



Functional Fitness Geodashing

Cross-Curricular with Literacy & Numeracy

How It Works

Functional Fitness Geodashing is a great cross-curricular activity that combines the *Functional Fitness Charts* with Geodashing, helping teachers engage students by incorporating technology into their lesson while simultaneously getting them outdoors and moving. By breaking the class into groups teachers can encourage team building while also ensuring students hit their DPA.

Students work in teams of four or five using compasses to navigate to randomly selected X's or "dashpoints" on a map, with the goal of visiting as many dashpoints as possible in a set period of time. Placed at each dashpoint is a *Functional Fitness Chart*. As their reward for successfully finding a dashpoint the group will perform the activity on the chart for a pre-determined number of repetitions. Once the group has completed the chart the team will take a group "selfie" at the dashpoint as proof that they were there and then move on to find another dashpoint as quickly as possible.

Materials Needed

- 10-20 *Functional Fitness Charts* depending on how much time is available
- Pylons for chart set up (optional)
- Map of school grounds (enough to accommodate upwards of 5 groups)
- Cameras (can be accessed on students' cellphones)
- One compass per group (can also be accessed on students' smartphones via free [Android](#) or [iPhone](#) apps)
- Whistle or bell to call students back

Preparation

- Select a variety of exercises from your *Functional Fitness Charts*
- Ensure students are familiar with the exercises before beginning the activity
- On a map of the school grounds, mark locations of dashpoints with an "X", an image/identifying marker, or the coordinates of the dashpoint
- If using coordinates ensure compasses are provided for each group or have students download compass apps onto their smart phones
- Set up a minimum of two charts (of varying difficulty) at each dashpoint — look for level ground but interesting spaces
- Ensure number of repetitions for each activity is clearly printed and visible on charts



Suggested Approach

- Explain how the activity works to your students
- Clearly indicate the rules and playing area
- Divide students into groups of four or five
- Provide groups with school map, camera & compass (if not being accessed on phones)

Build Your Geodashing Incorporate Differentiated Learning

Create a **Geodash Challenge Campaign** using the above lesson plan; easily incorporate differentiated learning by adapting Functional Fitness Geodashing to combine physical literacy with numeracy and/or literacy.

How It Works

Instead of students completing a quiz in-class, teachers can help students practice new concepts through first hand application while also hitting their DPA with the use of the *Functional Fitness Charts*. For each dashpoint provide a unit based question that groups must solve before moving on. For numeracy create math equations incorporating current and past lessons to keep students prepared for final examinations. For literacy provide questions based on current readings, lessons or units. Have the groups write down their answers, numbering each answer to identify with the dashpoint it connects to.

Additional Materials Needed

- Envelopes with curriculum based questions
- Pen/Pencil (one per group, or one at each station)
- Answer sheet (one per group)

Additional Preparation

- Create and assign curriculum based questions for each dashpoint – be sure to number the questions/dashpoints so groups can keep track