

A Jump up and down 10 times

B Spin in a circle 3 times

C Hop on one foot 3 times

D touch toes for 3 seconds

E jog in place for 10 seconds

F skip in place for 10 seconds

G do 10 jumping jacks

H hop like a frog

I balance on your left leg for 10 seconds

J balance on right leg for 10 seconds

K march like a soldier for 10 seconds

L 3 push- ups

M clap your hands five times

N swim in place for 5 seconds

O reach to the ceiling for 5 seconds

P walk in place for 10 seconds

Q do 5 jumping jacks

R march like a penguin for 5 seconds

S bend down and touch the floor 10 times

T Jump up and try to grab the ceiling 3 times

U flap arms like a bird 10 times

V pretend to jump rope for 10 Seconds

W 5 star jumps

X put your hands on your head for 5 seconds

Z give yourself a pat on the back!