

What's Your Name?

Spell out your full name and complete the activity listed for each letter. For a greater challenge include your middle name and do each one twice! For variety you can use a friend or family member's name.

A	Jump up and down 10 times	O	Walk backwards 50 steps then skip back
B	Spin around in a circle 5 times	P	Walk sideways 20 steps and hop back
C	Hop on one foot 5 times	Q	Crawl like a crab for a count of 10
D	Run to the nearest door and run back	R	Do as many curl ups as you can in 30 seconds
E	Walk like a bear for a count of 5	S	Bend down and touch your toes 20 times
F	Do 3 cartwheels	T	Pretend to pedal a bike with your hands for a count of 20
G	Do 10 jumping jacks	U	Roll a ball using only your head
H	Hop like a frog 8 times	V	Flap your arms like a bird 25 times
I	Balance on your left foot for a count of 10	W	Pretend to ride a horse for a count of 15
J	Balance on your right foot for a count of 10	X	Try to touch your toes for a count of 15
K	March like a toy soldier for a count of 12	Y	Walk on your knees for a count of 10
L	Pretend to jump rope for count of 20	Z	Do 10 push ups
M	Do 3 somersaults		
N	Pick up a ball without using your hands		