

Name/Title: Scrabble Fitness

Academic content: Language

Purpose of Event: To increase students heart rates for an extended period of time, while working on increasing their vocabulary knowledge.

Suggested Grade Level: 3-8

Materials Needed: 3x5 or 5x8 (laminated if possible) index cards with all the letters of the game Scrabble (i.e., 10 t's 8 r's etc.), scrap paper and pencil for each group

Physical activity: Aerobic endurance

Description of Idea

Divide the class into groups of 2-3, any larger and the students will not receive the cardiovascular benefit. Spread all the cards (start with them face up) on one half/quarter of the playing area. The students are in their groups equidistance from the cards and spread out in a safe manner.

On the signal, students hop, jump, or skip one at a time to collect one card and bring it back to their partner or group. The students then try to form words from the letters they have brought back. The students must alternate their turns in getting letters. Once a word is formed the students call the teacher over to verify that it is indeed a word (the teacher needs to place themselves in the same place an equidistance from the groups, preferably on the outside of the groups and in the middle so students aren't running in front of others playing the game). If it is a word, then the students write down their word on their scrap piece of paper, gather up all their letters (they don't have to use all of them) and spread them back out on the floor at the other end of the playing area.

All words **less than four letters** score **one point** for each letter in the word. All words with **5 or more letters** are worth **two points** for each letter. Total points for a class total.

Variations:

To make more difficult put letters face down

Number the cards with different points just like in scrabble so they earn more points for tougher

letters (i.e., "q" and "z")

Take resting and post-game heart rates to see if it indeed increased their heart rates

Submitted by **Kurt Krueger** who teaches at Roosevelt Elementary School in Janesville , WI . Thanks for contributing to PE Central! **Posted on PEC: 5/24/2000**. Printed 2511 times since 8/24/2001.

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