WORD WARM UP

This strategy uses key vocabulary words of the cycle being taught and also allows the students time warm up their bodies to prepare for participation in the class activity that day.

HOW TO USE

1. Create Words

Create calendar around the entire gym by the numbers of the current month. Behind each day will be a word pertaining to the lesson being taught. Depending on the length of the word will determine how many of each exercise (warm up the children will do). The warm up will be broken down into 4 stations (Laps, Jumping Jacks (minutes), Crunches (minutes), and Lunges (minutes)). Flip over the number of that coincides with the calendar date, and it will reveal a vocabulary word.

1. Pair Up

The teacher will assign the students will number 1-4. Each numbered group will begin at a specific exercise station and all will rotate accordingly until all exercises have been completed by all groups.

1. Hands Up

The students will have opportunities to ask question about the word of the day. While questions are being asked, the teacher will call on other students to answer the questions of their peers.

1. When To Use
   1. Daily Vocabulary Check
   2. Exam Review
   3. Rainy Days with no outdoor activity.

VARIATION

WORD RELAYS

Word relays can be a variation of Word Warm Up by numbering the students from 1-4. The students will then form a relay team of 4 members and based on the word they will have to complete laps to win. The students will run a lap per letter. And the final runner will have to provide a definition of the word they spelled.