Name/Title: Scrabble Laps

Academic content: Language Arts: Spelling

Purpose of Event: The purpose of this activity is to integrate physical fitness with spelling of core vocabulary words used in science and social studies.

Suggested Grade Level: 3-5

Materials Needed: Depending on the size of the class, you will need at least 10-15 sets of letters of the alphabet. (Magnetic letters purchased at various dollar stores works great.); one pencil and score sheet for each team; outside area or a large gym will work for walking/running laps

Physical activity: Locomotor Skills: Run,Walk, Skip, Gallop

Description of Idea

Students are placed in teams of 4 or 5. One student from each team is appointed "secretary" and is responsible for writing "words" on the score sheet. All names of team members should be written on the form by each of the students on the team.

Students are told they can walk, skip, gallop or jog around the track or activity area. For each lap they perform, they are given a letter by the teacher. The more laps they do, the more letters they get. The students move around the track until either time is up or all the letters are gone.

When the whistle is blown, they go back to the area where their team's Scrabble Lap Score sheet is located. The students pool all their letters together and work as a team to form as many words as they can using the letters they were randomly given. Their words must be appropriate, three letters or longer and no proper nouns or abbreviations. Additionally, the words must be spelled correctly.

The team secretary writes the words as the team forms them. The letters can be used as many times as they want. Each correctly spelled word is worth one point; any words formed from their science or social studies vocabulary list (obtain words from the classroom teacher) are worth two points. At the end of approximately five minutes, collect the paper and pencils and evaluate the correctly spelled words to announce in the next class.

Variations:

Allow the teams to run in tag teams where each member runs a certain portion of the lap .

Vary the way the students move by going backwards, sideward, jumping rope, dribbling a ball, etc.

Assessment Ideas:

The teacher will check for correct spelling.

The teacher will observe the use of a variety of movement, teamwork and cooperation.

Teaching Suggestions:

For students who have difficulty moving around the track, give them two letters for each lap.

Any students who are developmentally delayed are paired with another student.

Submitted by **Karen Irwin** who teaches at Little Creek Elementary in Norfolk, VA. Thanks for contributing to PE Central! **Posted on PEC: 9/2/2021**.

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