

PHYSICAL ACTIVITY for PHYSICAL DISTANCING

MOVEMENT ALPHABET

Suggested Levels: PreK-3

Time: 1- 5 minutes

Equipment: NONE

Objective: Promotes movement to refocus the brain while maintaining physical distancing.

Directions: The teacher leads the group through the alphabet while acting out the seated fitness movements.

A is for alligator hands- Open and close hands like an alligator mouth.

B is for bird- Flap your arms like a bird.

C is for cat stretch- Place your hands on thighs and round your back like a cat.

D is for dancing- Show off your best dance moves.

E is for elephant trunk- Place your arms together mimicking a swaying elephant trunk.

F is for frog hop- Hop like a frog in your seat.

G is for guitar- Play an air guitar.

H is for hula hoop- Move hips in a circle like you are using a hula hoop while remaining seated.

I is for ice cream- Pretend to be scooping ice cream.

J is for juggling- Pretend to juggle three balls.

K is for kayaking- Paddle

L is for leg circles- Hold your leg in the air and make a big circle.

M is for marching- March your feet while remaining seated.

N is for nodding- Nod your head up and down

O is for octopus arms- Show off your crazy octopus arms.

P is for penguin walk- Wiggle your shoulders like a penguin while staying in your seat.

Q is for quick feet- Move feet rapidly while keeping them close to the ground.

R is for race car- Pretend to be a race car driver.

S is for swimming- Move your arms like you are swimming.

T is for toe touches- Bend down and touch your toes.

U is for up on your toes- Get up on your tippy toes while seated.

V is for violin- Pretend to play the violin.

W is for walking- Walk your feet in place as you remain seated.

X is for xylophone- Pretend to play the xylophone.

Y is for yoga- Raise your hands to the ceiling and stretch.

Z is for zig zagging- Move your arms in a zig zag pattern.