



Spolufinancováno  
z programu Evropské unie  
Erasmus+

Co-funded by the  
Erasmus+ Programme  
of the European Union



Národní agentura udělila organizaci Základní škola a mateřská škola Ostrava-Hrabůvka, Krestova 36A, příspěvková organizace, Krestova 1387/36A, 700 30 Ostrava-Hrabůvka grant z finančních prostředků rozpočtu Evropské unie na projekt s názvem „Škola pro život“ v rámci programu Erasmus+, KA 1: Vzdělávací mobilita jednotlivců. Na základě inspirace z mobility ENGLISH LANGUAGE DEVELOPMENT FOR TEACHERS AND STAFF WORKING IN EDUCATION, která byla uskutečněna na základě tohoto projektu, byla vytvořena příprava pro výuku nejazykových předmětů v anglickém jazyce.

## Moving with the Letter X

Written by: Sabina Malinová



**Age:**

- Ages 5 - 6

**Time:**

- 45 minutes

**Objectives:**

- To learn new words and song
- To learn visual and sound form of letter X
- Use gross motor skills to learn visual imagery
- Combine motion with sound
- Teach children the /x/ sound through movement, song, and writing.
- To be able to be patient
- To know how to jump over obstacles and keep balance
- To react to a signal
- To learn to throw at a target

**Language:**

Learning new words through song and movement. Sound discrimination of the first syllable.

**Materials:**

- **Letter cards** (X and other letters)
  - **Speaker/piano** (for playing Jolly Phonics song)
  - **Colorful cones** (to mark space)
  - **Soft blocks/stones, bench, floor ladder, balls** (for the obstacle course)
- 

## 1. Warm-up (5–10 min)

### 1.1 Jolly Phonics X song

**Materials:** Speaker/piano

Play the **Jolly Phonics song for X**. Children sing along and **cross their arms** in front of them, like marking an X.

### 1.2 X Jump

**No materials needed**

- Children **jump** with arms and legs spread wide, forming X.





- When they land, they say "**ks, ks, ks!**"

### 1.3 Fox Run

#### No materials needed

- Children run around like **foxes**.
- When the teacher calls "**Fox!**", they stop and say "**fox – ks, ks!**"

#### Vocabulary:

- **X** (cross, mark)
- **Jump** (up, down)
- **Fox** (run, fast)
- **Mix** (shake, stir)



## 2. Main Activity (20 min) – Letter X Monkey tray

**Materials:** Letter cards, cones, bench, soft blocks, floor ladder, balls

- Children take turns running the monkey trail.
- During the trail they find **the letter X** among other letters.
- They take the **X card** and run back to the start.



#### Monkey trail steps:

- **Jump over stones**– Jump with feet together and say "**ks, ks, ks!**".
- **Balance on the bench** – Walk carefully across with arms stretched wide like **X**.
- **Sprint through the floor ladder** – Step in and out quickly.
- **Throw a ball at the X target** – Aim and hit **X**.
- **Find the X letter card** – Flip the cards and find **X** before running back.



### Variation:

- Instead of taking only an X card, we can switch it to another sound card.

### Vocabulary:

- **Jump** (over, high)
- **Walk** (slow, fast)
- **Throw** (ball, high, low)
- **Find** (look, search)



---

## 3. Letter X Statue Game (5 min)

**Materials:** Letter cards, music, colorful cones

- Children **move around the gym** (run, jump, skip) while the music plays.
- When the music stops, the teacher says a word with **X** (e.g., **box**, **fox**, **six**).
- Children must **freeze in an X shape**:
  - Spread arms and legs wide to make **X**.
  - Pair up with a friend to form a **bigger X**.
  - Lie on the ground, stretching arms and legs into **X**.

### Vocabulary:

- **Stop** (freeze, still)
- **Move** (run, jump)
- **Cross** (arms, legs)
- **Letter X** (big, small)



## 4. Cool-down (5–10 min)

Materials: Speaker/piano

### 4.1 Breathing Exercise

- Children **breathe in deeply**.
- As they breathe out, they say “**ks, ks, ks!**”.

### 4.2 Final Song

- Play the **Jolly Phonics X song** again.
- Children walk slowly around the gym, **crossing their arms** like an X.

