

The Physical Activity Alphabet!

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

A 15 star jumps	B 15 second wall sit	C Pretend to skip for a count of 8	D 10 lunges	E Jump side-to-side 10 times
F 5 bunny hops	G 15 second plank	H 10 bicep curls with food cans	I 10 squats	J Spin around in a circle 5 times
K Walk like a bear for a count of 10	L Balance on your left leg for a count of 10	M Do a forward roll	N Pretend to pedal a bike with your hands for a count of 10	O Try and reach the clouds or ceiling for a count of 10
P 10 sit-ups	Q Walk like a crab for a count of 10	R Balance on your right leg for a count of 10	S Do 10 press-ups	T Pretend to ride a horse for a count of 12
U March like a toy soldier for a count of 12	V 10 arm circles	W Pretend to climb a rope for a count of 8	X Hold a v-sit position for a count of 5	Y Box for a count of 12
Z 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>Next time....</p> <ul style="list-style-type: none"> • 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! </div>			