

SPELL YOUR NAME AND DO THE EXERCISES

- A** 10 STAR JUMPS
- B** BOUNCE BALL 10 TIMES
- C** 5 PUSH UPS
- D** TOUCH YOUR TOES 10 TIMES
- E** RUN TO DOOR AND BACK
- G** GALLOP LIKE A HORSE 20 SECONDS
- H** SPIN AROUND 5 TIMES
- I** FLAP LIKE A BIRD FOR 15 SECONDS
- J** DO 3 CARTWHEELS
- K** HOP ON YOUR LEFT FOOT FOR 10 SECONDS
- L** RUN ON THE SPOT FOR 20 SECONDS
- M** SKIP AROUND COUNTING TO 20
- N** BALANCE ON 1 FOOT FOR 10 SECONDS
- O** JUMP SIDE TO SIDE 20 TIMES
- P** HOP ON RIGHT FOOT 10 TIMES
- Q** CLAP YOUR HANDS 15 TIMES
- R** WALK SIDEWAYS 10 STEPS AND BACK
- S** PRETEND TO SWIM FOR 20 SECONDS
- T** HEAD SHOULDERS KNEES AND TOES 5
- U** JUMP UP AND DOWN 20 TIMES
- V** HOP LIKE A FROG 10 TIMES
- W** HIGH KNEES 15 TIMES
- X** WINDMILLS TOUCHING TOES 5 TIMES
- Y** WALKING ON YOUR TOES FOR 20
- Z** CRAB WALK FOR 10 FORWARD AND BACK

Try spelling out your full name including your middle name or the name of your pet. Ask your family to join in! Who has the longest name and has to do the most exercise? You could also exercise to your spelling words each day.