

Alphabet PE activity

Hi everyone! Hope you are all ok and staying safe. This is an alphabet PE game for you to do at home! You have to spell your name and do the activities that match each letter. If you want to spell different words too – 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 R leg for 10 seconds
K	Hopping on L 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