

Word Building Team Relay

Suggested Levels: K-2

Time: 15- 20 minutes

Objective: Promotes locomotor movement while spelling words

Equipment: Pool noodles cut up into 2-inch pieces (can also use index cards or alphabet blocks)

Preparation: Using your chosen equipment, write a letter of the alphabet on each item. Once you have created one set, make a second set for team two. We created two sets where each letter was written twice so that it can be used for future lessons. However, if you are using a specific word list, you can save time and create your set with only the letters that will be used.

Description: Place each pile of letters on a floor or table. Divide the students into two groups and instruct them to form a nice straight line about 10-15 feet from the piles. For each word, provide a specific movement for students to perform up to the pile. The first students will go to the letter pile using the predetermined locomotor movement and find the first letter of the word and place it on the table. If you using pool noodles, you can precut each piece lengthwise and have them place them on the back of a chair as shown below. The student then goes back to the end of their line and the second student must repeat finding the second letter. The team that can complete their word first and is seated quietly in crisscross applesauce position wins a point. The activity begins again with a new word.



Locomotor Movement Ideas

- Tip Toe Walk
- Heel-to-toe Walk
- Sideways Jumping Jacks
- Bear Crawl
- Grapevine
- Walking Lunges
- Frog Hogs
- Single Leg Hops

