

Active Alphabet

Each week, a Brentford FC 1st Team player will ask a question via video and give the viewer three possible answers.

The response to the question can only be answered using our Active Alphabet.

EXAMPLE:

Video Link: Good morning Bee fans, I'm Brentford Captain Pontus Jansson, and I'm going to be asking you today's Active Alphabet question.

What number do I wear on the back of my shirt?

Is the answer....

- A. Sixteen
- B. Seventeen
- C. Eighteen

Remember you can only respond using the Active Alphabet. Good Luck!

Letter	Activity	Letter	Activity
E	5 x Jumping Jacks	S	5 x Burpees
G	5 x Lunges	T	10 Seconds - Plank
H	10 Seconds - High Knees	V	10 Seconds - Mountain Climbers
I	10 Seconds - Heel Flicks	X	5 x Press Ups
N	10 Seconds - Jog On The Spot		

The answer is eighteen, so viewers would respond with a video doing the activities/movements that spell out eighteen:

- E – 5 x Jumping Jacks
- I - 10 Seconds - Heel Flicks
- G - 5 x Lunges
- H - 10 Seconds - High Knees
- T - 10 Seconds – Plank
- E - 5 x Jumping Jacks
- E - 5 x Jumping Jacks
- N - 10 Seconds - Jog On The Spot



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Can you answer the following question from @PJansson5 using our Active Alphabet?

#PLPrimaryStars #BeetHome



3:03 PM · Mar 28, 2020 · Twitter Media Studio

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Think you know the answer? Use the Active Alphabet below to spell out your response using the correct movements. Good Luck!

#PLPrimaryStars #BeetHome



3:03 PM · Mar 28, 2020 · Twitter Media Studio

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- Once you have selected an answer, can you get an adult to record a video of your response using the Active Alphabet?
- Remember to pause (1 Second) between each movement
- Adults, please post and tag us in the video on Twitter:

@BrentfordFCCST
#PLPrimaryStars
#BeeatHome

www.plprimarystars.com

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