Name/Title: ABC's of PE

Academic content: Language Arts

Purpose of Event: The purpose of the ABC's of P.E. is to allow for a variety of concepts and skills to be taught and reviewed while integrating language arts into the lesson.

Prerequisites:

Coordinate this activity with the classroom teacher. The students could be involved with making the cut out letters as they go through the alphabet during the year.

Prior practice in catching, kicking, throwing, and striking, as well as locomotor and manipulative skills and station work, would be helpful.

Suggested Grade Level: K-2

Materials Needed:

Poster for each letter of the alphabet that contains a die cut letter along with a picture of the activity; example, A is for Animal Movements (with pictures of different animals on it)

- AD
- BC
- E-K
- L-Q_TUWZ
- RSUXY

B-bowling pins and ball/bat and bases
C-large stand up shapes/catch balls
D-poly spots with alphabet/basketballs and soccer balls
E-polyspots with exercises
F-froggie mitts with balls/foam frisbees
G-Gym-i-Nee with mini-basketballs/grab balls
H-hopscotch mat/hula hoops
I-polyspots with pictures (bicycle, body fold, crab kick, etc.)/dice
J-juggling scarves/jump ropes
K-koosh balls and gloves
L-1 lb. weights/pictures of locomotor movements
M-music/pictures of locomotor movements
N-number ring toss/cones with numbers
O-octopus bean bag toss/hurdles P-puppets/playground balls
Q-books/footballs
R-ring toss
S-stompers
T-targets/tee with bat and ball for t-ball
U-hurdles to go under in different heights
V-balloons/volleyballs
W-skeleton puzzle/wobble balls

X-tic-tac-toe bean bag toss
Y-yarn balls
Z-poly spots in shape of Z or tape line, hoppity hop

Physical activity: variety of locomotor & non-locomotor skills

Description of Idea

The "ABC's of P.E." are stations in which activities begin with each letter of the alphabet - to integrate language arts in the physical education lesson. Signs are posted at each station listing the letter, picture and name of the activity. The students' first job is to recognize the letter, try to sound out the words, read the sign, and then begin the activity.

The lesson can be divided into four separate lessons: A-H, I-Q, R-Z, Alphabet Soup (review of any stations). The station activities are as follows: (Some stations are for inside, some for outside, and some for either -- you can adjust as needed for your space.)

A is for Animal Movements (perform any animal movements);
B is for Bowling/Bats and Bases (swing bat and run bases in order);
C is for Crawl Through the Shapes (crawl through large foam shapes trying not to touch)/Catch Ball (resembles a jack, toss and catch, can add numbers up at end);
D is for Dot-to-Dot (jump from ABC poly spot to poly spot recognizing letters, thinking of words that begin with those letters or spelling words)/Dribble (practice dribbling soccer ball or basketball);
E is for Exercise (perform different exercises from the poly spots or pictures posted);
F is for Frog Fun (toss and catch Velcro insects with frog-shaped mitt)/Foam Frisbee;
G is for Gym-I-Nee (shoot mini-basketballs into mini-goal and can add up points from the numbers on each chute)/Grab Ball (toss and catch or kick grab balls);
H is for Hopscotch (practice hopping and jumping on mat)/Hula Hoops;
I is for Individual Stunts (perform stunts on poly spots-crab kick, body fold, bicycle, etc.)/Instant Exercise (roll large dice and add up numbers and perform any exercise that many times);
J is for Juggling (toss-toss-catch-catch with juggling scarves)/Jump Ropes;
K is for Koosh Ball and Gloves (practice tossing and catching alone or with a partner);
L is for Lifting Weights(lift 1 lb. dumbbells to work biceps and triceps)/L and M together (for outside) is for Locomotor Movements(practice locomotor skills pictured-walk, hop, skip, jump, gallop, slide, leap, run);
M is for Move to the Music(dance or do specific exercises to the music playing)/Marching;
N is for Number Ring Toss(toss rings around poles, recognize numbers and add up)/Number Dash(run from cone to cone in numerical order);
O is for Octopus Bean Bag Toss/Over the Hurdles (jump or leap over hurdles set up);
P is for Puppets/Playground Balls;
Q is for Quiet Time(sit and read or look at healthy/sport books)/Quarterback(practice throwing a football);

R is for Ring Toss;
S is for Scooters/Stompers (walk around on stilts);
T is for Target(toss bean bags or small balls at target)/T-Ball (practice hitting a ball off of tee);
U is for Under (set up different height hurdles to go under);
V is for Volleyball (balloons for inside);
W is for Working Together (put life-size skeleton together)/Wobble Ball;
X is for X Marks the Spot (toss bean bags to turn over X's on Tic-Tac-Toe board);
Y is for Yarn Ball (tossing and catching with oneself or partner);
Z is for Zig-Zag Pattern (hop on hoppity hop following the Z shape or zig-zag pattern made with poly spots or tapeline)

Divide students into equal groups and talk about working cooperatively together. When they hear "ABC" they move to the next station making sure to go in alphabetical order. Depending on the equipment that you have, you can adjust the activities to your inventory. These are just suggestions for activities.

- AD
- BC
- E-K
- L-Q_TUWZ
- RSUXY

Assessment Ideas:

While monitoring the stations the teacher could use a check-off list of the skills in this lesson.

Teaching Suggestions:

These stations can be broken up and taught throughout the year - in coordination with the curriculum taught in the classroom.

Submitted by **Joannie Kellum** who teaches at Eastern Elementary School in Washington, NC. Thanks for contributing to PE Central! **Posted on PEC: 2/6/2009**.

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