

# Classroom Activities



## Movement Alphabet

Suggested Levels: Pre-K-3

Time: Less than 5 minutes

Foundation: Gross Motor, Vestibular Development, Cross Lateralization, Proprioception, Balance

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Students stand and teacher leads the group through the alphabet while acting out the fitness movements.

### Movement

A is for alligator hands

Open and close hands like an alligator mouth

B is for balance

Stand on one leg with arms out to the side

C is for cat stretch

Hands on thighs and round your back like a cat

D is for dancing

Dance move

E is for elephant trunk

Arms together mimicking a swaying elephant trunk

F is for frog hog

Squat down to the floor, chest lifted, hands in between legs, and hop

G is for galloping

Mini gallop like a horse

H is for hula hoop

Move hips in a circle like you are using a hula hoop

I is for ice skating

Imitate ice skating movement in a diagonal pattern

J is for jump rope

Jump as if you are jumping rope

K is for kayaking

Paddle

L is for leg circles

Stand on one leg with arms to the side. Make circles with leg in air.

M is for marching

March in place

N is for nodding

Nod head up and down

O is for octopus arms

Crazy octopus arms

P is for penguin walk

Hands to the side, raise shoulders up and down while walking in place

Q is for quick feet

Move feet rapidly while keeping them close to the ground

R is for running in place

Jog in place

S is for spinning

Turn around in a circle

T is for toe touches

Bend down and touch your toes

U is for up on your toes

Tippy toes

V is for violin

Pretend to play the violin

W is for walking

Walk in place

X is for xylophone

Pretend to play the xylophone

Y is for yoga

Any yoga pose of your choice

Z is for zig zagging

Run in a zig zag pattern

*Source: Commit to Be Fit*