

Spell out different words using the alphabet below.

Try spelling your name, your friends name, your dogs name or you could practise your spellings.

A	10 hops on left leg	J	30 second run on the spot	S	45 second balance on 1 foot
B	5 sit ups	K	15 teddy bear rolls	T	10 lunges
C	1 burpee	L	Pick up a teddy without using hands	U	15 second walk on your tip toes
D	30 hops on either leg	M	30 speed jumps over a cushion	V	2 180 degree jumps
E	20 second plank	N	7 log rolls	W	20 pike sit to tuck sit
F	15 squats	O	45 second balance socks on head	X	25 throwing socks up and down
G	15 hops on right leg	P	45 second arm circles	Y	15 second skip on the spot
H	10 forward jumps	Q	30 star jumps	Z	20 hlt socks up and down with hand
I	25 second balance on 1 hand and 1 foot	R	10 second jugglings with socks		