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

**What to do**

**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.