**FITNESS FUN!**

Spell your name using the letters below and follow the instructions for each letter. What other words can you spell?

|  |  |
| --- | --- |
| A = 10 star-jumps | N =Balance a small toy on your head |
| B = Run on the spot  | O = Pretend to climb a tall ladder |
| C =20 arm circles | P = Pat your head and rub your tummy |
| D = 5 push ups | Q = March like a soldier |
| E = Jump 12 times | R =Crawl like a crab across the room |
| F = Walk around the room  | S = Pretend to swim |
| G = Throw a ball (or small object) in the air and catch it 5 times | T = Spin in a circle 5 times |
| H = Balance on your right foot | U = Touch your toes 10 times |
| I = Balance on one knee and one hand | V = Hop on your right foot |
| J = Hop on your left foot | W = Hop like a frog around the room |
| K = Skip around the room  | X = Balance on your left foot |
| L = Dance  | Y =Jump into the air like a rocket 5 times |
| M = Pretend to be your favourite animal | Z = Rest |