GoNoodle PLUS

INTEGRATION GUIDE

Content overview, helpful tips, and integration strategies to keep kids moving and learning

CORE-SUBJECTS: Plus activities are designed to reinforce grade-specific fluency in core subject areas like math and ELA.

KINESTHETIC LEARNING: Movement is tied closely to content making fluency practice fun and memorable.

CUSTOMIZED CONTENT: Dial in on grade-specific lists and questions to assign movement to core-subject lessons. Or, create your own sets with My Questions!

Find all the GoNoodle Plus activities in the exclusive GoNoodle Plus channel.
Review any subject by adding custom sets of questions to your GoNoodle Plus account! You’ll be able to select your questions to use in several GoNoodle Plus games to review any content with a variety of activities.

About My Questions
Creating custom sets of questions puts you in the driver’s seat to cover the content your classroom needs most. After navigating to My Questions from your dashboard, click “New Set” to get started. Name your set for easy access later, then begin adding questions.

Question format
The My Questions feature will always serve questions in a multiple choice format, but you can easily adapt it for other question formats.

**True/False questions:** Add a true/false statement into the question field, and list True and False in the answer fields, leaving the others blank.

**Sight words:** List one sight word per question field, and Correct and Incorrect in the answer fields with “Correct” set as the right answer.

**Fill in the blank:** Use underscores to create a “blank” for one answer field. Then type “Correct” and “Incorrect” in the following fields with “Correct” set as the right answer.

When to use My Questions:
- **Weekly review:** Review key concepts from all subjects at the end of day Friday for a fun wrap to the week.
- **Refresher:** Create question sets to refresh on last week’s lessons on Monday morning, or on return from long holiday breaks.
- **Test prep:** Use GoNoodle Plus to practice topics for upcoming tests, no matter the subject, to bring energy and life back into drill practice.

Share My Questions:
Sharing the link to your question sets gives fellow-teachers the option to import your set into their own account. Perfect for sharing among grade-cohorts!
Turn your classroom into a game show as your students participate in a fast-paced quiz incorporating a variety of simple exercises and trivia questions.

Think on Your Feet includes hundreds of grade-appropriate trivia questions covering a wide variety of topics, such as Geography, Dates, Music, Books, Art, People, Technology, and more. The class can split into two trivia teams to make review a fun, competitive experience!

**About Think On Your Feet Content**

The game includes over 1,400 trivia questions for students to answer, split across 8 categories. With the added My Questions capability, the possibilities are endless!

8 Trivia Categories

- Animals
- Food
- Geography
- Dates
- Music, Books, & Art
- People
- Technology
- The Human Body

**My Questions**

Use custom question sets to play Think On Your Feet with any subject. A little friendly competition makes reviewing content an engaging experience for all students!

Ways to use

**Think On Your Feet:**

- At the beginning of class
- After recess or lunch
- Preparing for a test
Take a trip to the gym with the GoNoodle Champs and your own personal trainer, Coach Terry. You’ll get fit and explore health-related trivia!

Ultimate Champ Training is a fun way to explore important health and wellness concepts with students, and a perfect way to start a discussion about living a healthy lifestyle. The health trivia in Ultimate Champ Training is intended to introduce concepts, reinforce what students should already know, and encourage a more meaningful conversation about health.

About Ultimate Champ Training Content

**Health Topics:** The content in Ultimate Champ Training spans important health topics like healthy eating, physical activity, sleep, cyber safety, bully prevention, and safety. Choose one or more topics at the beginning of each play session to hone in on a specific health skill.

**True/False Questions:** During every session of play, your class must answer a True/False health trivia question before an exercise is performed. The game includes over 900 questions.

Ways to use

**Ultimate Champ Training:**
- At the beginning of class
- After recess or lunch
- As part of any health lesson

My Questions

Use custom question sets to play Ultimate Champ Training with any subject. A variety of movements with any duration of play make reviewing content fun and memorable!
Bodyspell Guide

Turn the body into a dynamic alphabet, and make spelling a full-body experience as the class follows along with a spelling robot!

The speed and accuracy with which words are identified is a strong predictor of reading comprehension. Giving abstract spelling concepts a physical form helps make the task of learning spelling manageable, fun, and memorable.

About Bodyspell Content

**ELA-aligned:** Auto mode in Bodyspell includes 400 - 600 words for each grade (K-5). Each grade has its own set of 40 lists, designed to be used weekly and in sequence. Lists you’ve played once before are indicated with a green checkmark. Each list can be played as often as you’d like, and in any order you’d like.

**Customizable:** Create your own lists to correlate with pre-determined spelling lists for your classroom’s lessons. You can save up to 35 lists in each class inside your GoNoodle account, and create unique lists for each class.

Ways to use Bodyspell:

- Introduce new weekly spelling words.
- Play at the end of each day to practice repetition and fluency.
- Offer ESL students extra sessions to practice.
- Select a lower grade level if students are behind on reading grade levels.
- Learn new classmate names at the start of the year.

“We LOVE educational brain breaks like Bodyspell, where we spell sight words with our bodies!”

- Lisa L., 1st grade teacher, Tennessee
Practice dedication, goal setting, and math fluency as you sprint toward the finish line, answering math questions based on core subjects along the way.

The ability to recall basic math facts fluently is necessary for students to attain higher-order math skills. Mega Math Marathon gives students the repetition, speed practice and fluency they need to master grade-specific math concepts.

**About Mega Math Marathon Content**

**Grade-Specific Fluency:** Math fluency skills are aligned with core subjects by grade level, utilizing those expectations of mastery from the previous grade level as well as the current grade level.

**Robust Content:** Choose from over 40 sub-categories in math concepts like addition, subtraction, multiplication, division, number sense, time and money. Add multiple subcategories to practice several concepts in one stride.

**Ways to use Mega Math Marathon:**
- Play during lessons to offer a movement break while staying in a math mindset.
- Answer in unison, or take turns calling out answers.
- Get up to speed after summer by reviewing last year’s math fluency concepts.

“I absolutely love the fact that kids can get up and move while answering math questions. It is very educational. Best invention for kids!”

- Joely J., kindergarten teacher
Explore vocabulary by acting out word meanings in a zany sequence of movement, each representing a new vocabulary word.

Research shows a high correlation between vocabulary and academic success. Students who have a broader vocabulary tend to be better readers, and better readers tend to have more academic success. Word Jam explores vocabulary with multiple exposures in a unique and memorable way that students will love.

**About Word Jam Content**

**Grade-specific ELA:** Word Jam includes more than 900 vocabulary words, split across two grade buckets (K-2 and 3-5). The game will present words based on grade selection until your class has seen all grade-appropriate words, at which point future plays will randomize the words you’ve already played.

**Tier 2 and 3 words:** Lists intentionally include a high percentage of Tier 2, or academic vocabulary words, to support the expansion of student vocabulary across disciplines, many of which are multiple meaning words. The remaining Tier 3, or domain-specific words, reinforce key vocabulary in mathematics, science, and social studies.

**Ways to use Word Jam:**

- Use before writing assignments to inspire use of new vocabulary.
- Take a movement break from a reading assignment while staying in an ELA mindset.
- End the day with vocabulary practice, and encourage students to use one new word that evening.

“Developing a strong vocabulary promotes reading comprehension and improved communication between students and teachers. Word Jam explores vocabulary in a unique and memorable way!”

- **Katrina S.**, core-alignment expert
Dance around the room until the music stops… freeze and respond to a flash card… then dance again! Choose from math, reading, geography, emotions, letters, colors, and more.

Reviewing core-aligned concepts through fun physical activity helps make content memorable. Freeze It enables teachers to apply the concept across any subject, topic, or activity by inserting custom content.

About Freeze It Content

**Wide-variety of content:** Choose from colors, emotions, geography, letters, reading, time, addition, subtraction, multiplication, division, mixed numbers, improper fractions, and nutrition.

**Nutrition:** The “Go, Slow, Whoa Foods” category in Freeze It provides the class with an easy and memorable way to explore nutrition. The National Heart, Lung, and Blood Institute (NHLBI) suggests kids think about foods in these three simplified categories. For more info about “Go, Slow and Whoa Foods”, find a key with background on each food item on support.gonoodle.com.

Ways to use Freeze It:
- Introduce new concepts, replacing intimidation with fun.
- Start conversations about nutrition, and encourage students to bring “Go” foods for snacks.
- Take a movement break during lessons while practicing fluency in core-subjects.

My Questions

Dance along with your custom question sets to make content review exciting and active! Freeze It serves four questions every minute of play.
Practice fluency in grammatical concepts while using cross-lateral movements, proven to improve reading rates and comprehension.

The cross-lateral movements in “Montana James and the Palace of Peril” stimulate learning on both sides of the brain, which encourages neural development. Montana James also promotes fluency in grammar to improve reading comprehension and communication skills, all the while offering students low-stakes competition to develop teamwork and resiliency.

About Montana James Content

**ELA-aligned:** Montana James is designed to help students practice fluency in grade-appropriate grammatical concepts with over 1,500 questions focused on parts of speech, grammar, and language concepts.

**Cross-Lateral Movement:** The two sides of the brain are connected by a bridge known as the corpus callosum. Researchers and educators have found that when children do cross-lateral movements, like those in Montana James, the two sides of the brain are forced to communicate resulting in improved reading rates and comprehension.

Ways to use Montana James:

- Begin grammar lessons with Montana James to activate both sides of the brain, and put students in an ELA mindset.
- Play in two class teams to practice teamwork as well as healthy winning and losing.
- Take a break from ELA lessons or reading time while staying focused on grammar.

My Questions

Apply the fun game structure of Montana James to any subject your class needs to review with your own custom questions. Channel your classroom’s competitive side by playing in two teams!
Inspire curiosity with the most interesting concepts in science and technology, then use the content as a jumping-off point to dig deeper into knowledge.

Curiosity is the fuel for development. When fostered, it leads to exploration and discovery! Use Field Trip as a way to inspire curiosity in the natural world and explore new concepts. The 2 minutes of exercise achieved with Field Trip can reduce the effects of stress, while at the same time stimulating brain activity and increasing the ability to concentrate.

About Field Trip Content

Science and Technology: The content in Field Trip spans the most fascinating topics in the natural world to grasp the interest of students, then inspire classrooms to dig deeper into discovery.

Class Blog: After earning “postcards” from various locations (inside a nose, anthill, or computer) the content is stored in your class blog. Students can revisit the information, be reminded of the concept, and recall all the places they’ve traveled.

Ways to use Field Trip:

• Begin Morning Meeting with a journey to begin each day with an attitude of discovery.
• Use the content in Field Trip as a guide through technology. Have students do further research on the topic presented, and share more facts.
• Play as a break during difficult lessons to energize and excite the class.
In addition to core-aligned content and features, some channels also include bonus GoNoodle Plus videos. Look for the orange plus in the top left corner, or find them all in the GoNoodle Plus channel.

Find extra videos in these channels:

- Flow
- Think About It
- MooseTube
- Indoor Recess
- Fresh Start Fitness
Get moving and learning with GoNoodle PLUS