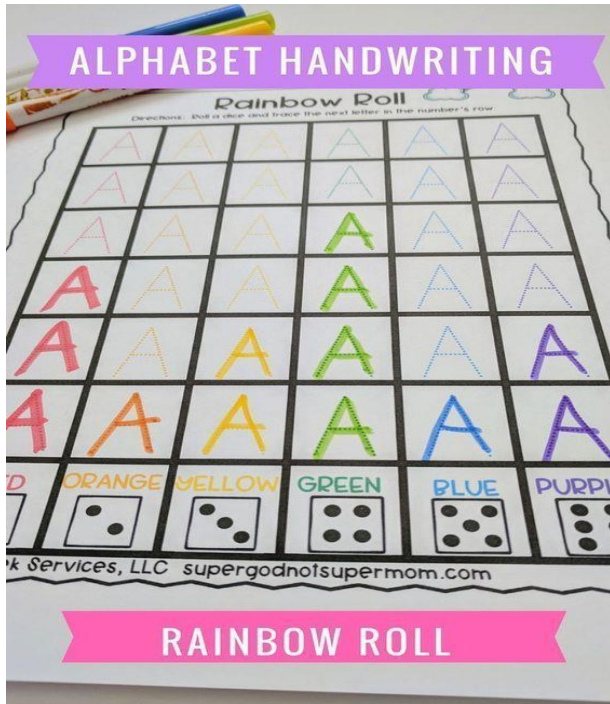


Lots of 'Letters & Sounds' challenges from Mrs Holloway

### **Alphabet handwriting**

Make a grid with any letter of the alphabet. Each number rolled on a die is a different colour. For example if you roll a 1 you need to write your letter in red, a 2 would be orange, 3 would be yellow and so on. Or maybe each number is a different letter. Which one will win? This can be carried in lower case or upper case. A great way to practice the letters children aren't always forming correctly.



### **What is your name?**

Spell out your name and complete the activity listed. For a greater challenge include your middle name and your surname.

You could even pretend to be one of your friends or your favourite character.

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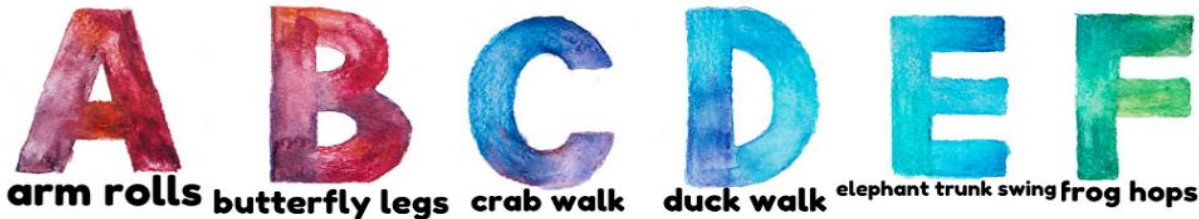
Please make sure an adult is with you during these as some actions are tricky.

## Alphabet exercise

Write each letter of the alphabet on different pieces of paper. Fold these up and put them in a plastic pot/bowl. Take turns to choose a piece of paper and see what you have to do. Can you think of your own moves?

# Alphabet Exercise

[www.TheOTtoolbox.com](http://www.TheOTtoolbox.com)



# what's fit activity for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

**A** jump up & down 10 times

**B** spin around in a circle 5 times

**C** hop on one foot 5 times

**D** run to the nearest door and run back

**E** walk like a bear for a count of 5

**F** do 3 cartwheels

**G** do 10 jumping jacks

**H** hop like a frog 8 times

**I** balance on your left foot for a count of 10

**J** balance on your right foot for a count of 10

**K** march like a toy soldier for a count of 12

**L** pretend to jump rope for a count of 20

**M** do 3 somersaults

**N** pick up a ball without using your hands

**O** walk backwards 50 steps and skip back

**P** walk sideways 20 steps and hop back

**Q** crawl like a crab for a count of 10

**R** walk like a bear for a count of 5

**S** bend down and touch your toes 20 times

**T** pretend to pedal a bike with your hands for a count of 17

**U** roll a ball using only your head

**V** flap your arms like a bird 25 times

**W** pretend to ride a horse for a count of 15

**X** try and touch the clouds for a count of 15

**Y** walk on your knees for a count of 10

**Z** do 10 push-ups

## Websites

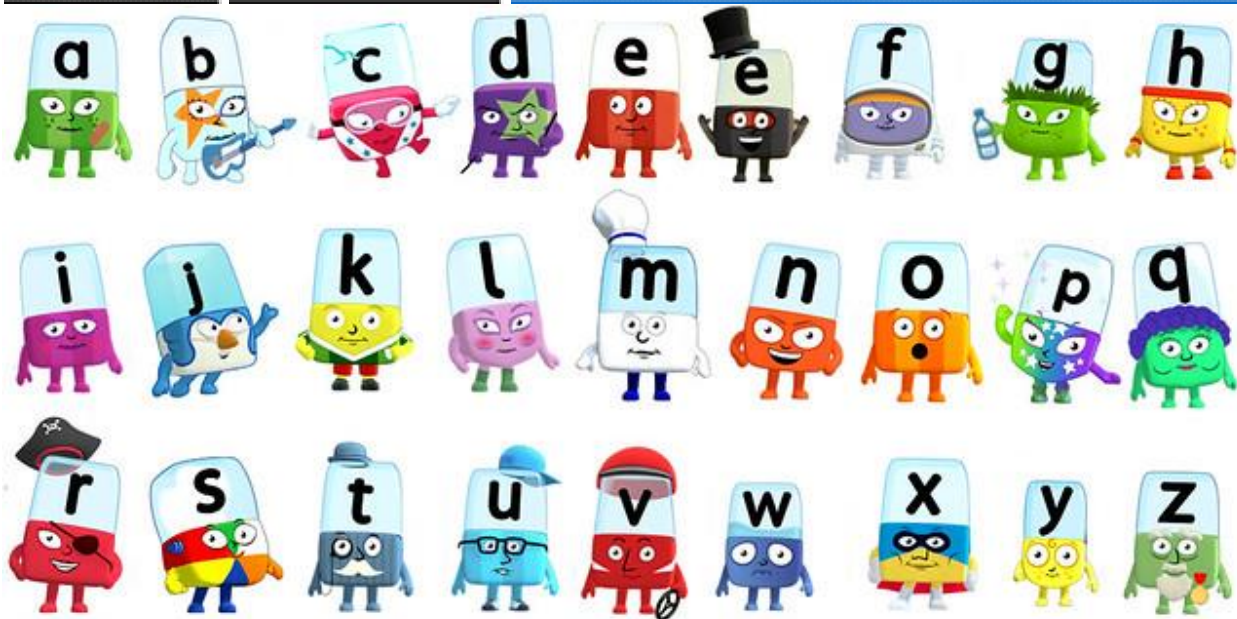
Here are some useful websites to support the different sounds in the alphabet.

Alphablocks

On here there is a useful guide for parents about how Alphablocks supports the children's learning.

<https://www.bbc.co.uk/cbeebies/shows/alphablocks>

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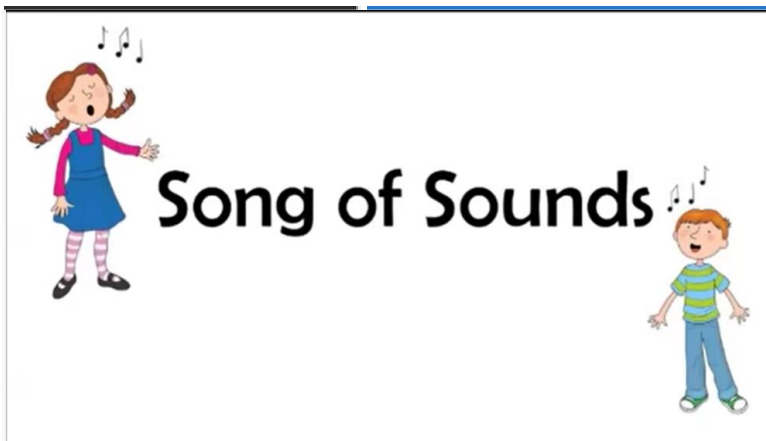


## Song of sounds

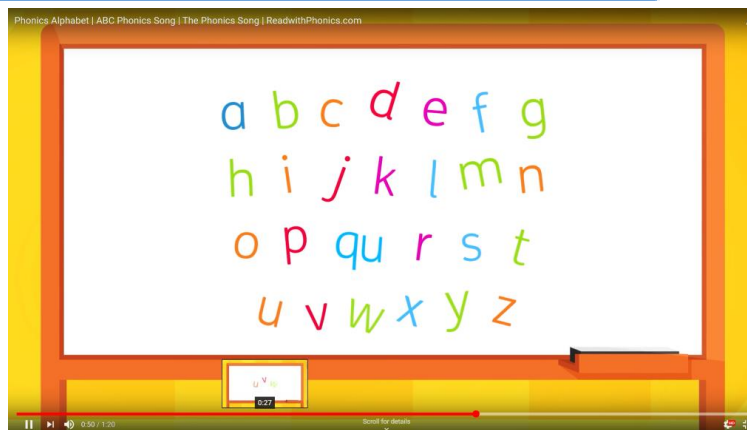
<https://www.youtube.com/watch?v=48uf9I6P2xQ>

## Phonics song abc

<https://www.youtube.com/watch?v=QJ63I2qqtXQ>



8



## Letter and number formation

<https://www.doorwayonline.org.uk/literacy/letter-formation/>

A screenshot of a 'Letter and Number Formation' activity. At the top, there is a navigation bar with a home icon, the title 'Letter and Number Formation', and a 'Fullscreen' icon. Below the title is a grey bar with the text 'Press Ctrl to exit fullscreen mode'. The main content area features a large, black, lowercase letter 'e' with a pencil pointing to its bottom right. Below the letter, there is a blue button with the word 'enter' and a pencil icon. At the bottom of the page, there is a version number 'v1.12'.

v1.12