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.