

PRODUCT OR QUOTIENT FITNESS

Purpose: Students will solve basic facts in multiplication or division and exercise the product or quotient number

Suggested Grade Level: 3-5

Math SOL: Computation and Estimation – 3.5, 4.4, 5.4

Equipment/Materials Needed:

1. Problem cards (see below)
2. worksheet

Advanced Preparation:

1. Use the following template and devise mathematical problems into 4 separate “circuits”
2. Copy the template approximately 8 times.
3. Cut the templates into 4 separate cards. There should now be 32 circuit cards
4. Copy worksheet

Directions:

1. Tell students that they will do “circuit training” today.
2. Hand each student a circuit card and tell them NOT to write on the circuit cards.
3. Have students circle their beginning circuit card on their worksheet.
4. Instruct students to solve the first problem on their circuit card, write the answer on their worksheet and then complete the exercise listed the same number of times as the answer they wrote down.
5. Have students repeat for each number on the circuit card until they have solved all 5 problems and completed the exercises for each one.
6. Explain to students that once they complete their first circuit, they are to go to the front of the room and exchange their old circuit card for a new circuit card.
7. Tell students they are to repeat the activity just like they did for their first circuit and continue until they complete all four circuits.
8. Review all circuit answers at the end of the activity.

Teaching Suggestions:

1. When creating your own cards, make sure that the physical activity is suitable for an answer. Doing 3 jumping jacks and 35 push ups would probably not be the best choice for exercise.
2. Remind students to only write on their worksheet and NOT the circuit card
3. Check on students to make sure they are filling in the answer in the correct area of their worksheet.
4. Some students may want to complete all 5 problems and then do the exercises consecutively. This is entirely teacher discretion.

Modifications/Variations:

1. This can be done with addition and subtraction.
2. Have more than 4 circuits

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Quotient circuit cards

Circuit A card

1. $81 \div 9 =$ _____ Push ups
2. $96 \div 8 =$ _____ Cross crawls
3. $63 \div 7 =$ _____ Curl ups
4. $72 \div 8 =$ _____ lunges
5. $28 \div 4 =$ _____ jumping jacks

Circuit B card

1. $42 \div 6 =$ _____ windmills
2. $56 \div 8 =$ _____ chair dips
3. $48 \div 4 =$ _____ heel raises
4. $36 \div 4 =$ _____ squats
5. $64 \div 8 =$ _____ burpees

Circuit C card

1. $60 \div 5 =$ _____ lunges
2. $32 \div 8 =$ _____ push ups
3. $63 \div 9 =$ _____ Curl ups
4. $72 \div 9 =$ _____ lunges
5. $32 \div 4 =$ _____ scissor kicks

Circuit D card

1. $54 \div 6 =$ _____ cross crawls
2. $18 \div 3 =$ _____ chair dips
3. $40 \div 4 =$ _____ shoulder rolls
4. $24 \div 2 =$ _____ windmills
5. $48 \div 8 =$ _____ burpees

Quotient Fitness worksheet

Quotient Fitness Circuit Record sheet

Name _____

Date _____

Circuit A

1. _____ Push ups
2. _____ Cross crawls
3. _____ Curl ups
4. _____ lunges
5. _____ jumping jacks

Circuit B

1. _____ windmills
2. _____ chair dips
3. _____ heel raises
4. _____ squats
5. _____ burpees

Circuit C

1. _____ lunges
2. _____ push ups
3. _____ Curl ups
4. _____ lunges
5. _____ scissor kicks

Circuit D

1. _____ cross crawls
2. _____ chair dips
3. _____ shoulder rolls
4. _____ windmills
5. _____ burpees

Product fitness cards

Circuit A card

1. $3 \times 2 =$ _____

2. $4 \times 8 =$ _____

3. $5 \times 2 =$ _____

4. $3 \times 6 =$ _____

5. $7 \times 8 =$ _____

Circuit B card

1. $4 \times 3 =$ _____

2. $2 \times 5 =$ _____

3. $4 \times 6 =$ _____

4. $2 \times 6 =$ _____

5. $6 \times 6 =$ _____

Circuit C card

1. $4 \times 7 =$ _____

2. $5 \times 2 =$ _____

3. $5 \times 5 =$ _____

4. $3 \times 5 =$ _____

5. $8 \times 6 =$ _____

Circuit D card

1. $8 \times 8 =$ _____

2. $3 \times 3 =$ _____

3. $4 \times 4 =$ _____

4. $4 \times 7 =$ _____

5. $6 \times 7 =$ _____

Product Fitness worksheet

Product Fitness Record Sheet

Name _____

Date _____

Circuit A

1. _____ Push ups
2. _____ Cross crawls
3. _____ Curl ups
4. _____ lunges
5. _____ jumping jacks

Circuit B

1. _____ windmills
2. _____ chair dips
3. _____ heel raises
4. _____ squats
5. _____ arm circles

Circuit C

1. _____ jog in place
2. _____ push ups
3. _____ cross crawls
4. _____ shoulder rolls
5. _____ scissor kicks

Circuit D

1. _____ scissor kicks
2. _____ chair dips
3. _____ shoulder rolls
4. _____ windmills
5. _____ cross crawls