

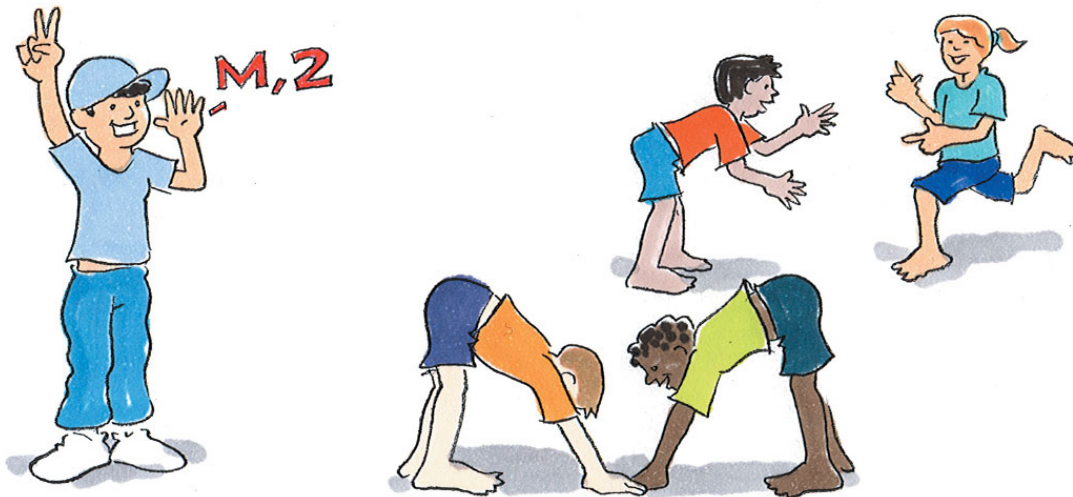


Australian Government
Australian Sports Commission

F-2 3-4 5-6

WARM-UP SKILL DEVELOPMENT

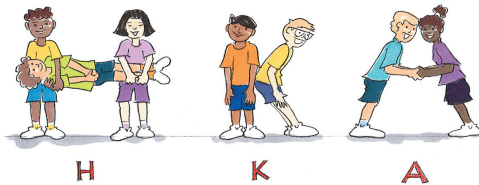
Players move randomly around the floor until a letter of the alphabet is called they then must form groups in the shape of the letter. (Play with 8–30.)



What to do

- > Players move randomly around the room using a locomotion skill that you call out (e.g. skipping, hopping, jumping).
- > Call out a number and a letter and players must form a group of this number and then, using various balancing techniques, form the shape of that letter.
- > Call out 'TEAM ALPHABET!', players resume moving around until you call the next number and letter.

> Letters that are easier to form are:
A, C, D, E, F, H, I, K, L, N, T, U, V, Y, Z



> Letters that are harder to form are:
B, G, J, M, O, P, Q, R, S, W, X

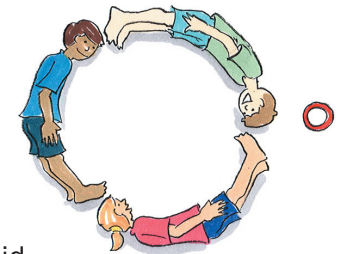
Team alphabet

Change It

- > Suggest players form letters while lying on the floor.

Safety

- > If players are elevated when forming letters, make sure the group lowers them down safely to avoid injury and that the activity is performed on a mat.
- > Match players appropriately, especially if any weight-bearing action is likely.



Ask the players

- > What letters are easiest to form?
- > How can your group best work together to form the letter?
- > What is the safest way to exit a letter when players in your group are up high?

LEARNING INTENTION:

Team alphabet extends players' ability to hold a basic shape and introduces making and holding shapes in groups, which is needed for many balancing activities. It can be followed by an activity such as Mini pyramids which further develop this skill.

SKILL FOCUS

BALANCING LOCOMOTOR MOVEMENT

CONTENT DESCRIPTIONS

ACPMPO43 ACPMP061