



# Teach-A-Chart

## Cross-Curricular with Literacy

### How It Works

**Teach-A-Chart** is an easy, simple and fun way for teachers to introduce the *Functional Fitness Charts* to a new class. It allows students to familiarize themselves with the charts in an in-depth manner and provides teachers an easy way to assess the reading comprehension levels of their students.

Have students individually select a single chart from the set (if class size allows, if not have students partner up.) Once each student has chosen a chart give them time to read it, determine how the exercise works and then have them demonstrate the exercise to the class, reading its specifics aloud, after which the entire class will then perform the action.

### Materials Needed

- Set of *Functional Fitness Charts*

### Preparation

- Push chairs and desks to the far ends of the classroom, creating a wide, open space, (or take the class outside for more room and fresh air!)
- Set out the charts in a way that allows students to see them clearly so that they can each pick a chart that is to their liking. (If two students want the same chart have them play a game of Squatscalator to determine who gets the chart)
- Set a timer of 10-15 minutes for students to familiarize themselves with their chart and practice reading and presenting to the class (optional)

### Suggested Approach

- Clearly explain the exercise to your class, ensure they understand that they will be expected to read aloud to their peers and present the exercise on the chart
- When students are ready to present have the class spread out, make sure students have enough space to perform their chart comfortably and securely
- Begin with student volunteers to present first (if any)





## Add to Your Teach-A-Chart Literacy

### How It Works

Provide students with a list (either individually or written on the blackboard) identifying different elements of grammar and sentence structure, have students identify one of each element from their chosen chart. Go even further by having students explain how each element functions.

Object	Preposition	Adverb
Noun	Conjunction	Appositives
Pronoun	Interjection	Clauses
Verb	Subject	Sentence Structures
Adjective	Type of Sentence	Types of Punctuation

### Additional Materials Needed

- Pencils/paper
- List of common sentence parts

### Additional Preparation

- Create list of sentence/syntax parts and/or write out list on the blackboard

### Additional Suggested Approach

- Have students hand in their paper identifying the sentence structure aspects before reading and presenting their chart
- Ask students to identify one structural element from their chart, and explain its function/use to the class