

# What's your name?

Spell out your FULL NAME and complete the activity. For a greater challenge, include your middle name, or do it twice! For variety use a favorite character's name or a family member.

**A** Jump up & down 10 times

**B** Spin in a circle 5 times

**C** Hop on one foot 5 times

**D** Run to the door & back

**E** Walk like a bear, count to 5

**F** Do 3 cartwheels

**G** Do 10 jumping jacks

**H** Hop like a frog 8 times

**I** Balance on left foot count to 10

**J** Balance on right foot count to 10

**K** March like a soldier count to 12

**L** Pretend to jump rope count to 20

**M** Do 3 somersaults

**N** Pick up a ball without using hands

**O** Walk backwards 50 steps, skip back

**P** Walk sideways 20 steps, hop back

**Q** Crawl like a crab count to 10

**R** Walk like a bear, count to 5

**S** Bend down, touch your toes 20 times

**T** Pedal pretend bike w/hands, count to 17

**U** Roll a ball using your head

**V** Flap your arms like a bird 25 times

**W** Pretend to ride a horse count to 15

**X** Reach for the clouds, count to 10

**Y** Walk on your knees, count to 10

**Z** Do 10 push-ups