State and Capital Matching

Equipment:

-Giant Outline of USA

-State/Capital Cards

-Map of USA that is Labeled (For ALL teams to use)

-50 cones (different colored)

Description of Idea:

-50 state capitals will be placed under the different colored cones scattered throughout activity area.

-Pre-determined exercises will be determined based on color of cones (Ex: Card under Orange cone means that students must complete 10 push-ups)

-Students must take capital card and match it to correct state.

-Teams will keep tally of how many capitals they correctly match

-Teacher must give students thumbs up (showing it’s correct) before giving themselves a tally.

-Have 2-4 teams.

Alternative Ideas:

-Make 2-3 teams.

-One person at a time must complete exercises before grabbing a card to match to the giant USA outline

-Exercises: Stability Disc Balance, Free Weights, Resistance bands, Warrior Pose (Yoga)

-Student must correctly match the state (card) to the giant outline and get confirmation from teacher that their answer is correct.

-Students will keep tally marks for how many answers they get correctly.

-Student will ONLY get 3 attempts to place their state card correctly. If all 3 attempts are wrong, then the card is returned to the bucket and they return to their team.

Needed Equipment this week:

-2-3 stability discs

-Set of free weights (case)

-2-3 resistance bands

-2-3 clipboards/paper/pen

-50 different colored cones

-state cards

-bucket (for state cards)

-Music

-Copies of USA map that is labeled