

## Alphabet PE activity

You have to spell your name and do the activities that match each letter. If you want to spell different words then try Reddal Hill, Physical Education etc

| Letter | Activity                                              |
|--------|-------------------------------------------------------|
| A      | 5 star jumps                                          |
| B      | Running on the spot for 10 seconds                    |
| C      | 5 squats                                              |
| D      | Side steps for 10 seconds                             |
| E      | 10 spotty dogs                                        |
| F      | Jogging for 10 seconds                                |
| G      | Skipping on the spot for 10 seconds                   |
| H      | 6 lunges                                              |
| I      | Running as fast as you can on the spot for 10 seconds |
| J      | Hopping on right leg for 10 seconds                   |
| K      | Hopping on left leg for 10 seconds                    |
| L      | High knees for 10 seconds                             |
| M      | 10 arm circles forwards                               |
| N      | 10 arm circles backwards                              |
| O      | Freestyle dance for 10 seconds                        |
| P      | 5 star jumps                                          |
| Q      | 10 Jumps side to side                                 |
| R      | Running on the spot for 10 seconds                    |
| S      | 5 squats                                              |
| T      | Side steps for 10 seconds                             |
| U      | 10 spotty dogs                                        |
| V      | Jogging on the spot for 10 seconds                    |
| W      | Skipping on the spot for 10 seconds                   |
| X      | 6 lunges                                              |
| Y      | Running as fast as you can on the spot for 10 seconds |
| Z      | Hopping on R leg for 10 seconds                       |