

Active Alphabet

Classroom Activity

Grade(s): 2-6

Big Ideas

PHE: Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being. (gr. 2-4)

English Language Arts: Playing with language helps us discover how language works. (gr. 2)

English Language Arts: Using language in creative and playful ways helps us understand how language works. (gr. 3-4)

Curricular Competencies

PHE: Participate daily in physical activity at moderate to vigorous intensity. (gr. 2-4)

Materials:

- Hardcopy of the *Active Alphabet* poster
- Spelling lists (optional)

Activity:

- Once you have a printed copy of the Active Alphabet poster, fill it out by writing an action beside each letter. You can do this before sharing it with your class, or you can challenge your class to come up with different action ideas together. The actions don't necessarily have to match the letter, but you could invite your class to see if they could come up with actions that do correspond (e.g. **a**rm circles for A, **b**urpee for B, **c**rab walk for C...). You could also laminate your poster and use erasable markers to write in the actions so that you can mix them up from time to time (note: there is a bank of action ideas at the end of this lesson plan).
- Post the Active Alphabet poster somewhere that everyone can see it. While younger students are spelling different words, they can use the poster to simultaneously do the action associated with each letter. You could start with students each spelling out their name, and move to more complicated words.
- For students who are still learning the alphabet, they don't have to spell a word, just practice the sound each letter makes while doing the activity.

- For older students (particularly gr. 5-6), you could use this as a “brain break” activity. Select one student to think of a word and lead the class in the actions as they spell it out.

Action bank:

- March on the spot
- Jumping jack
- Skip
- Arm circles
- Jump up on two feet
- Hop on one foot
- Spin in a circle
- Run on the spot
- High knees
- Heel kicks (kick your butt)
- Squat
- Scissor jumps
- Lunge
- Skater
- Skier
- Elbow to knee
- Dance (anyway you like)
- Burpee
- Toe taps
- Grapevine
- Hula hoop (with an imaginary hoop)
- Jump squats
- Breaststroke through the air
- Air boxing/air punches
- Push-up
- Star jump