

## Fitness Activity For Kids

# WHAT'S YOUR NAME?



Spell Out Your Name And Complete The Activity Listed For Each Letter.

For A Greater Challenger Include Your Middle And/Or Last Name, Or Try Do Each One Twice!

For A Variety You Can Use A Favourite Character's Name Or A Family Member's Name.

**A** Jump Up & Down 10 Times

**B** Spin Around In A Circle 5 Times

**C** Hop On One Foot 5 Times

**D** Run To The Nearest Door & Run Back

**E** Walk Like A Bear For A Count Of 5

**F** Bend Down & Touch Your Toes 20 Times

**G** Do 10 Jumping Jacks

**H** Hop Like A Frog 8 Times

**I** Balance On Your Left Foot For A Count Of 10

**J** Balance On Your Right Foot For A Count Of 10

**K** March Like A Toy Soldier For A Count Of 12

**L** Pretend To Jump Rope For A Count Of 20

**M** Do 3 Somersaults

**N** Pick Up A Ball Without Using Your Hands

**O** Walk Backwards 20 Steps & Skip Back

**P** Walk Sideways 20 Steps & Hop Back

**Q** Crawl Like A Crab For A Count Of 10

**R** Walk Like A Bear For A Count Of 5

**S** Do 3 Cartwheels

**T** Pretend To Pedal A Bike With Your Hands For A Count Of 20

**U** Roll A Ball Using Only Your Head

**V** Flap Your Arms Like A Bird 25 Times

**W** Pretend To Ride A Horse For A Count Of 15

**X** Try Touch The Clouds For A Count Of 15

**Y** Walk On Your Knees For A Count Of 10

**Z** Do 10 Push-Ups