



Active Alphabet

This can help younger children to identify individual letters. For older children (and adults), this is a fun and active way to practice spellings. It works well as a quick energy booster when you've been sitting for too long. You can also combine it with other movement games or slot it into the middle of a circuit for a longer PE/movement session.

Good for:

- Movement breaks (after long periods of sitting);
- Using as a warm up before a workout;
- Using as part of a longer workout;
- Building coordination;
- Learning letters;
- Practising spellings;
- Developing listening skills;
- Having FUN!

You will need:

- Some scrap paper. (Cardboard or paper from deliveries or a cut up cereal packet will do just fine.)
- A pen or pencil.
- Space! To get a really good workout, this one is best done outside or in a larger room. However, if you don't have a lot of room, you can still make it work.

How it works:

Game 1: Recognising letters

Cut out 26 pieces of scrap paper and write a different letter on each one. Now spread them out face-up around your space. You can do this in any shape and order you like, depending on your child and the space available to you.

Call out the letters in any order you like. Your child has to find and run to that letter as quickly as possible.

Game 2: Spell that word

As in Game 1, make and spread out your letters in any shape and order you like.

This time, call out a word. The child has to spell the word by running to each letter in turn.

Grown-ups, fancy getting involved? Ask your child to call out words for you to spell too. It's harder than you think!!

Flip it! You can also flip the game. Take it in turns to spell out the word with your feet (by running to the letters) and the other person has to try and work out what the word is.

Top tip:

Remember to warm up and cool down before and after your workout. You could always use some of our shorter [Active Learning Games](#) as a warm up.

For more activities like this, head over to www.can-do-kids.co.uk

Health and safety

- **All activities suggested in this resource should be supervised by an adult and are undertaken at the participants'/supervising adult's own risk.**
- Make sure you check your area is clear of tripping hazards and sharp corners etc. before you start. Adapt the workout to make sure it is safe and suitable for the space you have. Always have water on hand so that you can all stay hydrated whilst you exercise.
- Make sure you warm up before starting. 5 minutes of moving all the joints and slowly elevating the heart rate will be fine. Your kids will more than likely have done warm ups and cool downs in PE at school so get them to lead this section if you like.