

# ***“Moving with the Alphabet”***

## Equipment Needed:

- Laminate the alphabet on 26 pieces of paper (one letter on one paper)
- 26, Fitness Task Cards

## Set Up:

- Scatter all 26 laminated letter cards throughout a playing area.
- Lay a Fitness Task card under each of the 26 laminated letter cards.
- Designate an area in the corner of the playing area for children to go to after they have completed the “Moving with the Alphabet” assignment. One child might finish spelling before everyone else. The “playing area” is an area designated to keep children active until all the children have completed spelling their word. *Teaching Tip: This area could include additional Fitness Task cards, balls, beanbags, scarves, anything that will keep the children active).*

## Start Play:

- On a signal or music, children scatter around the playing area, going to the first letter that spells their name.
- When they find the letter, they look at the Fitness Task Card activity associated with that letter.
- The child does the activity the number of repetitions that were determined prior to play.
- When the child completes the repetitions, they search for the next letter in their name and repeat the process.
- When a child finishes spelling his/her name, they jog to the designated playing area in the corner and do an assigned activity in that area until everyone has completed spelling their name.

## Options:

- Appoint teams
  - Each team is told to spell a word (each team has a different word, but has the same amount of letters in the words. For example, dog and cat).
  - The first team to spell the word first and jog to the designated area, wins.
- Partner Up
  - Partners work together on rotating to each of the cards and doing the activity.
  - The partners pull a word out of a bucket and begin spelling.
  - When the word is spelled, they go back to the bucket and spell another word.
- Learn Your Vocabulary
  - If there are certain vocabulary words you are working on, you can ask that the children spell those words. Ask them to write down the word first so that you

know they are spelling it correctly, and then ask them to spell it with the Alphabet and movement cards.

- Use Additional Cards
  - If you want to add other flash cards under each letter along with the fitness activity, please do! You could add math flash cards, geography, history, etc...
  - The child would –
    - Find the first letter in the word they are spelling
    - Complete the fitness activity first
    - Pick up the other card and answer that question
    - Once the question is answered, they move on to another card.
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**The options you can create are only as limited as your imagination! Enjoy!!!**

## **Fitivities**

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