

Walking Scrabble

Objective: Increase cardio respiratory endurance and work creatively with letters.

Equipment: Track or other designated area, alphabet chips
(You can use lids from plastic gallon jugs, or OJ metal lids. With a permanent marker write vowels, A E I O U on at least 50 chips. Write the consonants B C J M N T plus any others)

How to Play: Students work independently. Each time around the track each student receives one alphabet chip. With 8 minutes remaining in class all students stop and see how many words they can spell with the letters they have.

Words:

CAT	CENT	COT	CUT
BAT	BENT	BEN	BET
MAT	MINT	MOP	MUT
NAT	NET	NOT	NUT
JET	JAB	JAM	JUT

These are just ideas; see how many more your students can create.

Variations:

You can join a partner and see how many words can be spelled
You can count total number of letters
You can count how many pairs of letters

This Activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.