

'Spell Your Name' Activity Challenge

A – 5 star jumps

B – run on the spot for 10 seconds

C – 4 toe touches

D – hop on your left foot for 5 seconds

E – walk like a bear for 5 seconds

F – crawl like a crab for 5 seconds

G – balance on your left foot for 5 seconds

H - hop like a frog 5 times

I – run to the nearest door and back

J – march like a soldier for 5 seconds

K – pick up a ball without using your hands

L – try and touch the clouds 7 times

M – keep your feet together and jump 6 times

N – flap your arms like a bird 8 times

O – hop on your right foot for 10 seconds

P – walk along a line – keep your balance

Q – do 5 push ups

R – side step to the nearest window and back

S - roll a ball up one side of your body and down the other, using just one hand

T – kick your feet in front of you for 10 seconds

U – circle your arms backwards 8 times

V – clap your hands in front of you, then behind you – continue for 10 seconds

W – run with your knees up as high as you can for 12 seconds

X – circle your arms forwards 6 times

Y – do 12 star jumps

Z – make your body straight like a pencil – jump 5 times

