

## The Physical Activity Alphabet!

- Try spelling out your name and completing all of the actions!
- Take a break if you need to.

|  |  |   |   |   |
|--|--|---|---|---|
| <b>A</b><br>15 star jumps                              | <b>B</b><br>15 second wall sit   | <b>C</b><br>Pretend to skip for a count of 8            | <b>D</b><br>10 lunges   | <b>E</b><br>Jump side-to-side 10 times                            |
| <b>F</b><br>5 bunny hops                               | <b>G</b><br>15 second plank  | <b>H</b><br>10 bicep curls with food cans               | <b>I</b><br>10 squats   | <b>J</b><br>Spin around in a circle 5 times                       |
| <b>K</b><br>Walk like a bear for a count of 10         | <b>L</b><br>Balance on your left leg for a count of 10   | <b>M</b><br>Do a forward roll                           | <b>N</b><br>Pretend to pedal a bike with your hands for a count of 10 | <b>O</b><br>Try and reach the clouds or ceiling for a count of 10 |
| <b>P</b><br>10 sit-ups                                 | <b>Q</b><br>Walk like a crab for a count of 10   | <b>R</b><br>Balance on your right leg for a count of 10 | <b>S</b><br>Do 10 press-ups   | <b>T</b><br>Pretend to ride a horse for a count of 12             |
| <b>U</b><br>March like a toy soldier for a count of 12 | <b>V</b><br>10 arm circles   | <b>W</b><br>Pretend to climb a rope for a count of 8    | <b>X</b><br>Hold a v-sit position for a count of 5                    | <b>Y</b><br>Box for a count of 12                                 |
| <b>Z</b><br>Hop on one foot for a count of 8           | <div data-bbox="600 1193 1787 1508" data-label="Complex-Block" style="background-color: #6a3d9a; color: white; padding: 10px; border-radius: 15px;"> <p><b>Next time....</b></p> <ul style="list-style-type: none"> <li>• Try taking less, or smaller breaks when you do it again.</li> <li>• Try a different name, word or sentence.</li> <li>• Can a family member guess what you are saying or spelling?</li> <li>• Can you create a story with a family member?</li> <li>• Design your own alphabet!</li> </ul> </div> |   |   |   |

### Next time....

- Try taking less, or smaller breaks when you do it again.
- Try a different name, word or sentence.
- Can a family member guess what you are saying or spelling?
- Can you create a story with a family member?
- Design your own alphabet!