Common Core Standards:

- **K.CC.4a:** When counting objects, say the number names in the standard order, pairing each object with one and only one number name and each number name with one and only one object.



### Materials Needed:

- “Jumping is a Fun Way to Exercise” video episode, computer, Wi-Fi connection, 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 2-4 groups depending on the number of students you have and how many groups you want jumping at the same time.
2. Review what it means to be first, second, third, etc.
3. Tell each student who will be first, second, third, etc. in line.
4. After the students in each group are in the correct order, give the first group a number. Instruct them to jump across the room that many times, while staying in their order. Allow the other students to count out loud with them.
5. Continue this process with the rest of the groups.
6. Again, review first, second, third, etc. Put the students in a different order. Repeat the process until you have gone through reviewing the relationship between the number and how many times the students jump.



# Common Core Lesson Plan

## “Jumping is a Fun Way to Exercise”

Grade: K

### 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”