

SPELL YOUR NAME

And be active!

A: 5 jumping jacks

B: 10 jumps

C: 5 squats

D: 10 hops on one foot

E: Jog in place

(10 seconds)

F: Balance on one foot

(10 seconds)

G: 5 crunches

H: 10 jump ropes

I: 5 side jumps

J: 5 toe touches

K: 10 arm circles

L: 10 seconds plank

M: 10 high knees

N: 5 squats

O: 10 calf raises

P: 5 lunges

Q: 5 tuck jumps

R: Straddle stretch

(10 seconds)

S: Butterfly stretch

(10 seconds)

T: 10 high knees

U: 5 frog jumps

V: 5 crunches

W: 5 bridges

X: 5 toe touches

Y: 5 deep breaths

Z: 10 arm circles

*Add your first names on the following pages (one name per page) for the activity