

What's your name?

A – Hop on each foot 6 times

B – Do 10 star Jumps

C – Do 2 rolls (forward, pencil, log, teddy bear)

D – Jump like a frog 5 times

E – Do 10 sit ups

F – Jump 90 degrees to the left 8 times

G – Plank for 20 seconds

H – Balance on your right foot 10 seconds

I – Crawl like a crab for 20 seconds

J – Balance on your left foot for 10 seconds

K – Do the hopscotch 5 times

L – Do 10 press-ups

M – Do 12 squats

N – Sprint on the spot for 20 seconds

O – Hop on the spot for 15 seconds

P – Skip for 20 seconds

Q – Throw and catch a ball 6 times

R – Do 12 lunges on each leg

S – Jump 90 degrees to the right 8 times

T – Crawl like a bear forward and backwards for 20 seconds

U – Jump up and down 10 times

V – Circle your arms forward and backwards 10 times each

W – Balance for 10 seconds without using your feet

X – Do 5 air punches with each arm

Y – Balance on 1 foot for 10 seconds closing your eyes

Z – Do 6 standing long jumps