

# Upper Body Fun

## Summary

Students will integrate spelling and alphabetizing with an exciting way to develop upper body strength.

## Group Size

Pairs

## Life Skills

Thinking & Reasoning, Communication

## Materials

This week's spelling list or a previous week's list to review.  
Printed spelling words cut up into separate letters.

## Intended Learning Outcomes

Students will learn to interact with others while spelling words correctly. They will have opportunities to practice correct spelling while developing upper body strength.

## Instructional Procedures

Lay out this week's spelling words laid out in front of the students.  
Scramble the letters.  
Have the students pair up.  
Both students will have to move about in a push-up position to turn the letters and move them into correct spelling order.  
While remaining in the push-up position, they must correctly spell the words and confirm the spelling with their partner.

## Strategies for Diverse Learners

To increase the level of difficulty, more words can be added to the pile. You could also add extra letters to reinforce their assuredness.  
For example, if one of the words is "scream", put an extra "e" on the floor and see if they put this extra letter to the side, or add it in.  
To decrease the difficulty, use fewer letters and easier words to spell until they get the hang of it.

## Authors

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