

Telling Time to 30 minutes

Exercise Your Answer



By Greater Richmond Fit4Kids

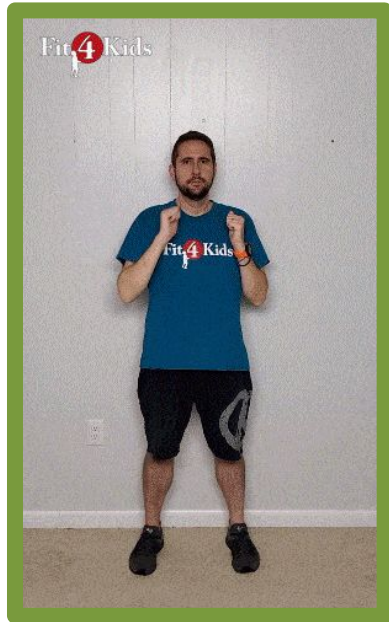
www.grfit4kids.org

- 1) Show students the slide.
- 2) Instruct students to tap their temple.
This gives all students fair 'think time'.
- 3) On your magic word, tell students to **SHOW** you their answer.
- 4) Reteach if any misconceptions.
- 5) Move on to the next slide.



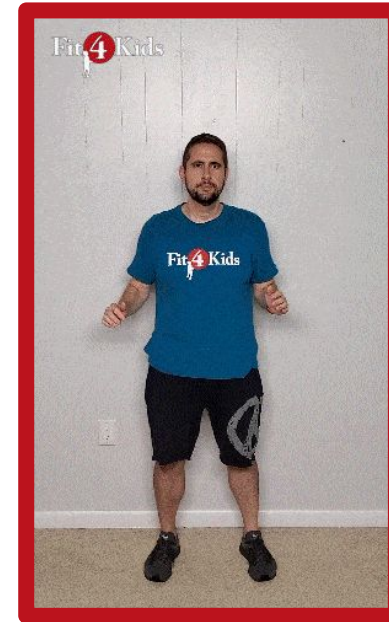
- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer





Yes

Sky Reach



No

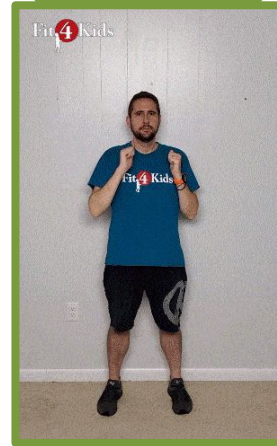
Cross Crawl



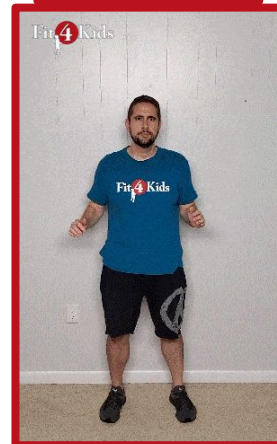


Is it
1:00?

Yes



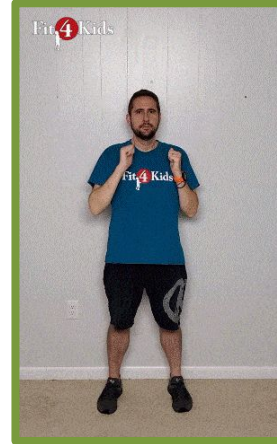
No



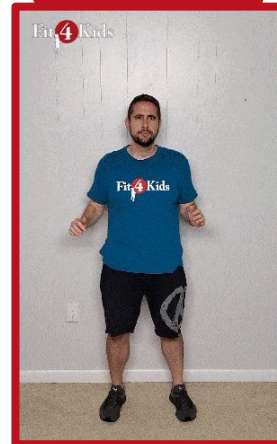


Is it
1:00?

Yes



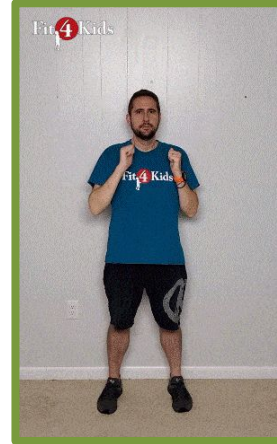
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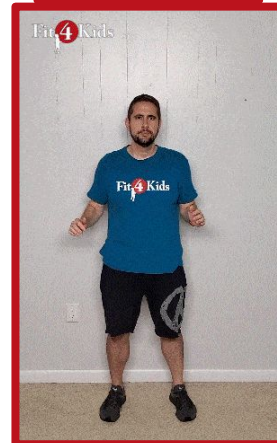


Is it
7:00?

Yes



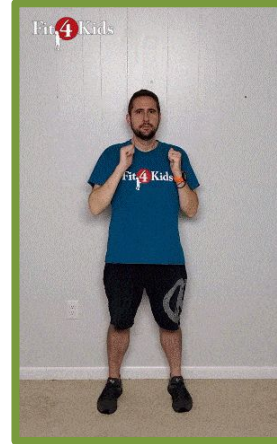
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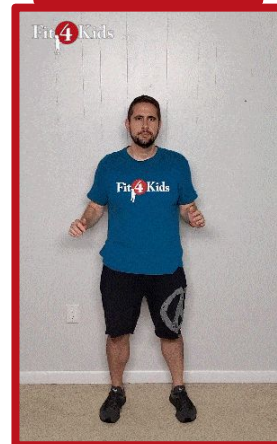


Is it
4:30?

Yes



No





Goal Posts

or

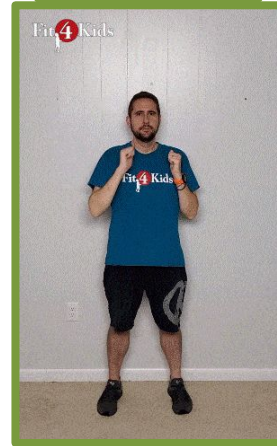
DANCE PARTY



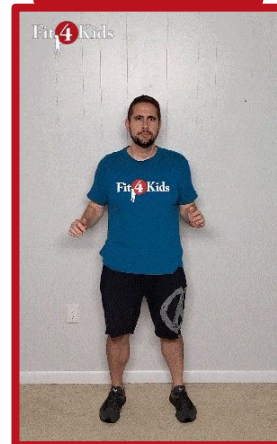


Is it
9:00?

Yes



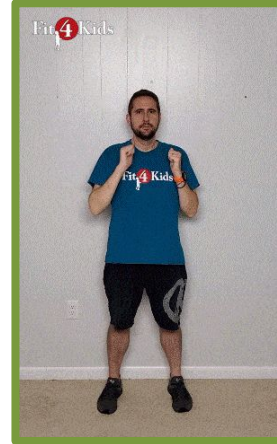
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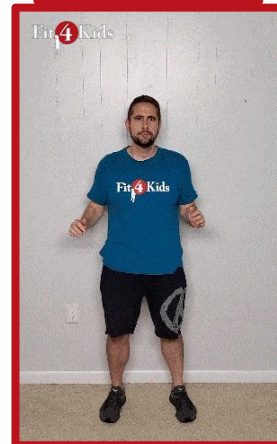


Is it
3:30?

Yes



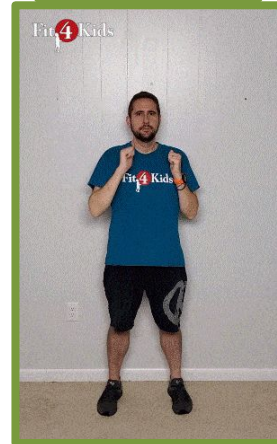
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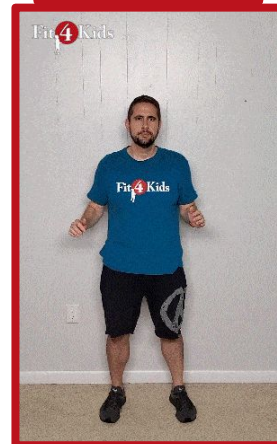


Is it
12:00?

Yes



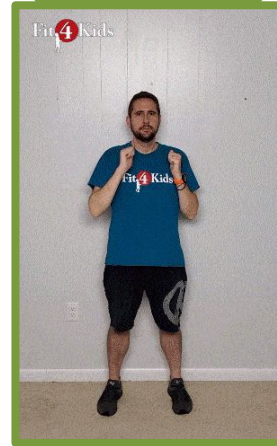
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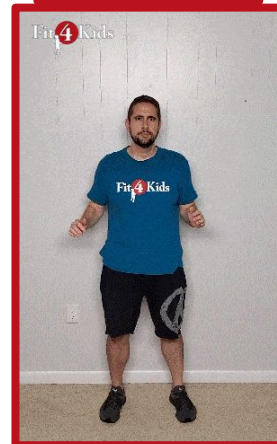


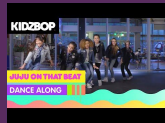
Is it
1:30?

Yes



No





Low Jacks

or

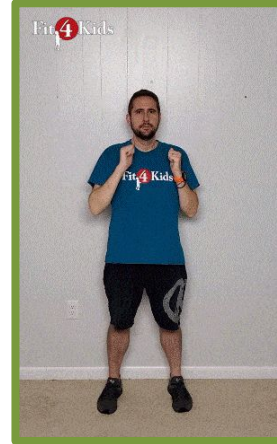
DANCE PARTY



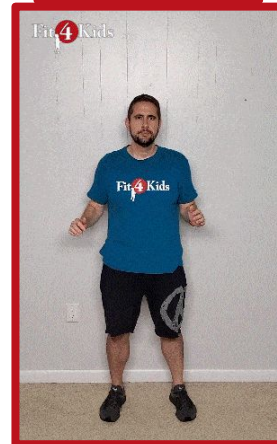


Is it
11:00?

Yes



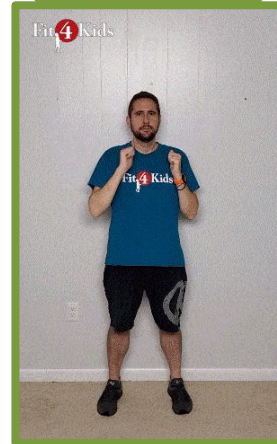
No



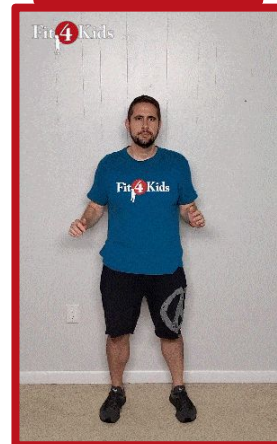


Is it
6:30?

Yes



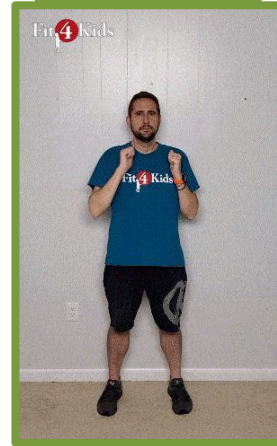
No



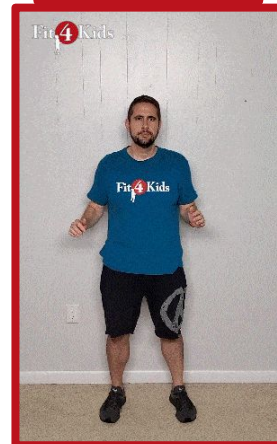


Is it
12:00?

Yes



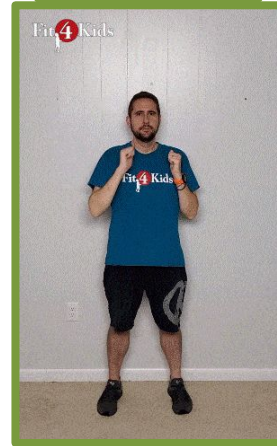
No



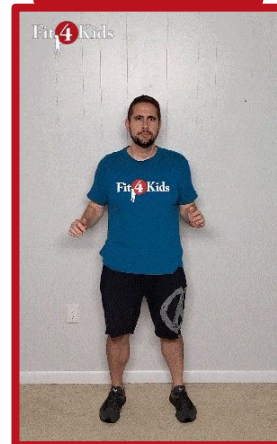


Is it
12:00?

Yes



No





Squat Jumps

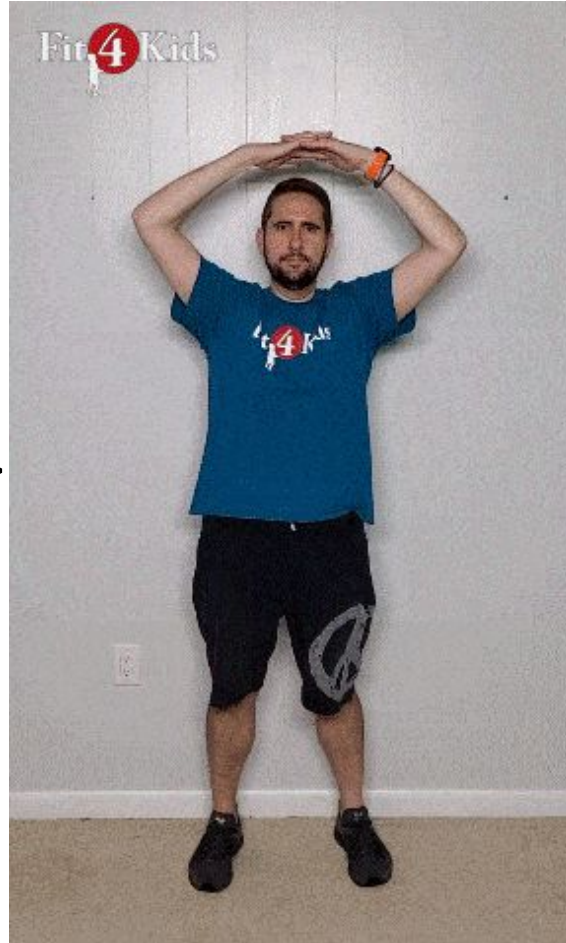
or

DANCE PARTY



Side Bends

Do →



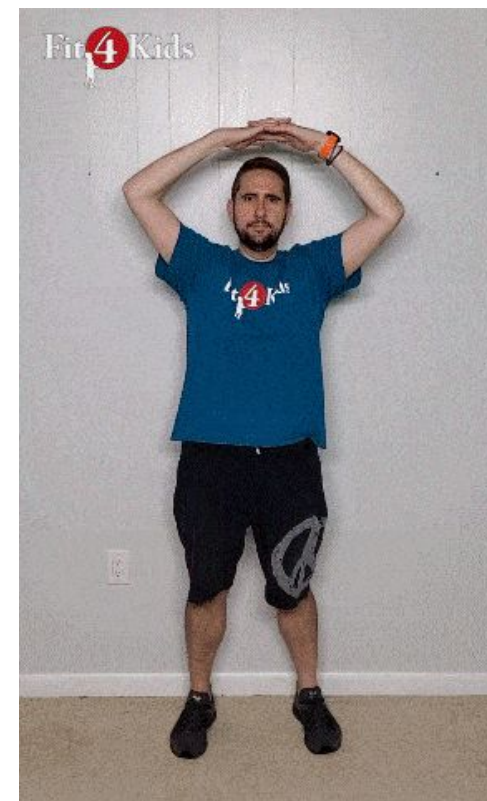
when you
know the
time.



What time is it?



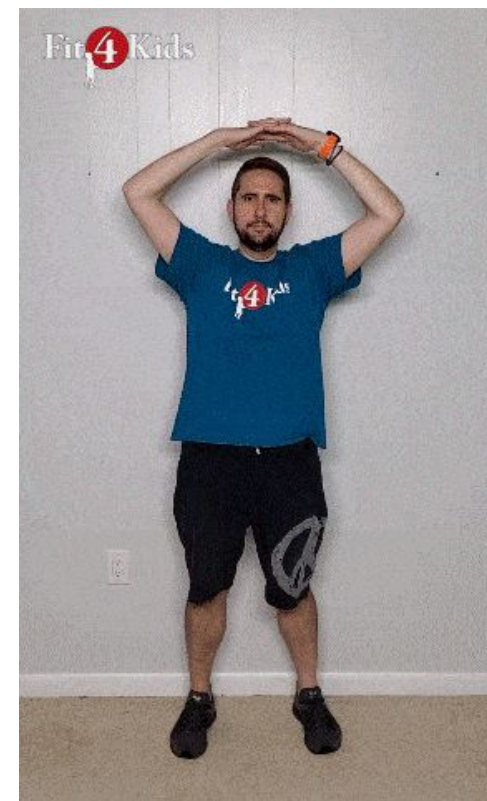
???

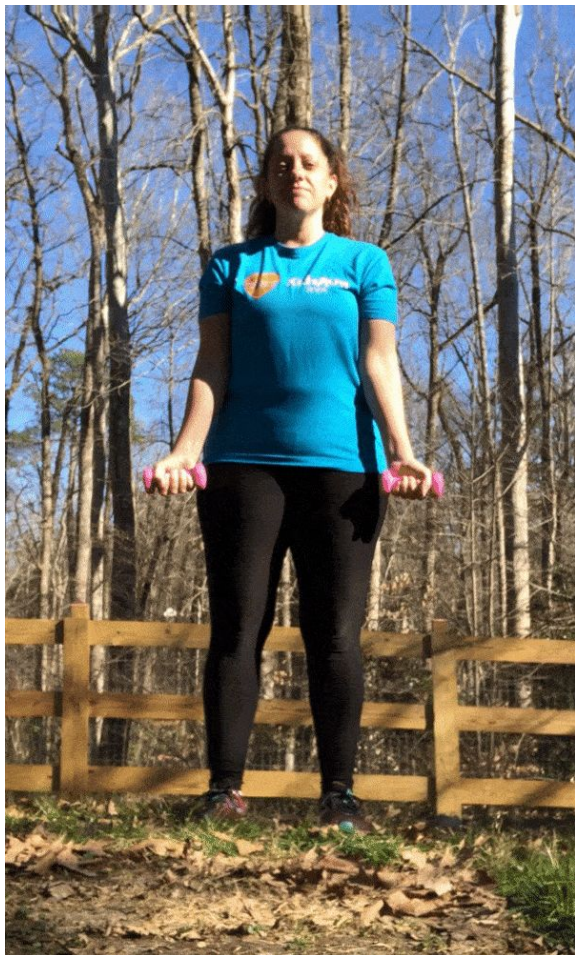


What time is it?



???





Bicep Curls

or

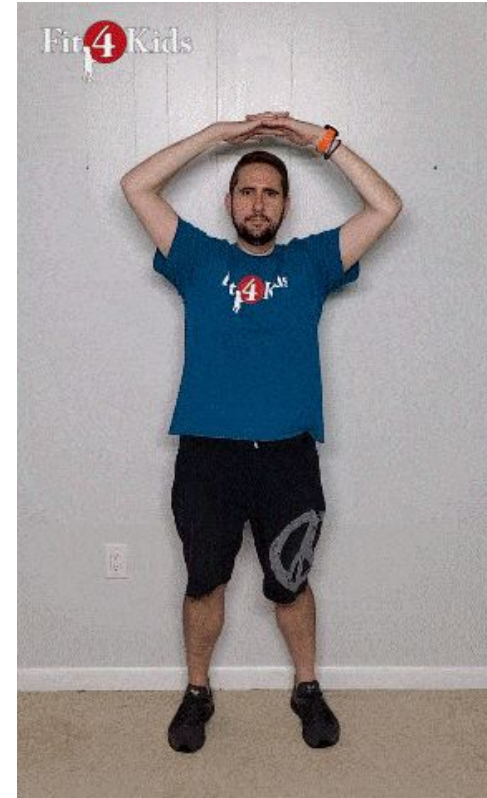
DANCE PARTY



What time is it?



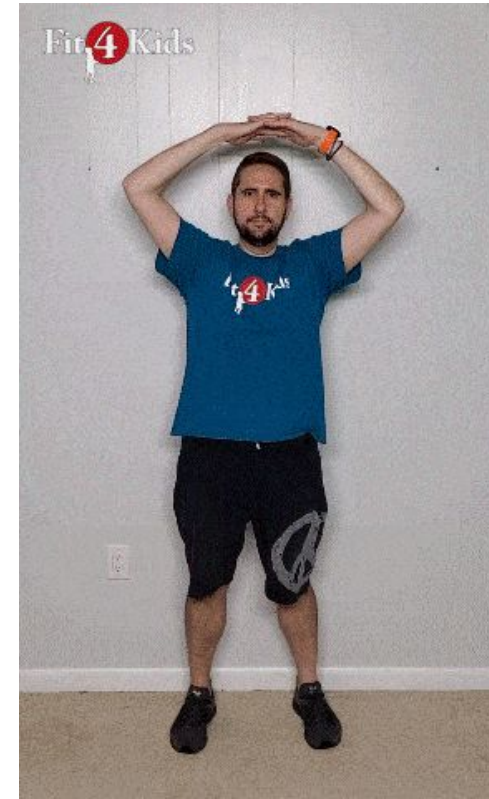
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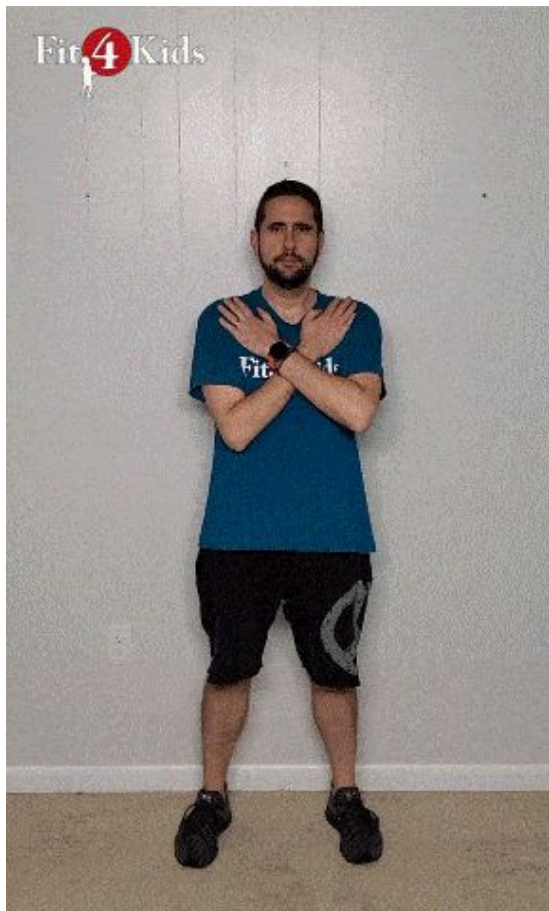


What time is it?



???





Mummy



Pretzel

