

# ABBREVIATION FITNESS

**Purpose:** Students will use their knowledge of abbreviations and participate in physical exercise.

**Suggested Grade Level:** 3-4

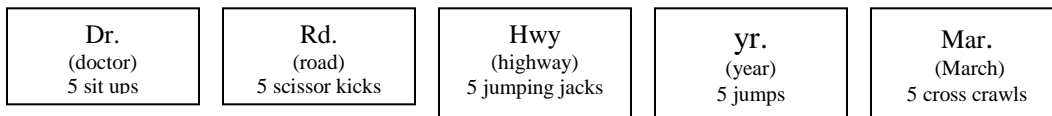
**Language Arts SOL:** Writing 3.10

**Equipment/Materials Needed:**

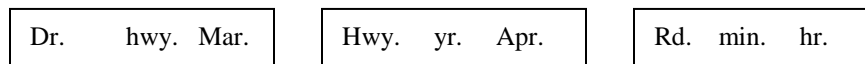
1. Pre-cut words and strips (examples provided)
2. Pieces of 8 ½ x 11 paper
3. Tape

**Advance Preparation:**

1. Use the words/abbreviations provided or use your own.
2. Write or print the abbreviations onto 8 ½ by 11 paper and tape onto the walls of the classroom or play area. For example:



3. Make approximately 20-25 (depending on class size, you'll need at least 1 per student) strips of paper with 3 of the abbreviations on each paper.



4. Place strips in center of the room or playing area.

**Directions:**

1. Explain to students they will be working on abbreviations.
2. Tell students to go to the middle of the play area, and select 1 slip of paper.
3. Tell the students to match the first abbreviation on their list with one of the abbreviations taped to the wall, and to do the exercise listed.
4. Have the students repeat this process for their second and third abbreviation.
5. Once they have been to each abbreviation and done the exercise, have the students come to you and tell you what each abbreviation stands for.
6. Have students return their slip of paper to the middle of the play area, and ask them to start over with a new slip of paper.
7. Continue this exercise as time allows.

**Teaching Suggestions:**

1. Make sure students know how to do the activities listed under the abbreviations.

*This lesson was developed by the School Health Initiative Program (SHIP) for the Williamsburg James City County Public Schools (WJCCPS), Williamsburg, VA. SHIP is funded by the Williamsburg Community Health Foundation (WCHF). Parts or all of this lesson can be used and reproduced without permission provided that SHIP, WJCCPS and WCHF are credited.*



**Modifications/Variations:**

1. Have students use different locomotor skills when moving to the center of the play area.
2. Have students work in pairs, taking turns selecting slips of paper in the center.

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# wt.

(weight)

JOG IN PLACE 10 SECONDS

---

# Jr.

(Junior)

JOG IN PLACE 10 SECONDS

---

# ht.

(height)

10 CROSS CRAWLS

---

# Va.

(Virginia)  
10 CROSS CRAWLS

---

# lb.

(pound)

10 CROSS CRAWLS

---

# ft.

(foot)

10 CROSS CRAWLS

---

# Mon.

(Monday)

JOG IN PLACE 10 SECONDS

---

# Yr.

(Year)

JOG IN PLACE 10 SECONDS

---

# Thur.

(Thursday)

5 CURL UPS

---

# Sat.

(Saturday)

5 CURL UPS

---

# S

(South)

5 CURL UPS

---

# Hwy.

(Highway)

5 CURL UPS

---

# Ct.

(Court)

10 SCISSOR KICKS

---

# N

(North)

10 WINDMILLS

---

# Mr.

(Mister)

10 SCISSOR KICKS

---

# Apt.

(apartment)

10 WINDMILLS

---

# Sec.

(Second)

10 SCISSOR KICKS

---

# hr.

(hour)

10 SCISSOR KICKS

---



# Min.

(minute)

5 WINDMILLS

---

# Ave.

(Avenue)

5 WINDMILLS

---

# Sept.

(September)

5 JUMPING JACKS

---

# St.

(Street)

5 JUMPING JACKS

---

# Dr.

(Doctor)

5 JUMPING JACKS

---

# Nov.

(November)

5 JUMPING JACKS

---

apt.

min.

St.

---

Dr.

yr.

Sat.

---

Nov.

Ave.

hr.

---

wt.

lb.

N.

---

S.

hr.

yr.

---

Thurs.

sec.

Sept.

---

apt.

Jr.

Ct.

---

Mon.

Va.

Hwy.

---

Mr.

Jr.

Ct

---

yr.

min.

apt.

---

Ave.

M on

Dr.

---

lb.

Thurs.

Nov.

---

hr.

S.

wt.

---

Jr.

Va.

St.

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Sat.

hr..

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yr.

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Hwy.

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wt.

ht.

ft.

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Sun.

Nov.

St.

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