**What are you Counting On:**

**Physical Education and Numeracy?**

**Dr. John Byl**

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[**https://www.canadago4sport.com/numeracy-index**](https://www.canadago4sport.com/numeracy-index)

**Physical Education has its own curricular expectations.** However, some of these expectations can be met or reinforced through other curricular areas, and other curricular areas (with a focus on mathematics) can have some of their expectations met or reinforced in Physical Education Classes. We will demonstrate some of these activities. Be prepared to learn through involvement in these activities.

**It is about active and healthy living**

<https://www.caringbridge.org/visit/drjohnbyl>

**In-Person Agenda:**

**Get Rolling with Numeracy**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Equipment | Movement | Link |
| Even and Odd with Wall Sit |  | Run | <https://www.canadago4sport.com/Numeracy/Even-and-Odd-With-Wall-Sit-and-Run> |
| True and False | One pool noodle per pair | Run | <https://www.canadago4sport.com/Numeracy/True-and-False> |
| Odd Even Tag in pairs | With one dice each and one pool noodle per pair | Run | Need Video |
| Ankle touch | With one die each | Agility | <https://www.canadago4sport.com/Numeracy/Odd-Even-Tag> |
| Odd pick up | Per pair two dice and one foam piece or beanbags | Agility | <https://www.canadago4sport.com/Numeracy/Planks-till-odd> |
| Quick Count Relay | With playing cards and popsicle sticks | Run | <https://www.canadago4sport.com/Numeracy/Quick-Count-Relay> |
| Ding Dong 7—number higher that two (with pushing down and reach for the sky |  |  | <https://www.canadago4sport.com/Numeracy/Ding-Dong-7> |
| 21 Pilots |  |  | Need Video |
| Tag and Add (or divide, multiply) | With pool noodles for ITs and 2 decks of cards | Run | <https://www.canadago4sport.com/Numeracy/Tag-and-Add> |
| Most Cards or and 5 Jumping Jacks | Three playing cards each player | Jumping Jacks | Need Video |

**Get Rolling with Patterns**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Equipment | Movement | Link |
| Paint Palette Relay | With six different coloured poly spots and patterns for each group | Run | <https://www.canadago4sport.com/Numeracy/Paint-Pallette-Relay> |
| Connect Four Up | Checker board and pieces | Run | <https://www.canadago4sport.com/Numeracy/Connect-Four-Up> |
| Connect Four any ways | Checker board and pieces | Run | Need Video |
| Quicksand | Tarp and pathway sheets | Teamwork  Walking | <https://www.canadago4sport.com/Leadership/Quicksand> |
| Number Sequence | With 6 sequentially numbered playing cards | Run | <https://www.canadago4sport.com/Numeracy/Number-Sequence-Relay> |
| Break the Code | Cards numbered 2-9 | Run | <https://www.canadago4sport.com/Numeracy/Break-the-Code> |
| RPS Geometric Shapes | Four poly spots to mark the corners and four puzzles—one for each team | Run | <https://www.canadago4sport.com/Numeracy/Geometric-Shapes-Gathered-from-a-Square> |

**Numeracy and Patterns with Toppletubes (or plastic cups for some activities)**

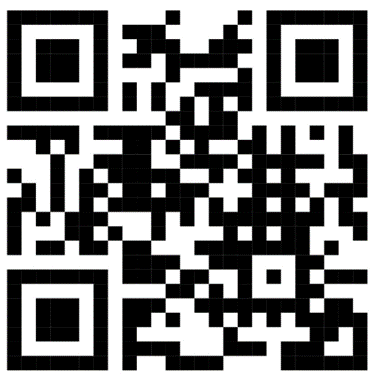
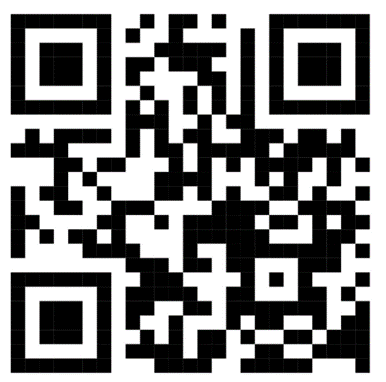
|  |  |  |  |
| --- | --- | --- | --- |
| Name | Equipment | Movement | Link |
| Topple 10 times—Inhibitory Control (executive functioning) | One Toppletube per group (with side numbers) | Throw | <https://www.canadago4sport.com/Target1/StrykeN-the-Pins> |
| Topple over 40--Memory | One Toppletube per group (with side numbers) | Throw | <https://www.canadago4sport.com/Target1/StrykeN-the-Pins-to-Over-50> |
| Topple exactly 30—Mental flexibility | One Toppletube per group (with side numbers) | Throw | <https://www.canadago4sport.com/Target1/StrykeN-the-Pins-to-Exactly-40> |
| Topple a Specific Number—ie 66 |  | Run | <https://www.canadago4sport.com/Numeracy/Topple-Specific-Number> |
| Numbers in Sequence—ie 1-4, 5-8, 9-10 |  | Run | <https://www.canadago4sport.com/Numeracy/Topple-Tube-Number-Sequence> |
| Tic Tac Toe Double Three in a Row (relay style with two people each and a spot to start) |  | Run | <https://www.canadago4sport.com/Numeracy/Topple-Double-Tic-Tac> |
| Tic Tac Toe Three in a Row no-grid (run or from push-up) |  | Run | <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe%E2%80%94No-Grid-> |
| Topple three up. |  | Run | <https://www.canadago4sport.com/Locomotor/Topple-Three-Up> |
| Human Tic Toc with two teams of four | With 12 poly spots—first person goes fifth, and secondly, team decides who moves | Run | <https://www.canadago4sport.com/Numeracy/Human-Tic-Tac-Toe-in-Order> |
| Tic Toc Rolling Three in a Row (or four in a row?) | Nine hula hoops and two sets of four different coloured balls | Roll | <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe-Rolling-Three-In-a-Row> |

**Nutrition**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Equipment | Movement | Link |
| Balanced Plate (like Robin’s nest) | Food items (1 fruit, 1 vegetable, 2 grains, 2 protein) and three plates | Run | <https://youtu.be/jaTpHWJg4oM> |
| Gather Meals from the Farm (like Geometric shapes) | All foods and 4 poly spots | Run | <https://www.canadago4sport.com/Nutrition/Gather-Balanced-Meals-from-the-Farm> |
| Food Run | With threes, all food groups, and one pool noodle per team for taggers | Run | <https://www.canadago4sport.com/Nutrition/Food-Run> |

**Active Brain**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Equipment | Movement | Link |
| Simon Says (previous and opposite—with switching sides) |  | Follow Leader | Regular:  <https://www.canadago4sport.com/Leadership/Simon-Says>  Previous:  <https://www.canadago4sport.com/Leadership/Simon-Says-Do-Previous>  Opposite:  <https://www.canadago4sport.com/Leadership/Simon-Says-Do-Opposite> |
| Ying Yang You (slow, fast, with back) |  | Arm Motions | Slow:  <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Slow>  Faster:  <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Faster>  Back:  <https://www.canadago4sport.com/Leadership/Ying-Yang-You-Back> |

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* Twitter & Instagram: Tuesday (sometimes other days) posts
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* Pinterest:
  + 26 boards, and 875+ pins
  + Follow at <https://www.pinterest.ca/canadago4sport/>
* YouTube:
  + 550+ videos
  + Subscribe at <https://www.youtube.com/c/canadago4sport/>
* **Equipment:**
  + From Home:
    - Pool Noodles
    - Plenty of dice
    - 2 decks of cards
    - Container of popsicle sticks
    - Paint Palette papers
    - Puzzles—Geometric Shapes in paper
  + From Gopher (**NOTE:** minus Vinyl Spots ($182) and PEmoji Coated-Foam Balls ($138) for a total of subtracting $320 if Tag workshop is also done (equipment used for both sessions).

|  | **Item** |  | **Details** | **Quantity** | **Subtotal** |
| --- | --- | --- | --- | --- | --- |
| [Complete Set](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiUV9RMEEyRlpoYTRnclptbDFLamxKcDVPSXRZIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvbnV0cml0aW9uXFxcL21vbGRlZC12aW55bC1mb29kcz91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImI4MGUwNjBkMDY3ZDRhZDNiZTUyMzMwNzIxNDQ0YzU5XCIsXCJ1cmxfaWRzXCI6W1wiZmVkODI1NWQyZTMzYTZjM2IwNjEyZTcyMTQ5ZjkyNmE4MWQwZjhmNlwiXX0ifQ) | [**Molded Vinyl Foods - Molded Vinyl Foods**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiUV9RMEEyRlpoYTRnclptbDFLamxKcDVPSXRZIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvbnV0cml0aW9uXFxcL21vbGRlZC12aW55bC1mb29kcz91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImI4MGUwNjBkMDY3ZDRhZDNiZTUyMzMwNzIxNDQ0YzU5XCIsXCJ1cmxfaWRzXCI6W1wiZmVkODI1NWQyZTMzYTZjM2IwNjEyZTcyMTQ5ZjkyNmE4MWQwZjhmNlwiXX0ifQ) Item No: 26-103 Availability: Ships Soon | Price: Unit: | C$114.24 Set of 26 | 1 | C$114.24 |
|  | | | | | |
| [5" dia, Rainbow® Set of 6](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiU0RfVUs5ZWg2N0VFRHQ3ZE1kdWhaX3pvUl93IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9yYWluYm93LXZpbnlsLXNwb3RzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiYjgwZTA2MGQwNjdkNGFkM2JlNTIzMzA3MjE0NDRjNTlcIixcInVybF9pZHNcIjpbXCJhNDJkZjQ5MWExMDcwZDJjNTBhYmEwMDdjZDFkOWY2NTc1OTYxZTVlXCJdfSJ9) | [**Rainbow TopSpot Vinyl Spots - Rainbow Set, 5" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiU0RfVUs5ZWg2N0VFRHQ3ZE1kdWhaX3pvUl93IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9yYWluYm93LXZpbnlsLXNwb3RzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiYjgwZTA2MGQwNjdkNGFkM2JlNTIzMzA3MjE0NDRjNTlcIixcInVybF9pZHNcIjpbXCJhNDJkZjQ5MWExMDcwZDJjNTBhYmEwMDdjZDFkOWY2NTc1OTYxZTVlXCJdfSJ9) Item No: 93-022 Availability: In Stock | Price: Unit: | C$30.42 Set of 6 | 6 | C$182.52 |
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| [Complete Set](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiRjVKY1MzZ1d4b2drS2FoQUVvel9mNDU4YWFRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmFsbHNcXFwvcGVtb2ppLWNvYXRlZC1mb2FtLWJhbGxzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiYjgwZTA2MGQwNjdkNGFkM2JlNTIzMzA3MjE0NDRjNTlcIixcInVybF9pZHNcIjpbXCI0ZDY0YTEwODIzNTgzOThmZmMyODJiZmI4YmMwZGFiMTk3OWQ0NjBkXCJdfSJ9) | [**PEmoji Coated-Foam Balls - PEmoji Coated-Foam Balls**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiRjVKY1MzZ1d4b2drS2FoQUVvel9mNDU4YWFRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmFsbHNcXFwvcGVtb2ppLWNvYXRlZC1mb2FtLWJhbGxzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiYjgwZTA2MGQwNjdkNGFkM2JlNTIzMzA3MjE0NDRjNTlcIixcInVybF9pZHNcIjpbXCI0ZDY0YTEwODIzNTgzOThmZmMyODJiZmI4YmMwZGFiMTk3OWQ0NjBkXCJdfSJ9) Item No: 72-094 Availability: In Stock | Price: Unit: | C$138.43 Set of 6 | 1 | C$138.43 |
|  | | | | | |
| [Polyvinyl pieces are durable yet friendlier than hard plastic](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiUENBcWVJUlRaMTFJMXFGSnViLUE3eE5tOXNVIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9raW5nbWUtY2hlY2tlcnM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJiODBlMDYwZDA2N2Q0YWQzYmU1MjMzMDcyMTQ0NGM1OVwiLFwidXJsX2lkc1wiOltcImQ5ZTRkM2UxYTBmZWE3ZTcwMTRhMmZhNTc2M2Q1ZjBhNmU0OTJjMDRcIl19In0) | [**KingMe! Checkers Set - KingMe! Checkers Set**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiUENBcWVJUlRaMTFJMXFGSnViLUE3eE5tOXNVIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9raW5nbWUtY2hlY2tlcnM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJiODBlMDYwZDA2N2Q0YWQzYmU1MjMzMDcyMTQ0NGM1OVwiLFwidXJsX2lkc1wiOltcImQ5ZTRkM2UxYTBmZWE3ZTcwMTRhMmZhNTc2M2Q1ZjBhNmU0OTJjMDRcIl19In0) Item No: 58-578 Availability: Ships Soon | Price: Unit: | C$252.73 Set | 1 | C$252.73 |
|  | | | | | |
| [It's a race to flip these scattered tubes!](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiNVR3LVA5VUt1VHRzcWYzWkQzc2I0bnZoZDZrIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9hY3Rpb24tdG9wcGxldHViZXMtZ2FtZT91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImI4MGUwNjBkMDY3ZDRhZDNiZTUyMzMwNzIxNDQ0YzU5XCIsXCJ1cmxfaWRzXCI6W1wiYzMzZjdmYmRmYmZjNGYwNzFhZTVlN2NmMjZmODliZTk3YWEzN2E5ZlwiXX0ifQ) | [**ACTION! ToppleTubes Set - Regular**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiNVR3LVA5VUt1VHRzcWYzWkQzc2I0bnZoZDZrIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9hY3Rpb24tdG9wcGxldHViZXMtZ2FtZT91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImI4MGUwNjBkMDY3ZDRhZDNiZTUyMzMwNzIxNDQ0YzU5XCIsXCJ1cmxfaWRzXCI6W1wiYzMzZjdmYmRmYmZjNGYwNzFhZTVlN2NmMjZmODliZTk3YWEzN2E5ZlwiXX0ifQ) Item No: 58-259 Availability: In Stock | Price: Unit: | C$278.13 Set | 2 | C$556.26 |
|  | | | | | |
| **Subtotal:** C$1,244.18 | | | | | |
| **Estimated Shipping:** C$149.30 | | | | | |
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| **Total:** C$1,393.48 | | | | | |
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