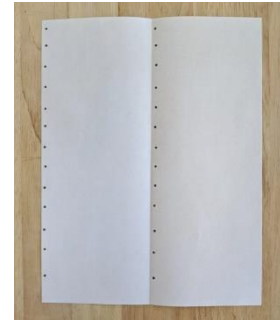# MOVE & SPELL FUN GROSS MOTOR LITERACY GAME

For this gross motor literacy game, you'll need:

- Paper
- Marker or pencil

Fold your paper vertically in half, to make two columns on your paper. Then draw thirteen dots on one side and thirteen on the other side. Try to space them out evenly to fill up the entire column.
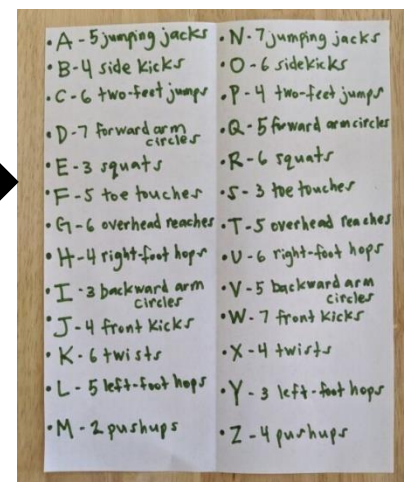
Write one letter per each dot on the paper.
A-M will be on the left side of the paper and N-Z on the right side of the paper. You can choose uppercase, lowercase, or even both types of letters.

Once the letters are written on the paper, write the movement activities. You can choose any actions that are suitable for your kids. Along with each action, decide on an amount to do – like 5 jumping jacks.

Put one action + the amount of that action beside each letter from A-M. Some examples of movements are jumping jacks, sidekicks, and forward arm circles, etc. Change the number and use the same actions for N-Z. You can start with simple name spelling. Have your child do the actions for each letter of his/her name. For example, Alisha, would do the movements for letters A, L, I, S, H, and A. From the sheet above, that would be:

- 5 jumping jacks
- 5 left-foot hops
- 3 backward arm circles
- 3 toe touches
- 4 right-foot hops
- 5 jumping jacks

You can choose to play in a group, where each person takes turns building their word and doing the movements.

Or you could play with one person as they build continuous words and do those movements; it could be quite a workout.

Another fun way would be to all work on building the same letter. Either do all the movements for all the letters together or round-robin the letters, with each person doing one letter in turn until the word is spelled out. Other ways to play:

- Simple letter recognition: have your child find a letter and do that single move
- Color words: red, blue, orange, green, purple, yellow