



Show Me Your Answer

Overview

Show Me Your Answer is a fun cross-curricular activity for classroom teachers using the *Functional Fitness Charts* that enables teachers to integrate assessment for learning with physical activity. Rather than having students sit at a desk to complete a quiz or test, students are able to give their answers by executing different fitness activities, each corresponding to a particular answer choice.

Materials Needed

- 3 to 6 *Functional Fitness Charts*
- A multiple choice test for any subject

Preparation

- Select the *Functional Fitness Charts* you would like to use.
- Ensure that your students are familiar with each exercise you choose before using it for this activity.
- Assign a letter to each chart that corresponds with each lettered answer choice.
- Ensure enough space is available in the classroom (this may require stacking chairs or pushing desks to the walls.)

Suggested Approach

- Explain how the activity works and walk through each chart with students.
- Clearly indicate which chart corresponds to which letter choice.
- Space students' evenly within the classroom, ensuring each one has enough space to complete the movements correctly and safely.
- Read each question and their answer choices clearly and slowly.
- Allow a five second count before students perform the exercise for their chosen answer.

How It Works

Students are spaced evenly around the classroom, with enough space to stretch out their arms. The exercise from each chart is explained, practiced and assigned a letter than corresponds to an answer choice for each question in the test. Each question and their possible answers are read aloud, with each answer clearly assigned a letter. Once the question and answers are read, students are given a five second count to select the chart they believe represents the correct answer choice. Ensure that all students execute their exercise at the same time to minimize copying. Repeat until the test is complete.