

Gymnastics Spelling Stars!

Let's tumble into spelling with some fun gymnastics words!

Lesson Activities:

1. Warm-up Chat (5 minutes):

Start by talking about gymnastics! Ask questions like: "What's your favorite gymnastics move?" "What do gymnasts use, like mats or beams?" Introduce the idea: "Today, our spelling words are all about the amazing things gymnasts do!"

2. Word Introduction (10 minutes):

Introduce the spelling list: **jump, flip, mat, beam, bar, roll, stretch.**

Write each word clearly on the whiteboard/paper.

Say each word aloud clearly.

Spell each word aloud, pointing to the letters: J-U-M-P, jump.

Have the student repeat the word and the spelling.

Briefly connect each word to gymnastics: "Gymnasts **jump** really high!" "They land softly on a **mat**." "They balance on the **beam**." Highlight any interesting sounds or letter pairs (like 'ea' in beam).

3. Gymnast Spelling Moves (15 minutes):

Time to move and spell!

- **Action Spelling:** Call out a spelling word. Have the student do a simple, safe action related to the word (e.g., for **jump**, do a small hop; for **roll**, do a log roll on the mat; for **stretch**, reach up high) and then immediately spell the word aloud.
- **Balance Beam Letters (Imaginary):** Pretend a line on the floor is a balance beam. Have the student carefully 'walk' the line, saying one letter of a spelling word for each 'step'. (e.g., Step 'B', step 'E', step 'A', step 'M').
- **Body Letters:** Call out a letter from one of the spelling words. Can the student try and make the shape of the letter with their body? (e.g., Make a 'T' shape for stretch or mat).

4. Word Practice Power (10 minutes):

Let's practice writing and building the words.

- **Write It Out:** Have the student practice writing each spelling word 1-2 times on paper or the whiteboard. Encourage neat handwriting.
- **Build-a-Word:** (Optional) If using letter tiles or magnets, mix up the letters for one word and have the student build it correctly.
- **Word Hunt:** (Optional) Write the spelling words on index cards and hide them in plain sight around the room. Have the student find a card, bring it back, read it, and spell it.

5. Cool Down & Check (5 minutes):

Review all the spelling words one last time. Read them together.

Give a quick, friendly spelling check: Ask the student to spell 3-5 of the words aloud or write them down.

Praise their effort and participation: "Great job being a Spelling Gymnast today! You learned your words with fantastic moves!"

Differentiation Tips:

- **Support:** Focus on fewer words (3-4). Provide the written word as a model for longer. Spend more time on sounding out each letter.
- **Challenge:** Introduce slightly harder words (e.g., balance, tumble, routine). Ask the student to

write a simple sentence using one or two of the spelling words.