

Important: Some ideas for this physical activity were borrowed from the National Association for Sport and Physical Education, NASPE website.

Integrating Reading and Physical Education

Grade Span: Grades 3-5

NCSCS Reading Objective: 1.03 Identify *key words* and discover their meanings and relationships through a variety of strategies.

NASPE Standards: Standard one – Motor skills and movement patterns
Standard five – Responsible personal/social behavior
Standard six – Values physical activity

Materials Needed:

- **Laminate enough color-coded key compound words/fitness words for each child/participant.** Examples are: *English Language Arts words*: brainstorm; flashback; understand; foreshadow; proofread; viewpoint; homework; and flashback. *Physical Education words*: basketball; baseball; strikeout; homerun; pathway; homerun; and sportsmanship. *Test Taking Strategy words*: pretest; posttest, outcome; underline; and highlight.
- **Establish goals for the teams.** Examples are: 1) standing beside the teacher and modeling with the teacher warm-up activities; 2) choosing which skills/activities will be applied for the next day of class; 3) “selecting” a piece of equipment that the team can play with during organized play; or 4) helping to pick up equipment at the end of class. These goals/privileges should be established as things the students would enjoy doing.

Directions:

- 1) Select a team leader for each group to record the total amount of fitness words the team earns.
- 2) Divide the students into equal teams of students.
- 3) As the students enter the gym/playground, have them walk/jog around the outside of the designated area.
- 4) Each time a student passes by the teacher, that student gets a fitness vocabulary card.
- 5) At the end of two minutes (or other appropriate time period), have the fitness teams quickly form to determine how many compound words they can develop. Have the team leader record the total amount of words the team has earned.

ACTIVITY IDEAS Other ideas include: forming sentences; matching synonyms; matching antonyms; and using high frequency words to make a sentence.

Closure: At the end of two minutes (or other appropriate time period), have the fitness teams quickly form to develop key compound words. Have the team leader record the total amount of key words the team has earned.