

Purpose & SOL

- Students will be able to recognize letters of the alphabet and letter sounds.
- Language Arts K.7a

Materials

- “Lettercise” by Dr. Jean video: <http://www.youtube.com/watch?v=f-J1Qm10uXk>
- Letter cards printed on card stock or an alphabet poster in the room

Length
15 min.

Introduction

Begin the lesson by playing “Match Me”. Use this to introduce/demonstrate how to: do a cross punch, running in place, pretend to jump in place, jumping jacks, super jump, and waving your hands in the air.

Implementation

Exercise the Answer

1. Explain to students that we will be learning a song with motions to practice our alphabet letters.
2. Start by holding up card “A” (or point to the letter in your room) and instruct students to use their right arm to punch across their body (“jab cross” in boxing). Their left arm should be in a fist. Punch two times and on each punch, students shout “A, a”. The second punch should be the sound of the letter.
3. On “B”, use the other arm to jab cross across the other side of the body. Punch two times and on each punch, students shout “B, b”.
4. Go through A-G and then say “now run in place”
5. Go through H-N and then say “let’s pretend to jump rope”
6. Go through O-U and then say “time for jumping jacks”
7. Go through V-Z and then say “SuperJump! Wave your hands in the air like the winners you are!”
8. Repeat if time permits.

Cool Down

Breathe in and reach up to the sky, breathe out and reach to your toes. Repeat 3 times.

Modifications

Use this a warm up for language arts.

