





◆ **FITNESS SPELLING** (Adapted with permission from *Everybody Move! Daily Vigorous Physical Activity*, CIRA Ontario)

General Outcomes													
	Activities		Benefits Health		Cooperation				Do It Daily...For Life				
Specific Outcomes	<i>Basic Skills</i>	<i>Application of Basic Skills</i>	<i>Functional Fitness</i>	<i>Body Image</i>	<i>Well-Being</i>	<i>Communication</i>	<i>Fair Play</i>	<i>Leadership</i>	<i>Team Work</i>	<i>Effort</i>	<i>Safety</i>	<i>Goal Setting/Personal Challenge</i>	<i>Active Living In The Community</i>
	A(K-6)-1	A(K-6)-13	B(K-6)-3										

Equipment: A posted list of activities for each letter of the alphabet

Organization: Post an activity for each letter of the alphabet – a sample list is included below. Ensure that all students are able to perform each activity. Challenge students to spell the entire alphabet by completing all activities, or have partners practice spelling words while the other partner guesses each word, or have a leader assign each pair of students a word that they will then complete the activity for each letter in the word.

A – Alternate knee lifts 20x	J – Jumping Jacks 20x	T – Tae Bo kicks front and back 10x each leg
B – Balance on 5 body parts for 20 seconds	K – Kick your heels together 10x	U – YOU stretch it – reach high and low
C – Calf raises 20x	L – Lunges on each leg 10x	V – V-sit 20 seconds
D – Dips 10x	M – Mountain climbers 15x	W – Walk around the room once
E – Energizer bunny hops 20x	N – Note your heart rate	X – Cross-over steps 10x each direction
F – Free dance your favorite moves for 30 seconds	O – hOp on each foot 10x	Y – Yodel for 10 seconds with your best voice
G – Gluteal kicks 10x each leg	P – Push ups 5x	Z – Zig zag jumps from side to side 20x
H – Hand jive	Q – Quench your thirst	
I – Intense marching on the spot	R – Run on the spot 15 seconds	
	S – Squats 10x slow and controlled	

Variation/Inclusion: Post letters and activities throughout the activity space encouraging students to move to each letter before completing the action. Have students create new activities or themed activities for each letter of the alphabet. Provide variations to ensure that all students are able to complete each movement – a student in a wheelchair could do tricep extensions over their head instead of dips. Students with visual impairments could work with a partner.