

# Lets get physical with our names!

Spell out your name and complete the activity for each letter

For those of you that have a short name, add your surname as well

<b>A</b> Jump up and down 10 times	<b>N</b> Walk backwards for 10 steps
<b>B</b> Spin around in a circle 5 times	<b>O</b> Step side to side 10 times
<b>C</b> Hop on your left foot 5 times	<b>P</b> Crawl like a crab to the other side of the room or garden
<b>D</b> Hop on your right foot 5 times	<b>Q</b> Bend and touch your toes 10 times
<b>E</b> Touch the nearest window	<b>R</b> Spin around in a circle 3 times
<b>F</b> Do 10 star jumps	<b>S</b> Reach your arms to touch the sky 8 times
<b>G</b> Balance on your left foot for 5 seconds	<b>T</b> Jump as high as you can 4 times
<b>H</b> Balance on you right foot for 5 seconds	<b>U</b> Clap your hands and jump on the spot 10 times
<b>I</b> March on the spot 20 times	<b>V</b> Do 20 star jumps
<b>J</b> Skip for 20 seconds (if you have a skipping rope then use that, if not skip on the spot)	<b>W</b> Do as many star jumps as you can in 1 minute.
<b>K</b> Pat your tummy and rub your head	<b>X</b> Do a cartwheel or a bunny hop jump
<b>L</b> Pretend to climb a ladder for 15 steps	<b>Y</b> Pretend to swim (any stroke) for 20 seconds
<b>M</b> Run on the spot for 10 seconds	<b>Z</b> Do 5 push ups