

Let's start...

1

Stand in front of a long mirror

2

Using your arms and legs, form your body into the shape of each letter of the alphabet (think Mo Farah's Mobot for 'M', and stretching your arms up and legs apart for 'X').

3

You can choose upper or lower case letters or use a mixture of both

4

Try and hold each letter shape for 5 seconds before moving onto the next

5

If you'd like another challenge, try forming numbers 0-9 or spelling out your name by moving from one letter shape to the next.

6

Turn it into a dance by playing music and moving from one letter or number shape into the next in time.



ALPHABET CHALLENGE

Follow the simple steps to play...



SAFETY

Hold onto the back of a sturdy chair, the wall or a cane for support if needed.



EQUIPMENT

Long mirror, music and props (if needed). Use props such as a wooden spoon, umbrella or cane to form parts of letters if it's impossible to do so with your body alone.



TOP TIPS

You can use just your arms or introduce your legs to make the different letter shapes.



REMEMBER

How many songs can you remember with words spelt out in letters e.g. YMCA?



YOUTH
SPORT
TRUST