# Nasco PEw.óks <br> 100 ACRE WORDS: A PHYSICAL EDUCATION GAME 

## OBJECTIVES

Psychomotor Objectives

## Students will.

Perform movement skills during activity.
Complete a task with a partner or a group in a certain amount of time in an activity.

## Cognitive Objectives

Students will.
Demonstrate safe movements in general space.
Participate safely in group physical activity.

## Affective Objectives

Students will.
Learn how important teamwork and good sportsmanship are in a group setting.
Follow directions and listen to the rules of the game being played.
Be able to settle disagreements in a partner or team setting.

## OBJECT OF THE GAME

Increase spelling proficiency and apply chasing/fleeing and dodging concepts. Introduce pulling flags.

## PREREQUISITES

Students should have prior knowledge and practice on how to safely move in a closed area.

## OVERVIEW

Tiger needs help gathering honey for Bear's birthday. He is going to enlist his friends of the 100 Acre Words. The goal is to collect all the honey (agility cones) from the beehives (yellow hoops) and put it in their team honey pot (colored hoop that matches the team's color, located in the center of the playing area) before being caught by the bees.


1. Before the class arrives, have the playing area coned off. Playing outside is recommended to provide bigger boundaries, but game can be played inside a gym. See illustration above for layout of playing area.
2. Choose 3 or 4 students to play Bees, 3 or 4 students to play Owls, and divide the rest of the students into 5 teams of 4 players.
3. Each team should have a different colored pinny and a flag belt (flag belts are optional). Each team's honey pot (hoop) will match the color of their pinnies. Honey pots are located in the center of the playing area. Scatter beehives (yellow hoops) full of honey (agility cones) in the corners of the boundaries (see illustration above). If you need items to add to the beehive that students can carry back to the honey pots, beanbags or yarn balls may be used in addition to the agility cones. Give each Owl a clipboard, a list of spelling words appropriate for the grade level, and station them in the ponds. Each Bee will start by the ponds, and each team will start by their honey pot.

## HOW TO PLAY (continued)

4. When the game begins, team members try to collect the honey (agility cones) and put them in their honey pot (colored hoop that matches their pinnies). The color of the honey doesn't matter, but it must go in the team's own honey pot. Bees will chase after the team members, attempting to "sting" them by taking their flag if playing with flags or tagging them if not.
5. If a Bee succeeds in taking a flag or tagging a team member before they reach their honey pot, the honey is put in the beehive (yellow hoop in center, one not belonging to any team) by the person that was tagged. Any honey that is not securely placed in a honey pot can be taken back to the colored beehive (colored hula hoop). Honey placed in the yellow hoop in the center belongs to the bees and cannot be taken to a team's honey pot. If a team member is "stung" (tagged or flag pulled off), the player must report to one of the ponds to see an Owl to have the "sting" removed. The Owl will give the player a word to spell and a locomotor activity to perform (jumping jacks, sit-ups, push-ups, etc.). The team member must spell the word correctly and perform 5 reps of the given activity. If the team member spells the word correctly and performs the activity, they are given their flag back (if playing with flags) and returned to the game. If the team member misspells the word, they must repeat the entire process (spell a word and do an activity) until a word is spelled correctly. The flag is returned when the word is spelled correctly.
6. If a team member is "stung" for a second time, they report to an Owl. The process is similar to above, where the team member must spell a word and perform 5 reps of a locomotor activity, but this time, if they misspell the word, they'll need to do 10 reps ( 5 each of 2 different skills). This progression continues until a team member succeeds in spelling the word correctly. Once they have completed the required number of reps, they are given their flag back and returned to the game.
7. Play for 4 minutes, then add up each team's (including the Bees) points to end the game. Rotate players so one of the team members becomes a Bee, the former Bees become Owls, and the Owls become team members. You may allow the Owls to pick which team they join (as long as that team has a vacancy), or you may tell the Owls which team they should join if you think allowing them to pick for themselves will cause a problem.
8. Play the game 6 times ( 4 minutes per game). This gives everyone a chance to be a Bee and an Owl before the end of the class period.

## ADAPTATIONS FOR

## STUDENTS WITH DISABILITIES

1 rep of locomotor activity and modification of spelling words.

## ASSESSMENT

1. Are the students running into each other?
2. Are the students following directions and listening?
3. Are the students working together as a team?
4. Are the students arguing with each other?
5. Are the students able to settle disagreements?
6. Are students showing good sportsmanship?
7. Older students can take their heart rate before and after the activity and then discuss the change.



## EQUIPMENT LIST

- MAC-T® Agility Cones, set of 48 (PE09730E)
- MAC-T® Large Super Strap \& Flag 30-Pack (PE09168E)
- Set of 12 Economy Plastic Hoops, 36" dia. (PE00406E)
- Scrimmage Vests (pinnies); adult set of 6 (PE09607E) or youth set of 6 (PE09608E)
- Spelling Words (found at the end of the lesson plan)
- Clipboards (BEO1562E)

Phone: 1.800.558.9595
Fax: 1.800.372.1236
Online: NascoEducation.com

For additional FREE lesson plans, go to NascoEducation.com/lessonplans

## Word Lists

## Grade K

| bag | bed | bun | can | did | he | his | hot | in |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| job | let | log | map | mop | on | as | box | bus |
| cap | cub | dig | had | hen | hit | lid | lot | pen |
| am | at | bit | boy | car | cut | dip | fit | get |
| her | hog | hug | is | kid | my | or | pet | an |
| bat | cat | dad | girl | hid | hop | it | lip | man |
| men | pig | and | bad | big | bug | fog | fun | go |
| if | jet | mom | pin | sit | tag | top | up | win |
| run | six | tap | tree | pop | rip | sad | rag | she |
| tip | tub | wig | ran | rug | sat | we | will | us |

## Grade 1

| are | bike | bone | cone | drive | find | funny | green | nest |
| :---: | :---: | :--- | :---: | :--- | :--- | :--- | :--- | :--- |
| pay | all | bake | bill | dry | first | game | how | into |
| jump | may | more | band | bell | eat | frog | hand | like |
| make | meet | best | black | brown | feet | five | from | has |
| land | name | over | came | come | day | down | fill | have |
| hill | hope | late | little | many | need | of | part | plan |
| rule | saw | some | that | this | were | play | ride | say |
| spot | the | three | was | what | with | sleep | stone | tell |
| then | time | try | water | when | yellow | rose | sand | slide |
| stop | test | they | way | you | side | than | thin | zip |

## Word Lists

## Grade 2

| always | because | between | brother | each | every | give | him | says |
| :---: | :---: | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| seven | sister | song | still | thing | treat | well | why | after |
| animal | away | been | family | first | happy | home | kind | look |
| plus | think | went | winter | again | another | cold | eleven | house |
| loud | nine | second | sight | sound | such | them | ton | use |
| where | year | any | both | cannot | could | does | friend | good |
| large | lunch | much | now | out | put | silly | snack | summer |
| twelve | work | yet | also | around | better | bright | child | count |
| even | jump | light | must | off | rabbit | said | send | sing |
| speed | state | take | these | tray | under | wash | who | found |

## Grade 3

| about | cherry | cries | done | everything | heard | leave | lose | once |
| :---: | :---: | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| raised | serve | should | smiling | spread | across | almost | breakfast | carries |
| color | driving | eyes | forgot | grinned | prize | really | sitting | afraid |
| caught | classes | coming | doctor | early | guess | heavy | lamb | mouse |
| newspaper | outside | penny | push | riding | school | skinned | someone | afternoon |
| anyone | build | change | clear | crawl | easy | flies | half | laugh |
| mouth | noise | own | queen | running | scratch | shiny | something | stopped |
| anything | behind | buses | cheese | climb | crazy | dollar | everyone | happen |
| knee | lived | maybe | none | quickly | scream | shopping | slept | speak |
| straight | together | trouble | used | stretch | throw | turn | young | tries |

## Word Lists

## Grade 4

| against | brought | cities | couch | decide | enough | gentle | alley | buying |
| :---: | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| carrying | choose | cough | drawer | eighty | groceries | beggar | deaf | earlier |
| either | feather | forty | although | answer | believe | center | chose | couple |
| dairy | double | electric | guard | health | honor | beautiful | bought | busy |
| cardboard | certain | chief | comb | cousin | death | dirty | earth | false |
| fever | kitchen | listen | meant | pencil | question | suppose | worried | however |
| kneel | lonely | ninety | parent | police | quiet | important | judge | loyal |
| ninth | picture | ready | sleeve | special | thirty | useful | wonder | worse |
| libraries | mirror | neighbor | squirrel | hungry | invite | mistake | neither | nobody |
| often | quite | remember | rough | style | twice | whenever | world | written |

## Grade 5

beginning celebrate curtain delicious dictionary disappoint future increase interesting

| length | mammal | melody | million | appointed | bruise | consider | daughter | difference |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| forward | knives | manufacture | necessary | actually | arrange | business | collar | consonant |
| equal | government | information | island | material | amount | calves | chocolate | crystal |
| difficult | favorite | jewel | mayor | cause | continent | decimal | determine | finally |
| furniture | guide | journey | oxygen | phone | president | program | rhythm | separate |
| similar | stomach | sure | syllable | terrible | toward | unknown | opposite | paid |
| position | probably | sincerely | suggest | though | possible | property | schedule | solution |
| sports | surprise | thoughfful | weird | ought | paragraph | practice | process | receive |
| several | square | wives | plural | slippery | squeeze | sweater | women | yesterday |

