

Spell Your Name!

| | | | |
|---|---|---|---|
| A | Crawl like a crab for 8 seconds | N | Balance on your right foot and count to 8. |
| B | Roll a ball using your head | O | Balance on your left foot and count to 8. |
| C | Do 8 jumping jacks | P | Flap your hands like a bird 8 times. |
| D | Walk backwards for 8 steps | Q | Do 8 press ups. |
| E | Jump up and down 8 times. | R | Walk on your heels for 8 seconds |
| F | Pretend to pedal a bike with your hands for 8 seconds | S | Run on the spot for 8 seconds. |
| G | Hop on one foot 4 times and then swap | T | Spin around 8 times. |
| H | Side step to the right for 4 and to the left for 4. | U | Do 8 sit ups |
| I | Touch your toes 8 times. (right/left) | V | Bring your elbow to knee 8 times. (right/left) |
| J | Do 8 squats | W | Do 8 frog jumps. |
| K | Do 8 lunges | X | Do 8 jumping jacks |
| L | Do 8 high knees | y | Do hopscotch for 8 seconds. |
| M | Walk on your toes for 8 seconds | Z | Hop on one foot 4 times and then swap |