**Fitness Activity for Kids**

**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.

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| A jump up and down 10 times | N leap frog jumps (10 times) |
| B hop on your right foot 10 times | O dance like a chicken for 15 seconds |
| C walk like a bear for a count of 10 | P put on your favourite song and dance to it |
| D do 10 jumping jacks | Q arm circles backwards 8 times |
| E balance on your left foot (10 seconds) | R stand on your tippy toes and reach up as high as you can (10 seconds) |
| F sprint on the spot for 10 seconds  | S side skipping (10 seconds) |
| G touch the ground then jump in the air 8 times | T balance on your right foot for 10 seconds |
| H do 9 star jumps | U hop on your left foot 10 times |
| I arm circles forwards 8 times  | V do a gorilla shuffle (15 seconds) |
| J jog on the spot with high knees (10 seconds) | W march like a toy soldier for a count of ten |
| K bend down and touch your toes 7 times | X Lie on your back and peddle your legs like you are on a bike (10 seconds) |
| L crawl like a crab (10 secs) | Y do 5 push – ups |
| M pretend to skip (10 secs) | Z walk on your tippy toes (10 seconds) |