

SIGHT WORD WORKOUT

Start with the first letter of your sight word and spell out the word while performing the exercises. Make sure to say the word before and after you spell it. Make sure the room is clear when running a lap

A	10 Jumping Jacks	J	20 Shoulder-Touch Push-Ups	R	RUN 1 LAP
B	10 Crunches	K	Run 2 laps around the room	S	15 Shoulder-Touch Push-Ups
C	15 Squats	L	Skip 1 Lap	T	10 Crunches
D	15 SHOULDER-TOUCH PUSH-UPS	M	20 Jumping Jacks	U	Skip 2 Laps
E	Run 2 laps around the room	N	<i>Plank for 20 Seconds</i>	V	PLANK FOR 15 SECONDS
F	15 Seconds of Arm Circles	O	Run 2 laps around the room	W	10 Shoulder Touches
G	30 Second Wall Sit	P	Gallop 1 Lap	X	Run in Place for 20 Seconds
H	15 Jumping Jacks	Q	20 Jumping Jacks	Y	5 Power Jumps
I	Run 2 laps around the room			Z	RUN 1 LADDER

Adult Instructions:

- Student says the sight word (i.e. Have)
- Have student say each letter of the sight word (i.e. H)
- Have student find the letter on the slide
- Adult reads and demonstrates the exercise (15 jumping jacks)
- Student performs the exercise

Original resource was modified from an activity from Jason Steele