

# Thinking while Moving - English

## Spelling fitness circuit

### Activity set-up

View the short video on the next slide for [Spelling fitness challenge](#).  
Use chalk to draw a ladder on the ground and the number 1 next to it.  
Draw the numbers 2, 3, 4 and 5 as shown in the activity set-up diagram.

### How to play

The **aim** of spelling fitness circuit is to practice spelling your list words by completing each of the challenges in the circuit.

What do you need to do at each station?

1. Spelling ladder: move through the ladder by jumping in and out of each rung spelling your list word. You may like to change the way you move through the ladder to spell each of your list words.
2. Touch the ground and jump up: spell your list words out loud as you reach down to touch the ground and jump up to reach for the sky.
3. Opposite knee to elbow: raise your knee and touch it with your opposite elbow, alternate knees and elbows and spell your words out loud as you go.
4. Jogging and air punching: jog on the spot and punch into the air as you spell your list words out loud.
5. Lunges – spell your words out loud and complete a lunge for each letter.

### Variations to challenge

Create your own spelling challenge to include in the circuit.  
Ask a family member to complete the circuit with you.  
Time how long it takes to complete the circuit. Challenge yourself to beat this time tomorrow.

### What do you need?

Spelling list  
Chalk  
Ladder drawn on the ground  
You may like to play some music while you move around the circuit

### Activity set-up diagram

