

The Twelfth Man: Academic Integration in PE

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NAME OF ACTIVITY: Sight Word Scramble

GRADE LEVEL: K-1

EQUIPMENT NEEDED: BRAINballs (or other balls you can label with letters such as tennis balls or foam balls), hula hoops, half-cones, sight words (provided by academic teacher)

FOCUS: Locomotor skills, team strategy, teamwork, spelling integration, sorting

INSTRUCTIONS: Arrange hula hoops with a variety of lettered balls inside, as many as are necessary to include enough balls to spell sight words multiple times. Split class into equal groups, preferably 4-5 but not more than 5-7 in a group. Arrange groups equal distance from hula hoops (can be in any formation required for space). Each team should have a set of half-cones to use to place balls on top, so they do not roll away.

For each round, the teacher will assign a sight word and have the students spell the word. When instructed students will use the locomotor skill provided by teacher to travel to the hula hoop(s) of their choice to pick up ONE BALL and bring it back to their half-cone. Once returned, the next student may go and so on, until the word is spelled correctly. In the case a student grabs the wrong letter, the next student can bring it back to the hula hoop to exchange. Students may only possess the number of balls required to spell the word given and may not steal balls from the other teams or throw balls out of hoops to prevent other teams from retrieving. It is suggested to have all students in the group sit down or raise their hands to indicate they feel they have completed the spelling correctly. The teacher will have the possible winning team spell their word out loud and check with the rest of the class to see if they agree. Once confirmed, the teacher will recognize the winning group and have all students clap for the winning team. Replace balls in hula hoops and continue to play until class time is expired, changing sight words and locomotor skills for each round.

VARIATIONS: Use different words for each team, change locomotor skills for each word or direction, hide balls under something so students cannot see letters in advance.

EXTENSION/REGRESSION: Use vocabulary terms for upper elementary grade levels. Alternatively, do not provide a word and only assign the length of the word; allowing students to spell words with what letters they pick up. To simplify, use only balls with letters required to spell the sight word given.

ADDITIONAL TIP: Integration of simple addition or greater than-less than problems can be used as tie breakers or bonuses.