



Dash for Cash

KEY SKILLS(S) and CONCEPT(S): Improving cardiovascular strength and endurance, and addition, subtraction, multiplication and division of money.

SUGGESTED GRADE LEVEL(S): Grades K-8

OBJECTIVES: Students will be able to:

- Improve their cardiovascular endurance while working on their math skills in relation to money.

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED:

- Cones to represent a start and a finish line, a hula hoop to put the answer in (one for each team), pencils, paper and dozens of numbered bean bags.

DESCRIPTION:

The students will be divided into even groups at their cone opposite the pile of numbered bean bags. The teacher will hold up a math problem on a piece of poster board. EX: Jonathan wants to travel across the country. He has \$981 to do so. If it will cost him \$380 for gas, \$126 dollars for food, and \$254 for a hotel, how much money will he have left over? Answer: \$221. The students are to work out the problem within their team on a piece of paper and then run one by one to get to get one number of the answer. Students will run one by one to get a number in the answer and piece it together in their hula hoop. (For the example the first student will run and search for a 2, the second student will run and get a 2 and the third student will run and get a 1). The first team to finish and have every member of their team sitting down wins. The winning team will receive 1 dollar of fake money (When a team receives 5 total dollars the game is over!).

PROCEDURE:

- 1) Divide the students into even teams and line each team up at their cone and hula hoop.
- 2) Before the relay begins have the students measure their resting heart rates.
- 3) Write a money math problem on a whiteboard.
- 4) Students will work out the math problem within their group on a sheet of paper. Once they have figured out what they think is the answer they will then run one by one to get one number of the answer. One person at a time and one bean bag at a time. (If a team has already won a dollar and is caught cheating they will forfeit one dollar as a penalty for cheating.
- 5) The relay ends when a team has correctly shown their work on paper and spelled out the answer in their hula hoop. Every teammate must be seated. Award the winning team a dollar
- 6) When a team wins have the students walk back and place the bean bags in pile.
- 7) Repeat until a team has won 5 dollars using a different question with a different operation each time.



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TEACHING SUGGESTIONS/TIPS:

- Use age appropriate math questions. Touch base with the grade level math teacher and see what operations the students are learning in class and infuse the same operations into the lesson.

VARIATIONS AND/OR SUGGESTIONS:

- This form of question relays can be done with lettered bean bags as well. Ask a question related to a topic and the students follow the same format to spell out the answer.

CLOSURE:

Have the students measure their active heart rates immediately following the last relay while they are sweating and breathing heavy. Tell them to compare that to their heart rate at the beginning of the activity (should be much higher at the end) and explain that running at the intensity they did for the amount of time they did increases their heart rate which makes their heart stronger. Having a strong heart is important to be healthy. Also use this time to bring the money math skills and concepts full circle.