Description: Teams of students are given a packet of scrambled letters that spell out the words “physical education class.” Each team races to beat the clock as they spell out words using the letters.

Learning Objectives:
• Students will be able to work in a group and cooperate and work with others.
• Students will practice basic spelling skills.

Activity Time: 20-25 minutes

Materials:
• Cones to mark off starting line
• One CD player and active music CD (optional)
• Open space (gymnasium, field, auditorium or cafeteria)

This activity requires teams of three to four students. Each team needs one:
  – Packet of 4” laminated letters
  – Large Ziploc® bag
  – Pencil
  – Pad of paper
  – Hula hoop

Directions:
Set Up:
• Prepare a packet of 4” laminated letters that spell out the phrase “physical education class.” Place the letters in a Ziploc® bag (one packet per team).
• Establish a starting line in the play area using the cones.
• Place the hula hoops about 20 yards away from the starting line, spaced evenly with two feet between each hoop.
• Place a pencil and pad of paper in each hoop.

Day of the Activity:
• Divide the class into teams of three to four students each.
• Give each team a packet of letters.
• Arrange the teams behind the starting line.
• Explain instructions to the students and place an active music CD in the player (optional) to infuse extra spirit into the activity.

• Teams will have 15 minutes to see how many words they can spell using the letters in their packets and will be awarded points based on the length of their words.

• On “go,” each team works behind the starting line to spell a word with the letters. Once they spell a word, the entire team must run and place the word in their designated hula hoop. They will then write the word on the pad of paper, gather up the letters, run back together to the starting line and spell another word.

• Only one word may be taken at a time to the hoop.

• Repeat the process for 15 minutes.

• After you call “time,” teams must run to their assigned hoops and assign points to the words they have listed on their pad of paper. For every two-letter word, they receive two points, every three-letter word is worth three points, and so on.

• Teams will use their paper and pencil to add up their total points.

• Any disputes over words or addition will be settled by the teacher.

• Any team whose list includes the three words “physical,” “education” and “class” will receive 50 bonus points.

• The group with the most points wins the contest.

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Correlation to National Curriculum Standards:

4. Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.

5. Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.

6. Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation) and media techniques.

From the National Council of Teachers of English
http://www.ncte.org/about/over/standards/110846.htm