

Spelling Grid

Choose 1 or 2 activities each day to learn the words from the Spelling list.

Spelling List

boys

girls

trees

dishes

foxes

potatoes

knives

thieves

leaves

babies

puppies

FITNESS SPELLING CHALLENGE

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Spell a word while performing the exercise after each letter.

A = 15 front arm circles

N = 10 jumping jacks

B = 10 squats

O = 10 count plank hold

C = 5 push-ups

P = 10 ab crunches

D = 10 jumping jacks

Q = 5 sky jumps

E = 10 count plank hold

R = 5 push-ups

F = 10 ab crunches

S = 10 bunny hops

G = 15 back arm circles

T = 10 knee to elbows

H = 5 sky jumps

U = 15 front arm circles

I = 10 knee to elbows

V = 10 squats

J = 10 bunny hops

W = 10 single leg hops

K = 10 leg lifts

X = 15 back arm circles

L = 10 alt. toe touches

Y = 10 leg lifts

M = 10 single leg hops

Z = 10 alt. toe touches