

## Move & Spell Your Name

- A** Jump up and down 10 times
- B** Do 5 pushups
- C** Hop on your left leg 7 times and swap and repeat on your right leg
- D** Do 8 star jumps
- E** Touch your toes and reach for the sky 4 times
- F** Flap your arms like a bird 20 times
- G** Spin around 5 times
- H** Hop on your right leg 7 times and swap and repeat on your left leg
- I** Stand on your left leg for 10 seconds, swap and repeat on your right leg
- J** Run to the closest door and back
- K** Walk like a crab for 10 seconds
- L** Do 6 star jumps
- M** Do 10 pushups
- N** Stand on your right leg for 10 seconds, swap and repeat on your left leg
- O** Walk backwards 20 steps
- P** Jump up and down 15 times
- Q** Do 3 push ups
- R** March on the spot for 20 counts
- S** Do 3 somersaults
- T** Jog on the spot for 1 minute
- U** 20 high knees
- V** Do 8 lunges
- W** Leap like a frog 7 times
- X** Jump up and down 7 times
- Y** 10 squats
- Z** 10 leg kicks

