**Name/Title: Sight Word Scramble**

**Purpose of Event:** For students to work on their cardiovascular endurance, locomotor skills and review the sight words (vocabulary words) they are learning in the classroom.

**Prerequisites:** Basic locomotor skills (skipping, galloping, running, etc.). Basic knowledge of cardiovascular endurance. In addition, knowledge of sight words.

**Suggested Grade Level:** K-2

**Materials Needed:**
30 or more beanbags (Variety of colors)
30 or more address labels
Four cones for boundaries
Music for cues (Optional)

## Description of Idea

I ask in advance from the teachers a list of the sight words/or a vocab list that students have been working on. I write their sight words on address labels and place them on the beanbags. I then put a different color dot in the corner of the label. I place the beanbags with the sight words facing down. I pair students into groups of two to three so they can help each other in case they get to a sight word they do not know. Students can take turns on who reads the beanbag first. I have each group start at one beanbag sitting crisscross applesauce. When I say go, students turn over their beanbag and read the sight word and look at the color dot in the corner. That dot will tell the students which color bean bag to go to next. Throughout the game, I switch up the locomotor movement (running, skipping, galloping etc.). Once the students read the sight word, they place the beanbag face down and go to the next beanbag. When I blow my whistle two times, students sit crisscross applesauce and eyes on me. Make sure students say the word out loud so that their group members can help them if they are saying the word incorrectly and you can go around and check for understanding as well.

Reminders for students:

1. Be of aware of your surroundings.
2. Stay inside the boundaries.
3. Only one group at a bean bag at a time.
4. Remind students to take turns on picking up the bean bag and reading the word first.
5. Hands and feet to ourselves.
6. Staying on our feet and not sliding to the floor.

**Variations:**

Have students play the same game but on scooters.

Instead of doing sight words, you can also do numbers, and basic addition and subtraction.

## Assessment Ideas:

As the game is going on, you can listen in to see if students are saying their vocab words correctly.

Since I teach kindergarten, I have students put their right hand on their heart and ask them if their heart is beating fast or slow. We go over that our heart is beating fast because we are exercising. When we exercise are heart gets “bigger and stronger”. We also talk about that when we exercises are brain gets “bigger and stronger” as well. That is why it is important that we play every day to help our heart and brain get “bigger and stronger”.

I also go over with the students the different locomotor movements during the game.

## Adaptations for Students with Disabilities:

Students who use a wheelchair or a walker can also play this game while their group helps pick up the bean bag.

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Submitted by **Michele Sampsell** who teaches at Rochester Prep West Elementary in Rochester, NY. Thanks for contributing to PE Central! **Posted on PEC: 10/29/2017**.

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