

ALPHABET FITNESS® MAKES KIDS' BODIES LEARNING-READY

*The following is a list of **learning and health skills** Alphabet Fitness teaches students as they learn to weave increased amounts of **large motor movements** into daily curriculum activities:*

KIDS ENHANCE READING/WRITING/SPEAKING/LISTENING SKILLS:

Kinesthetically recognize capital letters' names and shapes
Integrate letter directionality through body letter movements
Physically coordinate beginning sounds, making sounds physically visible
Recognize some sight words, number words and color words
Kinesthetically recognize word/sounds that rhyme
Enjoy writing and reading body-letter print
Understand the purpose of print
Relate ideas through physical body writing
Coordinate letters and sounds with body letter movements
Communicate with words
Make ideas understood when spelling
Gain information from listening/seeing/moving
Physically follow verbal instructions
Write kinesthetically
Create playful letter equations
Exercise muscle relaxation, balancing, and focusing skills
Lower tension/anxiety levels
Enjoy creatively acting out stories
Enjoy transferring large muscle alphabet skills to early fine motor alphabet literacy
Develop a move active love of literacy/word play/numeracy/and public speaking.

*Kinesthetically = Neuromuscular Educated Memory created through repetitive muscle movements (muscle memory)

KIDS ENHANCE MATHEMATICAL SKILLS

Kinesthetically recognize /recall numerals 0 to 30
Enjoy counting
Feel numerically
Recognize visual/auditory patterns kinesthetically
Perform simple addition
Perform simple subtraction
Create playful equations

KIDS BODIES BECOME LEARNING-READY

Integrate language into the body's large muscle systems/ Build stronger cross body links to the ABCs
Intertwine the ABCs with fitness/ Develop word-associated fitness
Activate letters and numbers through full body movements
Stimulate whole brain language learning/Expand and strengthen brain-body memory pathways
Prevent excess buildup of language related muscle tensions
Increase blood flow/stamina/endurance through body letter stretching, bending repetitions, and play
Synchronize mental and physical learning / Optimize and integrate sensory motor capacities

KIDS ENHANCE SOCIAL/EMOTIONAL GROWTH SKILLS

Physically engage in play with others while learning language skills/ Mirror more of the senses
Improve listening skills
Cooperate, share, and take turn making letter words and numbers
Learn the influence of positive vs negative words on physical actions, abilities, psychophysiology, and emotions
Acquire a clearer understanding of self
Gain inner self confidence & self governance