

Healthy **moves** from **A** to **Z**

Use these simple prompts to inspire daily physical activity in young children. Challenge children to come up with additional moves related to the letters of the alphabet.

A

Ask children to come up with different ways to make an **ARCH** with their body.

B

Practice **BALANCE** skills with a balance beam or stepping stones.

C

CRAWL through tunnels. Old sheets and moving boxes make great, portable tunnels.

D

DART through a homemade obstacle course. Great fun for inside or outside play!

E

EXPLORE the great outdoors. Look for wildlife. Chase after butterflies and fireflies.

F

Feel the rush of the wind as you **FLAP** your arms like they are wings.

G

Challenge children to **GALLOP** forwards and backwards, in different pathways and at different speeds.

H

Read Who Hops? by Katie Davis, then let children **HOP** or move like the animals in the book.

I

INFANTS need tummy time to strengthen muscles, improve balance and learn coordination.

J

Place a series of “lily pad” hula hoops on the ground and encourage children to **JUMP** from one lily pad to the next.

K

KICK balls of various sizes.

L

Learn to be limber with a game of **LIMBO!**

M

MARCH to the beat using homemade instruments or some John Phillips Sousa tunes.

N

Teach children **NUMBER** concepts through physical activity. Encourage children to count steps, make groups with a certain number of children or keep track of the amount of physical activity they get each day.

O

Always provide **OPTIONS!** Adapt games to meet the individual needs of children. And remember, kids are great at devising new ways to play with standard equipment.

P

Provide an environment in which children can **PRACTICE** skills independently. Avoid using competition as a motivator and promote success for all children by adjusting for individual skill levels.

Q

After physical activity, be sure to provide two minutes of **QUIET TIME** and relaxation exercises. Emphasize slow breathing, relaxing muscles and releasing tension.

R

Use **RHYTHM STICKS** or **RIBBON WANDS** to promote children's expressive rhythmic movements.

S

Develop endless catching games using inexpensive **SCARVES**.

T

Encourage children to **THROW** balls or beanbags at targets placed on the wall. Use poster board, a cardboard box, or an old sheet to create unique targets.

U

Help children learn how to **USE** various body parts by focusing on movements with the **UPPER BODY**. Use the alphabet to develop movement challenges that relate to upper body parts such as the arms, elbows, shoulders, hands, and head.

V

Promote **VOLLEYING** skills by playing a game of "Keep It Up" with a balloon.

W

Have children act out various weather conditions by **WALKING** as if they were feeling each kind of weather such as wind, or walking in leaves or puddles.

X

X marks the spot! Use tape, carpet squares or poly spots to create a personal space for each child. Encourage children to put various body parts on their spot.

Y

YOGA poses can help children develop coordination and balance.

Z

Encourage children to create **ZIGZAG** patterns with their bodies.



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