



how to play:

- Ask children to travel around the sports hall/playing area in different ways (jogging, skipping, side step etc.).
- After 20 – 30 seconds call out a letter of the Alphabet; children must make the shape of the letter with their body.
- Repeat this, changing the method of travelling and the letter each time.

Progression – Put children into groups of 4. Call out a 4-letter word and ask children to spell that word as a group using their bodies.

Progression – Ask groups to form their own word and other teams must try to guess the word they have spelt out.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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