



# ABC Physical Activity Game



A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	XYZ

### Rules for the ABC Physical Activity Game:

- Individually or with a family member, brainstorm a physical activity that begins with each letter of the alphabet. For example, A is for arm circles or W is for wall sits. Write the activities in each square.
- Then roll one die or two dice and whichever square it lands on, that person does the number on the die of that specific activity. For example, if Steve rolls a 4 on the square "J" that says jumping jacks, then he would do 4 jumping jacks.
- Another way to play this game is to work on spelling skills while being active. You could have a list of spelling words or names of people and then spell that word by doing the physical activity. For example, if I was spelling my name "Val", I could pretend to play volleyball, do arm circles and then do leg raises.
- *Remember not to go outside if you have any symptoms of coronavirus or have been recently travelling. Also, remember to maintain social distancing as well as it is recommended NOT to go on playground equipment!*