**Activity Alphabet**

**Grade Level:** K-6

**Skills:** The skills involved in this activity include; light exercises and developing familiarity with the 26 letters of the alphabet.

**Objective:** 5. HF. 1

**Equipment:** Letters of the alphabet and space to write the exercises associated with that letter or space to post a picture of the specified exercise.

**Organization:** Students can be behind their desks with chairs pushed in, scattered throughout the activity area or in a squad formation with lines and rows.

**Activity:** Students will go through each letter of the alphabet. Ask your students to come up with an exercise for each letter of the alphabet. Some letters will be more difficult than others, some will be nearly impossible to think of (be creative) but for most letters, it’s possible. You will then draw or post a picture of that exercise or write the exercise associated with that letter immediately below each letter.

For example, A= aerobic exercise, B= bowling, C= crunches, D= dancing, etc. Ask your students to exercise each week using several different activities from their very own activity alphabet or ask them to spell words from the activity alphabet by performing the activity that corresponds with the letter of the word. You may have more than one exercise listed for each letter.

**Health:** We went through letters of the alphabet during this activity. Now, let’s discuss what a SMART goal is. What do we know about SMART criteria and how it can improve the effectiveness of a goal? (specific, measurable, attainable, realistic, trackable)

**Piloted at:** Columbia