

## 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- Catch**

**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 (this month's skill)**

**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!)

**S** – Skipping

**T** – Tip Toe **or this month's skill- Throw**

**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 – Many can contribute to Co-ordination.**

### 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.