

Location	Rhythm	Nutrition	Equipment
In	No	No	None

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/gorilla 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

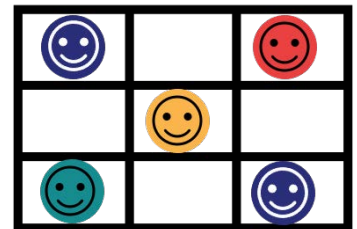
Tips:

- 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!

