

Team alphabet

A Players move randomly around the floor until a letter of the alphabet is called they then must form groups in the shape of the letter. (Play with 8–30.)



What to do

- > Players move randomly around the room using a locomotion skill that you call out (e.g. skipping, hopping, jumping).
- > Call out a number and a letter and players must form a group of this number and then, using various balancing techniques, form the shape of that letter.
- > Call out 'TEAM ALPHABET!', players resume moving around until you call the next number and letter.

- > Letters that are easier to form are: A, C, D, E, F, H, I, K, L, N, T, U, V, Y, Z



- > Letters that are harder to form are: B, G, J, M, O, P, Q, R, S, W, X

Change It

- > Suggest players form letters while lying on the floor.

Safety

- > If players are elevated when forming letters, make sure the group lowers them down safely to avoid injury and that the activity is performed on a mat.
- > Match players appropriately, especially if any weight-bearing action is likely.



Ask the players

- > What letters are easiest to form?
- > How can your group best work together to form the letter?
- > What is the safest way to exit a letter when players in your group are up high?

LESSON LINK

Team alphabet extends players' ability to hold a basic shape and introduces making and holding shapes in groups, which is needed for many balancing activities. It can be followed by an activity such as *Mini pyramids* which further develop this skill.