

Running Dictation

- May be adapted to any level or content area. The example below is designed for Grade 5 PE/Health.
- Learning targets – language standards and content benchmarks
- Purpose – to reinforce content concepts, vocabulary, spelling, mechanics and locomotor skills
- DOK 2 – application of concepts and skills

Activity

1. Select or create two short texts that reflect the target structures/concepts you wish to focus on, typed in easily readable font size. Tape several copies around the room at eye level.
 2. Students work in pairs. Partner A is the runner, and partner B is the writer. Partner A goes to the text, reads, and returns to dictate it to Partner B, who writes it down. Explain to the students that the finished dictation must be without errors. This will take several trips, and some discussion and checking on punctuation, spelling, syntax and so on.
 3. The first pair to turn in an error-free paper wins.
 4. Partners switch roles and repeat the process with the second text.
- Variations for PE/Health –
 - Play outside, posting the texts on a fence or a wall.
 - Create an obstacle course for the runners.
 - Require the runners to move in a certain way (eg.: hop on one foot, gallop, walk backwards, etc.).
 - Differentiation – You may wish to:
 - Assign runner and writer roles based on your knowledge of the students' abilities.
 - Create several different leveled texts based on student ability.
 - Allow the writer to type rather than write, as long as spell-check and grammar check are turned off.

Standards

Using the sample texts on sun safety, below, the following grade 5 standards are addressed:

LAFS.K12.L.3.4:	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.5.M.1.1:	Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands.
HE.5.B.5.4:	Select a healthy option when making decisions for yourself and/or others.

Texts for Running Dictation – PE/Health 5th Grade Example

Paragraph 1

Sunshine can lift our spirits and provide us with valuable vitamin D. However, we can get too much of a good thing. Why? Skin cancer is the most common form of cancer in the U.S., and in its most deadly form, melanoma, it is on the rise.

In fact, melanoma rates doubled between 1982 and 2011. Melanoma is responsible for more than 9,000 skin cancer deaths each year. In 2011, more than 65,000 melanoma skin cancers were diagnosed.

Paragraph 2

More than 90 percent of melanoma skin cancers are due to skin cell damage from ultraviolet (UV) radiation exposure. “Protect yourself from the sun by wearing a hat and clothes that cover your skin,” recommends Centers for Disease Control Director Tom Frieden.

He also advises those enjoying the outdoors to find some shade, especially in the middle of the day when the dangerous rays from the sun are most intense, and to regularly apply a broad-spectrum sunscreen with SPF 15 or higher.