Lesson Plan: Middle School Energizer “Sign Me Up”

Goal: To increase fluency with computation of rational numbers and to provide students with an opportunity to be physically active.

Grade Level: 7th

Subject Area: Math
North Carolina Standard Course of Study Objective Number(s):
1.02 Develop fluency in multiplication, and division of rational numbers.

Formation: Students stand at desks.

Equipment: Teacher workstation with projector, Alice World

Rules/Directions:
1. The teacher projects the Alice world “Sign Me Up” which tells students to hop, spin, or circle arms to indicate the sign of the answer to integer computation.
2. If the answer is correct perform either of the following motions:
   - Hop up and down 5 times if the answer is positive
   - Rotate arms forward 5 times if the answer is zero
   - Spinning 5 times if the answer is negative

Example: The integer expressions such as, negative six times positive three is projected.

Response: Students hop, spin, or make circles with their arms for 5 times.

Variations:
1. Have students perform the same activity using absolute value
2. Use this activity to reinforce integer computation – addition and subtraction

Assessment: Unit Quiz for Accentuate the Negative Book