

## 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 **or this month's skill- Bounce**
- C** – Cat (Mini Yo!)
- 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
- 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!) **or this month's skills - Run and Roll**
- S** – Skipping **or can you do activities that support Spatial Awareness**
- 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!
- 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.