

## **Alphabet Exercise Challenge**



Use the letters and exercises below to spell your:-

Name, Favourite Sport, Favourite Disney Character or anything else you wish

A -	10 Star Jumps	
	6 : 10 ::	

B - 10 secs Sprint on the spot

C - 5 Squats

D - Spin around 3 times

E - 10 Toe Touches

**F** \_ 10 secs Heel Flicks

G - 20 Jumps on the spot

H - 10 secs Plank

Keepy Ups

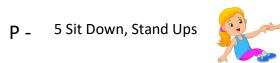
20 Marches on the spot

- K Side Steps from one side of the room to the other
- Army Crawl across the room

M - 10 secs High Knees

N - Skip around the room

O - 10 Hops (on left leg)



O - 3 Forward Rolls/Pencil Rolls

R - <sup>5 Sit Ups</sup>

S - 10 Hops (on right leg)

T - 5 Press Ups

II \_ Shadow a Sports Skill

V - Balance something on your head for 15 secs

W - 10 Crab Walks

X - 10 Arm Swings

 $\gamma$  - Hop Scotch up and down the room/garden

**7 -** 5 Burpees

<sub>or</sub> 5 Frog Jumps

[space]





