

ABC Pathway Mat

Physical Activity:

- Use locomotor movements to travel the figure 8 pattern
- Up to six students can be on the mat at a time
- Follow the leader
- Add arm movements

Academics:

- After students are comfortable with the Figure 8 they can follow the pattern of letters and numbers. Have them start first by tracing the letters on the card and then walking the pattern.

PK/K: Focus on the letter of the week

PK/K/1: Say the alphabet while walking the Figure 8

1 / 2 : Practice walking the letters while saying the letter & sound

K and up: spell their name

1st and up: spell their spelling words

- Recite days of the week/months of the year while walking the figure 8
- Read a book while walking the figure 8
- Review Study sheet while walking the figure 8
- Read a book while walking the figure 8
- When finished in the lab go back to the classroom and write the academic skill that was practiced on paper.

Safety: Students should move at a controlled pace so that they are focused on the academics and not try to race through the pattern. Give space to other students on the mat.