

Sight Word Review & Cardio Station

Suggested Levels: K-2

Station Time: 3-4 minutes

Objective: Sight word review and cardio

Equipment: Printed or written sight words on index cards

Description: While students perform a cardio activity, have them read aloud sight words flash cards.



Cardio Ideas- Steps (up, up, down, down), trampoline bouncing, stationary pedaling, jumping jacks, high knees, jump rope, squat jumps, mountain climbers, jogging in place, butt kicks, lateral shuffles, etc.