

### EXERCISE & COUNT TO '10'

#### What to do:

- Parents, take turns with your children choosing exercises and movement to do. While you count to ten, exercise using the movement or activity you picked.
- Examples of exercises include: Jumping Jacks, Arm Circles, Run in Place, Squats, Twist, Touch Toes, Hop
- Play music or sing as you exercise.

#### Materials:

- Body Movements
- Verbal Counting
- Music/Singing



#### Why is this activity important?

##### HEALTH & MATH:

**Health/Physical:** Teaching children to participate in physical activities promotes healthy growth and development. It helps build a healthier body composition, stronger bones and muscles. Being active through exercise helps to build movement skills, maintain a healthy body weight, heart and lungs.

**Math:** Counting with children helps them to grow in their understanding of what numbers really mean. Understanding the meaning of numbers takes practical experience counting lots of things. As children gain number sense they will match numbers with items and solve simple problems.