

## ABC With Activities

	Movement		Movement
<b>A</b>	<b>Arm circles</b> <ul style="list-style-type: none"> <li>Stretch arms straight away from body</li> <li>Move arms in a circle motion frontwards or backwards</li> </ul>	<b>F</b>	<b>Frozen pose</b> <ul style="list-style-type: none"> <li>Move your body around your space</li> <li>When someone says, STOP! freeze in the position you are in</li> </ul>
<b>B</b>	<b>Balances</b> <ul style="list-style-type: none"> <li>Stand on one foot and balance body</li> <li>Keep as still as possible</li> </ul>	<b>G</b>	<b>Giraffe stretch</b> <ul style="list-style-type: none"> <li>Stretch your body to make it as long or tall as you can</li> </ul>
<b>C</b>	<b>Chase</b> <ul style="list-style-type: none"> <li>Find a partner and chase them around your space safely</li> </ul>	<b>H</b>	<b>High jumps</b> <ul style="list-style-type: none"> <li>Jump on both feet as high into the air as you can</li> </ul>
<b>D</b>	<b>Dances</b> <ul style="list-style-type: none"> <li>Move your body in any way you choose</li> </ul>	<b>I</b>	<b>In-line skating</b> <ul style="list-style-type: none"> <li>Pretend you are skating on the floor in one place</li> </ul>
<b>E</b>	<b>Elevated balances</b> <ul style="list-style-type: none"> <li>Balance on your tip toes</li> </ul>	<b>J</b>	<b>Jumping jacks</b> <ul style="list-style-type: none"> <li>Jump both legs out and clap both hands over your head at the same time</li> </ul>

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K	<b>Alternating kicks</b> <ul style="list-style-type: none"> <li>Kick in one direction and then kick your other leg</li> </ul>	P	<b>Pulling an imaginary rope</b> <ul style="list-style-type: none"> <li>Bend your waist</li> <li>Pretend that you are pulling a rope with your arms</li> </ul>
L	<b>Two-footed leaps</b> <ul style="list-style-type: none"> <li>This is a jump on both feet away from where you are standing</li> </ul>	Q	$\frac{1}{4}$ <b>arm circles</b> <ul style="list-style-type: none"> <li>Tiny arm circles</li> </ul>
M	<b>Moving your body in a movement of your choice</b>	R	<b>Roaming around your space</b> <ul style="list-style-type: none"> <li>Walk around your space safely</li> </ul>
N	<b>Nine small hops</b> <ul style="list-style-type: none"> <li>9 Tiny jumps</li> </ul>	S	<b>Stepping over an imaginary line</b> <ul style="list-style-type: none"> <li>Step over a line in your space back and forth</li> </ul>
O	<b>Overhead arm stretches</b> <ul style="list-style-type: none"> <li>Stretch your arms into the air to make yourself as tall as you can</li> </ul>	T	<b>Twisting your body side to side</b> <ul style="list-style-type: none"> <li>Keep your feet still</li> <li>Move your body to face one side and then twist to face the other</li> </ul>

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<b>U</b>	<b>Underhand throwing motions</b> <ul style="list-style-type: none"> <li>Pretend that you are rolling a ball</li> </ul>	<b>X</b>	<b>Extra wide stepping forward and backward</b> <ul style="list-style-type: none"> <li>Take a very big step forwards</li> <li>Take a very big step backwards</li> </ul>
<b>V</b>	<b>Vertical (up and down) body motions</b> <ul style="list-style-type: none"> <li>This can be a jump up and down or a stretch up and down you are standing</li> </ul>	<b>Y</b>	<b>Your own choice of exercise</b>
<b>W</b>	<b>Walking quickly in one spot</b> <ul style="list-style-type: none"> <li>Pretend that you are walking but stay in one place</li> </ul>	<b>Z</b>	<b>Zebra walk</b> <ul style="list-style-type: none"> <li>On your hands and knees, walking safely around your space</li> </ul>