

# Teacher Notes

This activity can be used as a warm-up, classroom brain break or as part of your Physical Education lessons to encourage a range of movement and exercise across a variety of different muscle groups.

## Before

Print the Alphabet Exercise and Movement posters for your students. You may like them to pair up or to provide a double-sided copy to each student.

You may wish to set some repetitions for each movement or exercise based on the strength and ability of your students, or you could provide students with a standard dice and they can roll the dice to indicate how many repetitions are needed.

You may like to generate discussion with your students and encourage them to make predictions about what will happen to their breathing, heart rate etc., as they complete the activities.

Guide students through how to complete each movement and organise the equipment needed, including cones, skipping ropes, soccer balls, or something similar.

Provide students with the chance to warm up before completing the activity to avoid injury.

## During

You may like to set a time limit for the completion of the activity.

If your school allows, you may wish to take some photos of students performing some activities to create a classroom or whole school display.

## After

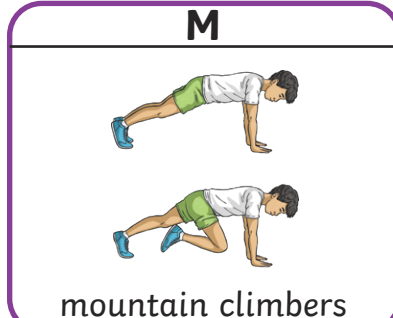
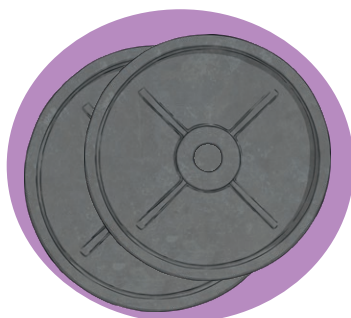
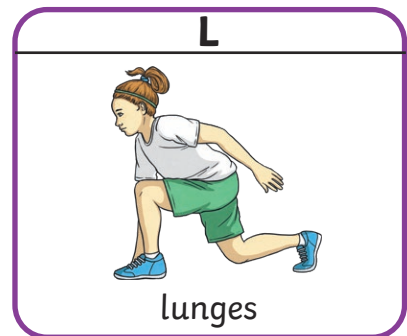
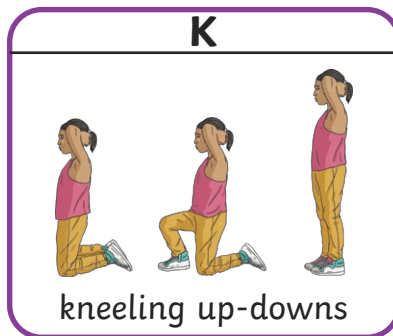
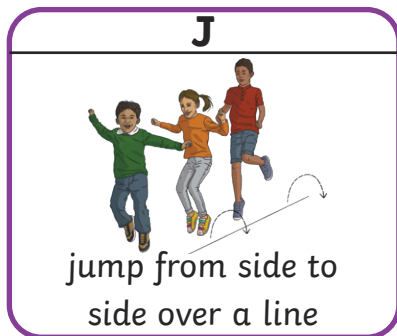
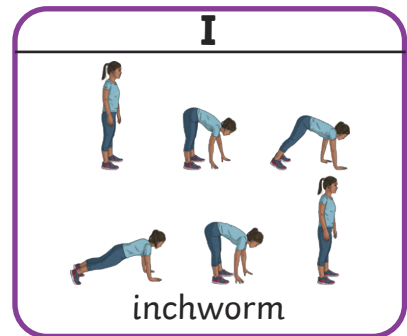
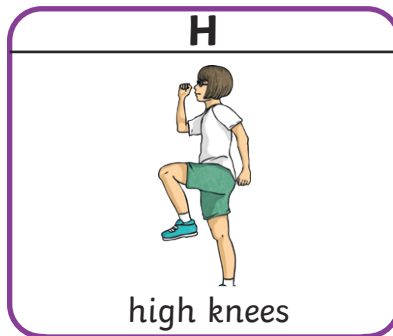
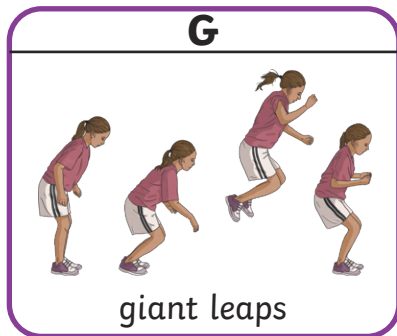
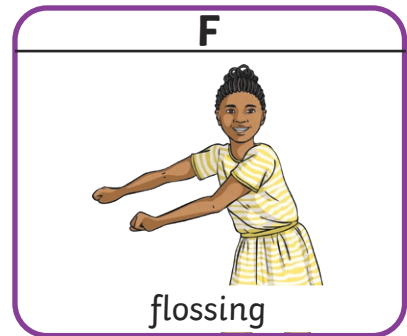
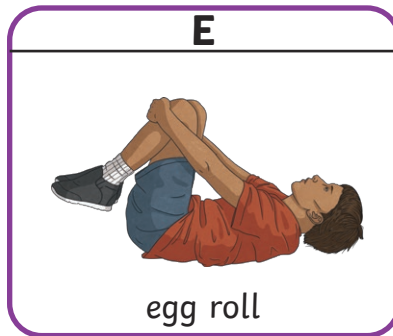
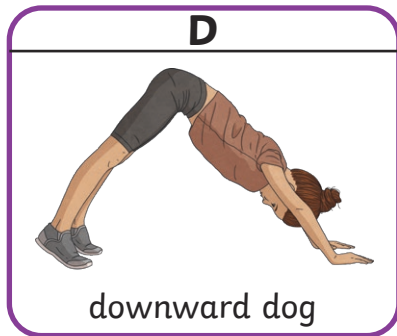
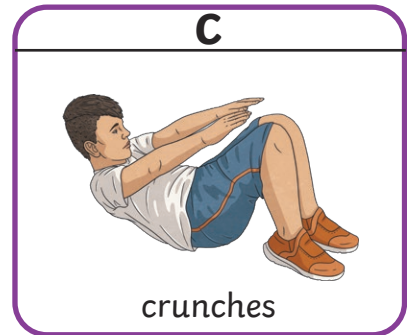
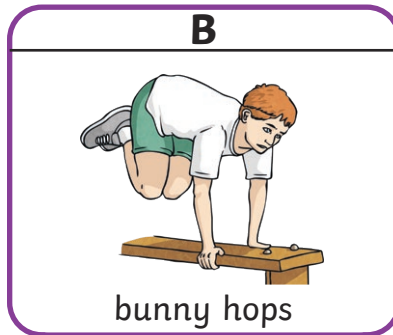
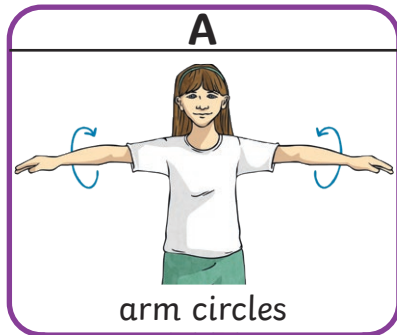
Have a follow-up discussion with students about what they enjoyed or found challenging. You may like certain students to demonstrate their favourite exercise or movement.

## Disclaimer

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

# Alphabet Exercise and Movement

Get moving and have some fun spelling out your name. Complete the exercise or movement associated with each letter.



**N**



ninja pose

**O**



overhead stretch

**P**



pop up

**Q**



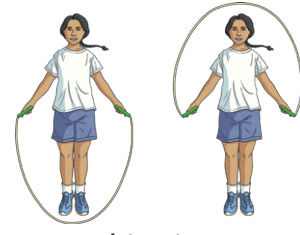
quick feet

**R**



run on the spot

**S**



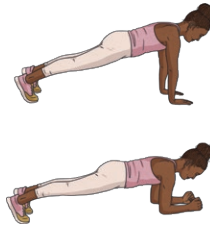
skipping

**T**



tree pose

**U**



up-down bridges

**V**



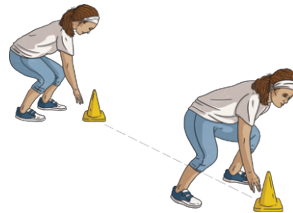
vertical roll down

**W**



wheelbarrow with  
a partner

**X**



X marks the spot

**Y**



star jumps

**Z**



zigzag run  
through some cones  
or obstacles