

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Alphabet Ball

Game Description:

An activity that engages you brain and your body!

Objective:

The goal of this activity is to get your brain and body moving together!

Game Rules:

In this cross-curricular activity we integrate the learning of the alphabet into an active game. Begin by writing the letters of the alphabet on a ball. With an alphabet ball you can play many letters learning active and adapt the game depending on the age of the children you are working with. You can play a catch game where children say the first letter they see on the ball out loud after catching it.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Catch
Throw
Track