



How to give a sprint

1. Hand out, face-down, a SPRINT to complete in 1 minute. Instruct students not to turn the sheet face-up until told to "GO!" Get students excited and enthuse: "On your mark, get set, GO!" and begin timer.
2. When timer rings indicating one minute has elapsed, instruct students to:
 - a) Stop working
 - b) Draw a line under the last problem they have completed
 - c) Put pencils down
3. Read off the correct answers while students pump their hand in the air and respond "**yes**" to each problem that was answered correctly. They should be silent for any incorrect answers. (Shouting "NO" is bad karma!) Tell students to mark the number of correct problems at the top of the page. Ask how many students got at least one right on their "sprint." (All hands should raise.) Two right? Three? Continue until there is only one hand left in the air and applaud for that person.
4. Tell students to take a couple of minutes to refocus on the math and complete the worksheet.
5. Now have students stand-up, push in their chairs and make sure they have some space.
6. Lead them in chorally skip counting (10, 20, 30, etc. forwards and back) while completing an exercise known as cross crawl. In this exercise, students raise their left knee to their right elbow, then the right knee to the left elbow. Other exercises can be utilized that cross the midline, such as windmills, Macarena, etc.
7. Hurry students back to their seats and hand them another worksheet, face-down.
8. Repeat the preceding procedure through step three.

9. Now have students compare their two scores and ask, "How many of you completed **at least** one question more on the second sprint?" Hands should all raise. "Two better? Keep your hands up...Three better?... four?" and so on until only one person has their hand in the air. Applaud for the person who was the "most improved."
10. Instruct participants to toss both halves of the sprint in the trash. It is important to let students know that this is simply a competition against oneself to improve basic math facts and it is for fun. It is NOT for a grade.

A good sprint:

1. Consists of two halves which test the same ONE skill.
2. Builds in difficulty.
3. Is challenging enough that no one will be able to finish it in a minute.

A Note: Teachers in Singapore have probably never heard of this type of activity. This is an American activity designed to help students master math facts. Singaporean parents are diligent in preparing their children for success in mathematics and feel that it is their responsibility to aid the teachers with this skill. Generally speaking, parents in our country expect that math facts will be mastered in the classroom.