



Activity Sheet Three : this week we are focusing on our letters whilst having active fun!

Try these fun activities with your family. Having fun whilst being active is very important. You can compete with yourself & each other if you want to, but enjoying the activities is the main thing.

Perhaps you could record yourselves doing the activities & share the clips with your friends & family if your parents/carers are happy for you to do so?

Safety- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink ready.

Alphabet Challenge : You will need a cuddly toy or a ball & perhaps some music!

1) Can you complete all the alphabet activities?

A= Stretch up into the air-hold & count to 5

B= Make a big star shape on the floor & count to 5

C= Lift your knees up high x 10

D= Punch the air x 10

E= Jog on the spot as fast as you can-count to 10

F= Swing your arms up & down x 10

G= Swing your arms from side to side x 10

H= Pass the cuddly toy/ball round your tummy x 5 each way

I= Throw the cuddly toy/ball into the air & catch it x 5

J= Star jumps x 10

K= Walk up & down stairs x 2

L= March on the spot & count to 10

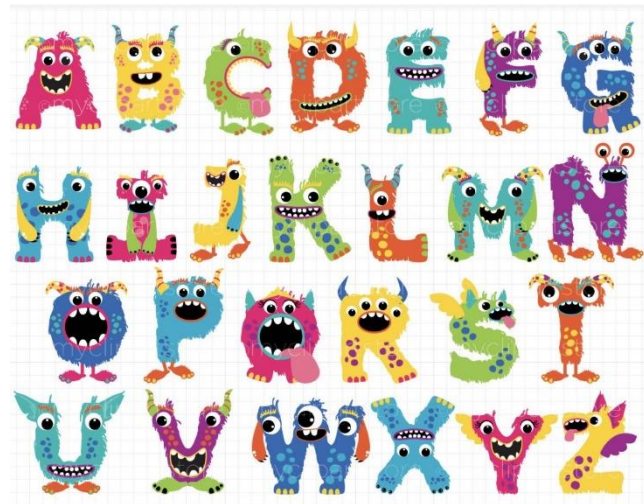
M= Kick your feet up behind you x 10

N= On your hands & knees, stretch your arm out in front of you-count to 5. Repeat using your opposite arm

O= Sit down on the floor & stand back up without using your hands to help you

P= 2 feet to 2 feet- jump forwards x 5

Q= 2 feet to 2 feet- jump backwards x5



R= 2 feet to 2 feet- jump as far round as you can. Try both ways

S= Balance on one leg-count to 5. Repeat using the opposite leg

T= Press ups/box press ups x 5

U= Step ups on the stairs x 20

V= Crawl from one end of the room/garden to the other & back

W= Bunny hop from one end of the room/garden to the other & back

X= Repeat your favourite letter

Y= High 5 another person

Z= sip some water!

2)Can you spell your name & complete the activities?

3)Can you spell your favourite food & complete the activities?

4)Can you spell your favourite TV programme & complete the activities?

5)What other questions could you ask, spell & complete the activities for?

6)Could you make up your own alphabet of activities?

Target letters/words Challenge: You will need some rolled up socks & paper & pens

Try this in pairs or small groups

- Print out or write (as big as possible) a letter on a piece of paper
- Place the pieces of paper in different places on the floor
- Stick them on the walls if you are allowed to
- Identify a 'throwing line'

-One person calls out a letter. The other person(s) attempts to hit the letter with their rolled up socks. If they do they score 10 points

-Take it in turns to call a letter

How to make this activity harder: Use smaller pieces of paper

Move the paper/'throwing line' further away

Try to spell a word & then hit the correct letters

