Catch A Vowel
Cross-Curricular with Literacy

How It Works

Catch A Vowel is a fun yet simple cross-curricular game that's played using the *Functional Fitness Charts*. The game is one teacher's can easily incorporate into classroom lessons.

Using the **Falling Star** (39) chart from the Active Start *Functional Fitness Chart* set, pair off and number students as either Player 1 or Player 2. Each pair of students is given two balloons. Player 1 takes both balloons, holding one in each hand, upside down, with their arms stretched out to form a "T" shape. Player 2 stands some distance away. The game begins when the teacher calls out a letter, if it is a vowel Player 1 releases one of the two balloons and Player 2 runs forward to catch the released balloon. If Player 2 does not catch the balloon before it hits the ground, OR catches the balloon when it's a consonant and not a vowel called, Player 1 and Player 2 switch positions.

Materials Needed

- **Falling Star** (39) *Functional Fitness Chart* from the Active Start set
- Balloons —two per pair of students
- Timer (optional)

Preparation

- Push chairs and desk to the outer edges of the classroom, creating as much space as possible, (or take your class outside for more space and some fresh air!)
- Blow up balloons

Suggested Approach

- Ensure students understand the **Falling Star** (39) *Functional Fitness Chart*, how it works an the proper way to catch the balloons in order to avoid injury
- Clearly explain the rules of the game, specifying when students should catch the balloons and when they shouldn't
- Pair off students
- Set up a time to indicate the amount of time the game will last (optional)

Grow Your Catch A Vowel

Make your game of **Catch A Vowel** more difficult by adding more rules —test your students' abilities to recognize particular elements of grammar. Instead of calling out vowels, read out sentences where students aim to drop/catch balloons when they hear a verb or an adjective. OR spell out words, have students drop/catch the balloons when they hear a word spelled incorrectly.