



Use your spelling words!

☆ FUN FITNESS FOR KIDS! ☆

WHAT'S YOUR NAME?

Spell out your full name and do the activities for each letter! Get creative and spell out your friends names too :)

*Consult your doctor before starting any new exercise.

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| A 16 Jumping Jacks | N 15 Side Way Lunges |
| B 2 Minute Jump Rope | O 10 Jump Squats |
| C 20 Arm Circles | P Balance on Right Foot for 15 Counts |
| D 15 High Knees | Q 20 High Knees |
| E 10 Pushups | R 15 Frog Hops |
| F 12 Squats | S 20 Jumping Jacks |
| G 10 Frog Hops | T Toy Soldier March for 15 Counts |
| H 2 Minute Jog in Place | U 30 Arm Circles |
| I Hop on One Foot 5 Times | V 8 Pushups |
| J Crawl like a Crab for 10 Counts | W 1 Minute Jog in Place |
| K 3 Somersaults | X Try Touch the Clouds for 10 Counts |
| L Bend Down & Touch Toes 20 Times | Y Balance on Left Foot for 15 Counts |
| M 3 Cartwheels | Z 1 Minute Jog in Place |

Make a list of your top tens such as: books, films, sports, games, tv shows, toys



Leave happy notes around the house for your family to find!



Create a cartoon strip story of your own!

Comic Strip

Write a film review of your favourite movie!



Write a how to guide for your favourite computer game!

Create a quiz based on your favourite book. It should have no less than 10 questions and no more than 20. Questions should cover a variety of topics such as characters, plot and theme.

Play the alphabet game! Choose a theme such as animals, food, countries or capital cities. Start at A with the first player (i.e Australia), B for the next person (Bermuda) and so on.

It is harder than you think!

Make it even trickier by all players having to name something beginning with A before moving onto B.

Decorate an Easter Egg – see instructions attached!