

# Mix & Match Sight Words

Suggested Levels: K-2

**Time:** 15- 20 minutes

**Objective:** Promotes locomotor movement while reviewing sight words

**Equipment:** Index Cards

**Preparation:** On each index card, write one sight word. Make sure each word is on at least two index cards since students will be looking for matches.

**Description:** Have students stand. Give them each one index card sight word. Instruct them to “mix” by performing a specific locomotor movement around the room. After 15- 20 seconds, instruct students to “freeze” for the next direction. Next, ask them trade index cards with the person closest to them. Once everyone has traded cards, prompt them to walk around the room and find the student with the matching sight word. Once they find a match, they are to perform a jumping jack as a pair until everyone has matched up and are doing jumping jacks. It may be that there is an odd number and a student does not have a match. If so, have the single student perform a squat. On your command, have the student “freeze” once more. While everyone is listening, call on each pair (or single student) one at a time to read their sight word aloud to the class. To repeat, instruct class to “mix” again by performing a different locomotor movement. The activity continues as described above for as long as time allows.

## Locomotor Movement Ideas

- Walk heel to toe
- Tip-toe walk
- Skip
- Hop on one foot (shown)
- Crabwalk
- Swim/front crawl stroke while walking
- Animal walk- penguin, elephant, bunny, etc
- Walking lunges
- Grapevine

