

Missing Letter Fitness

Grade Level: 5th

Activity Title: Missing Letter Fitness

NYS PE Learning Standard #1 - Students will have the necessary knowledge and skills to Establish and maintain physical fitness, participate in physical activity, and maintain personal health

Activity Description: Students will look at the word list and try to determine what is the missing letter in each physical education-related word. Once they figure out which letter is missing they will then check the list of exercises to find which exercise to perform based on the missing letter of that word. For example, if the word is "Soc_er" they will figure out that the missing letter is "c". They will check the exercise list. "If missing letters A, B, or C please do 25 jumping jacks" is found. They perform that exercise/challenge.

PE Word List

1. Fit_ess
2. G_mnasium
3. Bas_etball
4. Long_ump
5. Stretc_ing
6. Re_ound
7. Team_ork
8. Gymnasti_s
9. _olleyball
10. bum_
11. Long dis_ance run
12. _ootball
13. Flexed-a_m hang

Missing Letter List (If missing...)

- If missing A or B do 25 "Skis"
- If missing C or D do 10 push-ups
- If missing E or F touch toes for 10 seconds
- If missing G or H do 25 sit-ups
- If missing I or J balance on one foot for 10 seconds
- If missing K or L do 25 jumping-jacks
- If missing M or N jog in place for 1 minute
- If missing O or P do 10 rocket jumps
- If missing Q or R do 10 squats
- If missing S or T do a 30- second plank
- If missing U or V do a butterfly stretch for 10 sec.
- If missing W or X hop for 30 seconds
- If missing Y or Z do 50 jumping-jack

