**Incorporating Literacy into Elementary Physical Education**

**2010 Elementary/MS Physical Education Summer Sizzler**

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***Where to Start:***

**Word Wall** and **Labeling Equipment**- Put a sign on your wall and print out words that are used in the unit you are teaching or use a white board that is on the wall. Review the words at the beginning and/or end of class. It is helpful for the younger students to have a picture to go with the word.

Label names of the equipment or colors so the students see and learn the words.

***Use of Literature during PE class:***

**Bucket Book** – Have You Filled a Bucket Today? By Carol McCloud and Illustrated by David Messing

You can refer to this book when students are having trouble getting along with each other. Did your class fill the bucket today? I use this concept as a reward system for the class.

**Stubborn Pumpkin Book**- The Stubborn Pumpkin by Laura Geringer and illustrated by Holly Berry

This book is a great way to introduce teamwork to the younger students. Use the character illustrations from the book to add to the Tag Game. When the students get tagged by the characters they must go to that character’s tugging station and try to pull the rope from the Stubborn Pumpkin. Have the students count to 5 while pulling so the game will move faster and safer. Change the characters and the stubborn pumpkins as often as needed.

***Use Products Available:***

**ABC Cardio Activities** –order a set from Rob Chapman [chapmanr@wdmcs.org](mailto:chapmanr@wdmcs.org) Phone: (515) 225-3692 Address:149 27th Court, West Des Moines, IA 50265 e-mail: abccardio@hotmail.com

These cards are set upside down scattered on the gym floor and students in relay lines pick up one card and bring it back to their teams. The teams are given check off lists with words covered in the units and teams can check the words off once they have all the letters to the words. Cones are set up in a rectangle or square formation and teams are spread out evenly around the 60x30 grid. The first student

in line will run one lap around the cones until they get back to their line. Then they tag the next person in line and go to the middle of the gym and bring back one card to their team. If the student picks up a card that has a heart on it, they can make that card any letter they want. Try to limit 2 hearts per team. The game ends when the teams have checked off all the words on the list or time has run out.

**Variations:** Use different locomotor movements or jump roping or basketball dribbling

Instead of using the letter cards print out **sets of words** and the students have to gather all the words on the check lists. Another idea for the older students is printing out words and their meaning, **vocabulary lists**.

**Foam Alpha Buddies**: US Games

Can be use for a variety of activities

*Check out websites for literacy ideas. Station PE, Inc.* [*www.mystationpe.com*](http://www.mystationpe.com)

*P.O. Box 744, Cortland, NY 13045 Phone: 877-548-8418*

*Membership $50 a year*

**Zany Zoo Cards**- The cards can be printed from the website

(directions from site)

|  |
| --- |
| **Ready...** • 4 cones (for boundaries) • Small container (can, bucket, flying disc) per group of 3 • 2 small cones (or spot markers) per group of 3 • 3-4 Zany Zoo Movement Cards per group of 3 • Music and player **Set…** • Create large (30X30 paces) activity area. • Designate 3 parallel lines (10 paces apart). • Students in groups of 3. #2 is on one line, while #1 and #3 are standing on the opposite line. Use the cones/spot markers to designate where students should be positioned. • Place container of cards on the center line. |
| **GO!** 1. The object is to work together with your group to exchange cards while developing and practicing different locomotor skills. 2. To begin, Student #1 moves to exchange places with Student #2. 3. Student #2 then moves to exchange places with Student #3. 4. Student #3 then moves to exchange places with Student #1. 5. Student #1 repeats the process. 6. Students select a Zany Zoo Movement Card as they cross the center line, move as the card indicates, and hand the card to their group mate. 7. The group mate travels to the center using the same card, deposits the card, selects a new card and continues across. |

I took this activity one step further and had the students write their own Zany Zoo Cards. I had the second grade teachers do it in class as part of an ELA lesson and then I printed and laminated their personal cards. They loved this and the teachers and Principal did also.

***Health/Fitness and Literacy***:

**Food Pyramid Tag**- (Set can be purchased at Healthy Highway E-mail at [WCooper@healthy-highway.com](mailto:WCooper@healthy-highway.com).) Before class hang up Food Pyramid Chart on the wall and put food cards in a bucket. Choose 2 or more taggers and give them a fleece ball to tag with. Students are asked to find safe space within the playing area and different locomotor movements are used each time the taggers are switched. When tagged students must go to the bucket and pick out a food card. They then go to the pyramid chart and place the food item where it properly belongs. You can also have the student tagged do an exercise before they can pick a card from the bucket.

**Nutrition Card Game**- (cards can be found at US Games) Before class hang up printed signs with exercise card under it and put Food Fun Nutrition Cards in bucket. Signs: Grains, Proteins, Fruits, Vegetables, Good Move, Great Snacker, and Junk Food Jack) Like the game above, pick taggers and start game the same way. Students again come to the bucket to choose a card and must go to the printed signs on the wall that their card goes with. Student reads the # on the card and must do that many of the exercise below the printed signs to get back in the game (A, K, Q and J equal 10). They then need to bring the card back to the bucket if they brought it with them to the station.

**Aerobic Fitness Health Benefit Card Game**- (cards can be printed from Physical Best activity guide: elementary level, 2nd Edition, by NASPE, 2005, Champaign, Ill: Human Kinetics)

(I had the small benefit cards made into larger laminated posters at BOCES)

I used tongue depressor sticks and wrote one of the 8 benefits on each stick. I wrote each benefit on 5 sticks. All the sticks were then placed in a bucket. Before class the larger benefit posters were hung up around the gym with an exercise card taped to the wall under it. Students when tagged will go to the bucket and pick one stick (if they pick one they have already picked they will return it and choose another one). The student must go to the benefit poster and perform the exercise under it to return to the game.

**Healthy Heart Activity** – *Do you have posters in your office that are not being used?*

The four posters I used where: **MyPyramid.gov poster of the food pyramid, 3 Posters from American Heart Association in JRFH kit: What are cigarettes?; In Case of Emergency (911);Why is Physical Activity Important?** I also wanted to have the students listen to the heart with real stethoscopes so I made one sign for a **Doctor’s Office**.

I placed the **5 posters/signs** on the walls around the gym. I used an Ellison Dye to cut out pink hearts and wrote the name of the poster/sign on the hearts. The hearts were put into a bucket and when students were caught by the tagger they would go to the Heart Bucket and pick out one heart, read it and visit that poster and do the exercise on the sign near the poster. They would then have to return the heart in the bucket before returning to the game. I position myself at the doctor’s office and help the students use the stethoscopes and make sure they were cleaned before another use.

I made different hearts for the older students that involved more reading and thinking before they would go to the posters. **Some examples**: Someone has sudden numbness in face, arm or leg on one side of the body call what number? ; You put salt on all your food; this damages every organ in your body ;You don’t like vegetables; You were texting your friend all night ; You ate a whole tub of popcorn at the movies ; These come in a pack and are addictive ; You found a person on the floor ; You watched TV all weekend ; It is illegal to do this in school and many other places.

***Social Studies in PE:***

**Thanksgiving Tag**-

Print up word signs to go with Thanksgiving pictures and add exercises under each word (examples: harvest, turkey, Mayflower, Native American Indian, feast, Pilgrims) . Pick 3-6 taggers and have them carry colored fleece balls. When tagged students must notice the color of the fleece ball and go to that color word sign and complete the exercise to return to the game. Change taggers and locomotor movement when appropriate.

**Voyage of the Pilgrims**- I used Thanksgiving posters to make up 4 activity stations.

**Poster #1** is the pilgrims coming on their ship, the Mayflower. The station is 2 students on a large scooter moving safely to Plymouth.

**Poster #2** is Squanto showing the Pilgrims how to plant corn. The station is a relay

where one student at a time brings a small seed to the dome and plants it, they then run back to the start and the second person takes a turn planting a seed.

**Poster #3** is when the Pilgrims harvested their crops to prepare for the long, hard winter. The station is like a traverse wall but without the climbing. I hung foam pieces of corn on the wall at different heights and colored spots on the floor for students to step on as they were touching the corn.

**Poster #4** is the first Thanksgiving Day in 1621. The station was students trying to catch a turkey for the feast. I put pictures of turkeys on paper plates and attached a string to the plates. One student was the turkey and pulled the plate and the other was the pilgrim chasing the turkey with a foam noodle cut in half . I set up cones for the two to run around. After one turn down and back the students would switch jobs.

**MLK Jr. Story(Grades 2-4)**- There are 7 cards typed up telling the life story of Martin Luther King, Jr.. I made 6 copies of each card and cut them in strips. These will all go into a bucket. There are 7 poster signs hung up on the gym walls with exercises hung under them. Students when tagged will go to the bucket and choose one card and after reading it determines which poster goes along with the sentence or paragraph. After finding the correct poster the student will perform the exercise and return the card to the bucket before returning to the game.

**Cards:**

* Black people could not eat in the same restaurants as white people.
* Black children could not go to school with white children.
* Black people had to give their seats to white people on buses and trains.
* Black people could not vote.
* MLK, Jr. spent his whole life trying to make things better for his people. Slowly, the laws changed. That made some white people very angry. He was even put in jail. But he never stopped working.
* Then in 1968, he went to Memphis, Tennessee, to march with underpaid workers. When he stepped out onto the balcony of his motel room, James Earl Ray saw him and fired his gun. MLK, Jr. died that day It was April 4th.
* His birthday, January 15th, is now a national holiday. On that day every year, we celebrate him and all he did for Americans, both black and white. He hoped that someday all people would be treated equally in this country. We must continue his work and make that dream come true.

***ELA in PE:***

**Q A R (Question-Answer- Relationship)-is a comprehensive strategy used to help answer questions in a text.**

This is something new in my district for ELA to help students prepare for the state tests. Students look for the **key words** in the text and this will help them find the answer to the question.

I typed all the **key words** and cut them into squares. The squares are then put into a bucket and when students are caught by one of the taggers they must go to one of the 4 posters on the walls that belong to that **key word. They place the key word into another bucket under the poster.** An exercise card can be next to the poster so the students have to complete an exercise before returning to the game.

If you are interested in the posters or cards I can e-mail them to you, just contact me.