GRADE 1 MATH PRACTICE CLASS RHYTHM

SKILLS PRACTICE (15-20 min)

- Gross motor activities (5-10 min) [See Gross Motor Activities below]
- Mental Math (5-7 min) [See Grade 1 Mental Math Games]

After introducing the 4 Processes begin this regular practice:

- Basic Facts Memorization Activities (5 min) [See Grade 1 Basic Facts Memorization Activities]

REVIEW and/or INTRODUCTION (5-10 min)

Review a concept or skill that you have noticed the majority of the students struggling with. Introduce a concept or skill that is an extension of what the students have already learned.

PRACTICE ACTIVITIES (10-15 min) [See Grade 1 Math Activities]

Provide student activities that pertain to what you were just reviewing along with other skills that need to be continually practiced. Make sure that most students can have enough time to practice the skill in the time allotted. Practice, practice, practice is the key!

GROSS MOTOR ACTIVITIES

I find that Grade 1 students need a bit of time to transition from one class to the next or from recess to class time. Here are some ideas to work with that flow. I suggest that you split the class into 2 or 3 small groups led by you, your assistant teacher and parent volunteers if possible.

Jump rope
1. All students count numbers 1-100 as a whole group as each child jumps individually for ten numbers. The next student runs right in, picking up the next number in the count.
2. Have each student count for herself, continuing the count from the last student’s number.

Hop, Clap, Touch Your Nose
This is a short-but-sweet warm up exercise. Use this at transition times as well.
1. Give an instruction such as, “Hop six times” or “Touch your nose three times” or “Clap three times and hop one time”.


2. Students do action. 
Variation: Add more than one instruction up to 3 at one time.

Tactile Numbers
1. Have students make numbers out of play dough and/or with glue and sand on index cards.
2. Students are blindfolded and touch numbers to identify.

Grasshopper
1. Write one of the numbers 1-12 (or higher if appropriate) on felt squares cut into round rock shapes beforehand.
2. Place ‘rocks’ in a haphazard fashion across the floor close enough for the children to hop from one to the other.
3. Give each ‘grasshopper’ his or her instructions. Ex: “Hop in order, 1-12” or “Hop onto 5, now to 2, now to 10” or “Count backwards from 7 to 1”
4. Add number word cards (one, two, etc.) to the game, showing a few cards to each grasshopper to hop to.

Clapping
1. Show the clapping rhythm for the verse, clap your own hands, clap your partner’s hands, with “Mr. Nobody” first. Children imitate.
2. Students clap with a partner. Ex:
   One, two, buckle my shoe,
   three, four, shut the door,
   five, six, pick up sticks,
   seven, eight, lay them straight,
   nine, ten, a big red hen.