

# Ankle alphabet



**Chill with Chester**



**5 minutes**



## Instructions

Have pupils stand up and push their chairs in. Set a 5 minute timer and ask pupils to use their ankle to spell out words, letters or numbers. They should do this for both ankles, balancing on the opposite leg for each side.

If the pupil is unable to stay balanced then a table can be used for support, or remain seated if unable to stay standing.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.

## Teacher Tips

This activity is suited to all ages.

Requires some space for leg room but can be done on the spot.

Can also support curriculum work, allow pupils to draw something with their ankle to support a relevant topic.

Foundation: Pupils could spell the first letter of their name or a letter they are currently learning

Key Stage 1: Pupils could spell their name, pets name or check spellings being learnt that week

Key Stage 2: Pupils could spell the whole alphabet, or teacher could call out a sum and pupils can answer using their ankles.