**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

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