Name/Title: Locomotor Letters (Numbers or Shapes)

Academic content: Language Arts

Purpose of Event: To give students an opportunity to practice a variety of locomotor skills and to integrate the writing of numbers, letters and shape drawing.

Prerequisites: Students must be able to perform basic locomotor skills. Directions and pathways can be incorporated as a new experience or as a review. Students should have also had some instruction on spacing, moving under control in general space and dodging.

Suggested Grade Level: K-2

Materials Needed: Large area, at least 1 hoop/child (you can place extras down), at least 1 clip board, marker or crayon and blank sheet of paper per child. A blackboard is also useful. If a blackboard is unavailable, the teacher must write the number, letters or shapes to be practiced on a sheet of paper--large enough for students to see. For older students, the teacher may be able to verbalize the number, letter or shape. See variations.

Physical activity: Locomotor skills, pathways, directions

Description of Idea

Hoops are randomly placed in the activity area. A clipboard with a blank sheet of paper attached and one marker or crayon should be placed on the floor inside each hoop. Students begin to move in general space using the locomoter skill specified by the teacher, on the pre-arranged signal (when the music starts). When the music stops, the students quickly move to the closest hoop. At that point, they write the number, letter or shape that is on the board (or that the teacher is holding up or calls out). Give students sufficient time to finish--this of course will vary with age, and repeat with a new locomotor skill and new number, letter or shape. Directions and pathways can be added in as appropriate.

Variations:

The PE teacher must communicate with classroom teachers (especially pre-K) to see what letters and shapes they know at that point. The activity can be modifed in a number of ways to vary the level of difficulty:

With older children, you can write an addition or subtraction problem on the board (or call it out if you don't have a board) and have them write the answer down.

The PE teacher can get the spelling list for the week and call out the words.

Use the first letter of whatever locomotor skill was just used.

Using the spelling list, or selecting random words, the teacher can give clues, and have students write the word that is the answer--for example--what says "meow?"

Teachers can place bean bags in each hoop (you need the ones with letters, number and shapes marked on them--then when students get to the hoop, they copy what is on their respective bean bags (letters, or numbers or draw the shape) onto their pieces of paper.

Ropes can be placed at each hoop, and children can practice making numbers, letters or shapes with the rope instead of writing them.

Submitted by **Claudia Duncan** who teaches at Barton College in Wilson, NC. Thanks for contributing to PE Central! **Posted on PEC: 12/5/2002**.

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