



Rio Grande Educational Collaborative

Before and After School Program Lesson Plan

TITLE OF LESSON: Alphabet Exercise

DATE:

SITE NAME:

CLASS SIZE:

NAME(S) OF INSTRUCTOR:

DURATION OF LESSON:

CREDIT (website used/name of author): <https://www.theotttoolbox.com/alphabet-exercises-for-kids/>

COMMON CORE STANDARDS: CCSS.ELA-LITERACY.RF.1.3, CCSS.ELA-LITERACY.RF.3.4, CCSS.ELA-LITERACY.SL.5.1.B

LEARNING OBJECTIVES:

Students will understand the following:

- Develop simple kinesthetic learning tools for spelling

ACTIVITY:

Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

Alphabet exercises involve performing a specific exercise when the leader calls a letter. Some time will need to be spent each day teaching students the various exercises (see chart below for example) and how they correspond to each letter of the alphabet.

Once students are familiar with the exercises (by practicing a bit each day) the instructor can build upon the lesson by spelling entire words for the students, have students bring in their own spelling words each day, or even do a whole exercise routine by spelling out a whole sentence (or more).

MATERIALS:

The following materials or equipment needed for this lesson:

(Include special equipment request)

- Alphabet exercise worksheet or chart in the classroom (sample attached)

SIGNATURE: _____ **DATE:** _____

SITE SUPERVISOR'S SIGNATURE: _____ **DATE:** _____

INSTRUCTOR'S REFLECTION:

Reflection on the lesson given:

1. How many students participated in the lesson given? _____
2. Name(s) of instructors participated. _____
3. How long did your lesson take? (Amount of time) _____
4. How did the students feel about the lesson? _____
5. Did the students like the lesson? _____
6. What part of the lesson did the students like? _____

7. What part of the lesson did the students not like? _____

8. Were the students interested in the topic of the lesson? _____
9. Was the content of the lesson difficult for the students? _____
10. What could you have changed to make the lesson interesting? _____

11. Did you have any trouble getting your lesson together? (Idea & Materials) _____

12. How do you rate your lesson? (1-10) Why? _____

SITE SUPERVISOR'S REFLECTION:

Reflection on the instructor's lesson:

1. How many students participated in lesson? _____
2. How many instructors participated in lesson? _____
3. Did the students enjoy the lesson? _____
4. What part did the students enjoy? _____

5. What part did the students NOT enjoy? _____

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____

Alphabet Exercise

www.TheOTtoolbox.com



arm rolls



butterfly legs



crab walk



duck walk



elephant trunk swing



frog hops



giant leaps



high knees




incline climb



jumping jacks



knee squats



lunges



mega jumps



neck rolls



overhead stretches



push ups



quad stretches



run in place



snake slither



toe touches



under-over maze



vertical wall taps



windmills



x marks the spot
exercise



yoga pose



zig zag run