

Practice spelling your words while moving.

Directions: Practice your spelling words/high frequency words. While you spell each word, perform the movement that pairs with each letter. (Example: along - a = 10 jumping jacks, l = 15 seconds of snake slithers, o = 10 frog jumps, n = 5 left arm circles, g = 5 right foot hops)

A	10 jumping jacks	N	5 left arm circles
B	5 right arm circles	O	10 frog jumps
C	15 seconds of crab walk	P	10 burpees
D	10 sit ups	Q	Slide across the room and back
E	5 push ups	R	10 kangaroo jumps
F	8 trunks twists	S	Skip across the room and back
G	5 right foot hops	T	8's
H	Gently throw up a ball or stuffed animal and catch it 5 times	U	10 jumps
I	15 mountain climbers	V	10 gallops
J	Touch your toes 7 times	W	Safely shoot a ball or stuffed animal in a laundry basket 6 times
K	Jog in place for 30 seconds	X	Your choice
L	15 seconds of snake slithers	Y	10 Superman lifts while laying down
M	Softly kick a ball 7 times	Z	Balance on your bottom for 20 seconds