

### Sight Word Fitness

#### Purpose & SOL

- Students will recognize familiar words, do an exercise, say and then spell the word.
- Language Arts K.6d, 1.6, 2.5

#### **Materials**

- Decide on 8-10 sight words. Put sight words on the exercise posters and tape them on the walls of the classroom. (or you can use FitSpots)
- Make 20-25 (class set plus a few extra) of index cards of the sight words.
- Place the index cards in the center of the room or carpet.



#### Introduction

Explain to students that they will be reading sight words. Point around the room to locate the sight word cards on the wall. Model each exercise. Have the students match your movement. Repeat until the students know the exercises.

### Implementation

#### Around the Room

- 1. Instruct the students to go to the carpet and select one index card with a sight word on it.
- 2. Instruct students to look around the walls of the room and find their sight word.
- 3. Instruct each student to tip-toe to the word posted on the wall and complete the activity that is modeled/ written under their sight word on the wall.
- 4. Next, students will go to the teacher and pronounce the word. The teacher will give thumbs up for each word that is read correctly.
- 5. You can have students go to their desk and write the word on paper.
- 6. The student will tip toe to the center and put their index card back on the ground and pick up another one.
- 7. Repeat the process for the remaining time.

#### Cool Down

Instruct students to slowly roll their neck 3 times in one direction, and 3 times going to other way.

#### **Modifications**

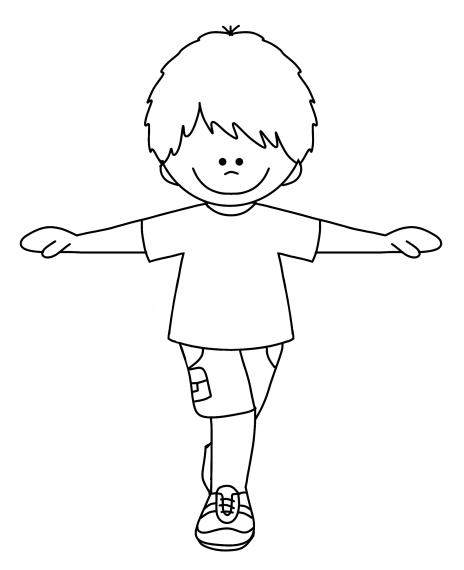
Use letters or numbers for lower grades. Skip the writing step. For older students, practice writing the word.

For a challenge, have students create a sentence using that word.





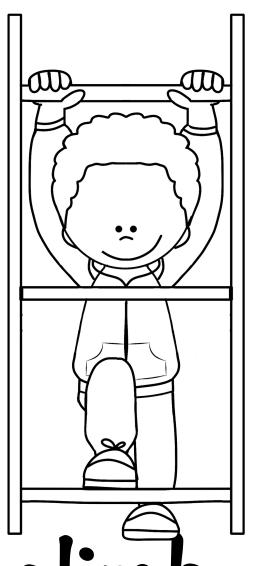
## 5 jumping jacks



### 5 seconds



## 5 high knees



# 5 climbers



### 10 jump ropes

#### Clip art from: EduClips

