Activate the Alphabet – Warm-Up Activity

Directions:
In this activity we are going to do an “Active Alphabet.” We will go through the letters of the alphabet and do movements that begin with each letter of the alphabet.

• When the game begins, we will start with the letter ‘A,’ and I will name an activity that begins with that letter, such as arm circles.
• We will do that activity together for 30 seconds and then move on to the next letter.

Note: Here is a list of sample activities for each letter to get you started
A – arm circles
B – balance (on one leg/object in hand)
C – crab walk/catch an object
D – dancing
E – elephant steps (big stomps/elephant trunk)
F – frog jumps
G – gallop/orailla chest bumps
H – hopping (two feet)/high fives
I – ice skating (slide/hop side-to-side/ move arms side-to-side)
J – jumping jacks (full body or just arms)
K – kicks
L – lunges (right and left/lateral arms raises)
M– marching (full body or arms)
N – nod your head
O – overhead stretch
P – push up (partner or wall)
Q – quiet feet (tip toe or roll in place)
R – running/rolling in place
S – shake out sillies
T – toe touches
U – up (jump with arms up)
V – violin (pretend)
W – walking or wheeling (around the room)
X – make an X shape (wide legs and wide arms)
Y – yawn and stretch
Z – zig-zag walk or wheel

Tips:
• If needed, write the alphabet on the board.
• Get creative! For example, choose animals that begin with each letter and have students move like that animal.

Adjustments for Physical Distancing:

• Create markings to indicate where students should be in order to maintain physical distancing (tip: try a grid).
• Choose a word, student’s name, or the first letter of all your participants’ names to do the action.
• Choose and share with the students the number of repetitions you will do of each activity that corresponds with the letter.
• Make sure students stay in their space while doing the activity.

Equipment: None

Standard Connections

Did You Know?
• Moving and stretching all parts of your body is a great way to improve your flexibility. Flexibility helps you move your body more easily and helps protect you from injuries.

Show and Tell!
✓ Show me your favorite movements.
✓ Tell me why you like them.
✓ Tell me what part of your body you think is the most flexible? Show me!

Try This at Home
• Activate the Alphabet is a great way to move our bodies and practice flexibility. Next time you take a physical activity break, spell your name with movements that start with each letter of your name!