

# Missing Letter Fitness – read the instructions and get moving!

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 Missing Letter List (If missing...)

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|-----------------------|--|
| 1. Fit_ess            | If missing A or B do 25 "Skis"                       |
| 2. G_mnasium          | If missing C or D do 10 push-ups                     |
| 3. Bas_etball         | If missing E or F touch toes for 10 seconds          |
| 4. Long_ump           | If missing G or H do 25 sit-ups                      |
| 5. Stretc_ing         | If missing I or J balance on one foot for 10 seconds |
| 6. Re_ound            | If missing K or L do 25 jumping-jacks                |
| 7. Team_ork           | If missing M or N jog in place for 1 minute          |
| 8. Gymnasti_s         | If missing O or P do 10 rocket jumps                 |
| 9. _olleyball         | If missing Q or R do 10 squats                       |
| 10. bum_              | If missing S or T do a 30- second plank              |
| 11. Long dis_ance run | If missing U or V do a butterfly stretch for 10 sec. |
| 12. _ootball          | If missing W or X hop for 30 seconds                 |
| 13. Flexed-a_m hang   | If missing Y or Z do 50 jumping-jack                 |