

Walking Spelling Bee

- Objective:* Increase cardio respiratory fitness level and help the students work on their spelling words.
- Equipment:* Track or designated area. Spelling words from the classroom teacher. Have spelling words written in syllables on index cards. For example is the word government, have the word on 3 index cards gov ern ment.
- How to Play:* Have one to four stations where students stop and pick up a syllable card each time they pass. The syllable cards can be spread out on the ground and each student stops by and picks up the syllable card that they need to complete a word. During break students can put syllable cards together and see who has the most completed words.

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.