

# ABC EXERCISE

SPELL OUT YOUR NAME AND DO THE ACTIVITY FOR EACH LETTER.

**A** Walk backwards 50 steps.

**B** Walk forward 50 steps.

**C** Do 10 jumping jacks.

**D** Spin around in a circle 5 times.

**E** Hop like a frog 5 times.

**F** Balance on your left foot to the count of 10.

**G** Balance on your right foot to the count of 10.

**H** Walk like a bear to the count of 5.

**I** Walk sideways 20 steps.

**J** Touch your toes 20 times.

**K** Walk on your knees to the count of 10.

**L** Jump to the sky to the count of 15.

**M** Crawl like a crab to the count of 10.

**N** March like a toy soldier to the count of 15.

**O** Pretend jump rope to the count of 20.

**P** Walk on your knees to the count of 10.

**Q** Flap your arms like a bird 25 times.

**R** Make big circles with your arms to the count of 15.

**S** Make little circles with your arms to the count of 15.

**T** Hop on your left foot 10 times.

**U** Hop on your right foot 10 times.

**V** Pedal your legs to the count of 15.

**W** Run in place to the count of 10.

**X** Do 10 knee-ups.

**Y** Pretend to ride a horse to the count of 15.

**Z** Do 10 push-ups.