

# PHYSICAL EDUCATION

## DON'T FUMBLE WITH THIS JUMBLE

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**Description:** Students will work cooperatively to complete a game that combines running and memory to find their team's appropriate cards and decipher a jumbled word.

### Learning Objectives:

- Students will take their heart rate before, during and after the activity. (See the *Keep Moving!* worksheet found after the last activity sheet to learn the proper way to calculate heart rate.)
- Students will work cooperatively with their teammates.

**Activity Time:** 30 minutes

### Materials:

- Brown poster boards (enough to make 64 5"x7" football-shaped cards)
- Eight large cones for starting lines
- Logos or team names for eight National Football League teams (log on to [www.nfl.com](http://www.nfl.com) to print out team graphics). You will need eight logos or graphics of each team.
- Open space (gymnasium, field, auditorium or cafeteria)

### Directions:

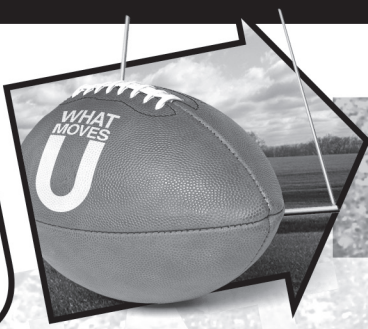
#### Set Up:

- Using the brown poster board, cut out 64 5"x7" football-shaped cards.
- Separate the cards into stacks of eight.
- Place the same logo or team name on eight cards, so you will have eight cards for each football team.
- Write one letter from the word "exercise" on each card in the group.
- Mix up the cards and place them in eight rows of eight (with several feet between each one) on the floor at one end of the gym.
- Place the logo or name of each team on a cone so students will know their team. Place these cones in a line at the other end of the gym to serve as a starting line.

#### Activity:

- Divide students into eight teams, and place each team behind a cone in relay formation.
- Tell them that their team represents the football team shown on their cone.





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- Tell students that the goal of this activity is to locate the eight cards that represent their team and to use the letters on their eight cards to spell a word.
- On "go," the first student from each team will run up to any card and turn it over. If it is their team's logo or name, they will bring it back and place it by the starting cone. If it is not their football team, they will turn it over and run back and "high five" the next student in line to begin his or her turn. Students may only turn over one card per turn.
- The relay continues until the team finds all eight of its cards. Students in line, waiting their turn, should be jogging and jumping in place to keep their heart rates elevated.
- Remind students that they should be watching to see where their teammates have already turned over a card so they don't look in the same place.
- After the team has found its eight cards, members must work cooperatively to try to spell a word using the letters found on their cards. (The word is "exercise.")
- Have the teams keep the word a secret from other teams who have not completed the activity.
- Once a team spells out the word, have them watch and cheer on the other teams.

*Submitted by Bonnie Rodgers, Crestview Elementary, Carlisle, Pennsylvania*

### Correlation to National Curriculum Standards:

1. Exhibits a physically active lifestyle.
2. Achieves and maintains a health-enhancing level of physical fitness.
3. Demonstrates responsible personal and social behavior in physical activity settings.

From NASPE [http://www.aahperd.org/naspe/template.cfm?template=pr\\_032504.html](http://www.aahperd.org/naspe/template.cfm?template=pr_032504.html)

