

Active Alphabet

In a large space work your way through the different letters of the alphabet by acting out the following moves or make up your own.

Equipment

Music
Balls
Mini Yo! cards (or your imagination)

A – Arm movements

B – Balancing

C – Cat (Mini Yo!) **or this month's skill- Crawl**

D – Dance

E – Elephant (Mini Yo! or pretend to be an elephant)

F – Frog (Mini Yo! or pretend to be a frog)

G – Gorilla (Mini Yo! or pretend to be a gorilla)

H – Hopping

I – In and Out (weave in and out each other or a piece of apparatus)

J – Jumping (this month's skill)

K – Kicking (a ball)

L – Leaping, Lion Jumping

M – Mountain (Mini Yo!) or March

N – Nod your head

O – Owl (fly around)

P – Pointing (point to the left, point to the right, point up, point down, etc.)

Q – Quick Movements

R – Rock (Mini Yo!)

S – Skipping **or this month's skill- Shuffle**

T – Tip Toe

U – Up (let's start as small seeds and grow up into tall flowers)

V – Vegetables (stand tall and thin like a carrot, become round and big like a potato, etc.)

W – Warrior or this month's skill Walk

X – X looks like a cross! Cross over your feet, can you balance?

Y – Yoga (Mini Yo!)

Z – Zebra

Highlighted moves link to this month's Mini Moves and Foundations (ABC'S)

Benefits

Supports gross motor development, spatial awareness, language, communication and thinking skills.

Areas of Learning this activity covers

Expressive Arts, Design and Creative Development

- They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories.

Language, Literacy and Communication

- Children listen attentively in a range of situations.
- Give their attention to what others say and responds appropriately, while engaged in another activity.
- Children follow instructions involving several ideas or actions.

Personal, Social and Emotional Development

- Children play co-operatively, taking turns with others.
- Children are confident to try new activities, and say why they like some activities more than others.
- They work as part of a group or class, and understand and follow the rules.