

## ABC Walk

*Objective:* To work together in a cooperative way with a partner and to increase their cardio respiratory endurance.

*Equipment:* Track or other designated area, alphabet sheets and pencils

*How to Play:* Give students the alphabet sheet and pencil before they begin walking and have them identify items as they walk around the track. Items can be found out of alphabetic sequencing. Once time is up have students share their list with their classmates. Anyone in the class can challenge any item. If a challenge is issued, the pair listing the item must tell where they saw the item.

### ABC Walk Worksheet

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

What was the hardest letter to find? \_\_\_\_\_

What letter did you see the most often? \_\_\_\_\_

(Adapted from Walking Games and Activities, Decker and Mize)

This Activity is from the Medical College of Georgia FitKid Project Intervention Manual. Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.