Fitness Alphabet

-Spell out different words doing the activity. For example: Your name, parent’s name, pet’s name, sight words, etc.

A-Run and touch a door

B-10 Jumping Jacks

C-15 Sit-Ups

D-Hold 3 trunk lifts for 5 seconds (lay on your belly and left your chin as high as you can)

E-Skip around the room twice

F-Sit against the wall for 10 seconds (repeat 3 times)

G-15 Wall Push-Ups

H-Shoulder Stretch (one arm behind your back and the other arm-wave high five and drop behind your back). See if you can touch fingers

I-Gallop around the room twice (remember to keep one foot in front)

J-Jump Rope for 30 seconds (use invisible rope if needed)

K-Steam Engine for 30 seconds (knee to opposite elbow)

L-Walk backwards around the room twice

M-Toss and catch a stuffed animal or item for 20 catches

N-Crab walk around the room

O-Hop on one foot for 10 seconds, then switch to the other (repeat 3 times)

P-10 Push-Ups

Q- Snap & Fling for 30 seconds (elbows up, palms down, then push elbows out, come together in middle, push arms out with elbows extended, then repeat)

R-take 10 deep breaths and slowly let the air out

S-dribble a ball 20 times (basketball, volleyball, tennis ball, be creative)

T-Dance Party-pick your favorite song and dance

U-Jump like a kangaroo with 2 feet together for 15 seconds (repeat 2 times)

V-Bear walk around the room (reverse crab walk)

W-10 Burpees (jump up and then do a push-up)

X-Step Up for 30 seconds (find a step and step up and step down)

Y-Bicycle Kick for 30 seconds (lay on your back and ride a bicycle)

Z-Crawl and touch 3 walls