

# Active Alphabet

Can you spell out your full name and complete each task that is associated with each letter below.

Challenge yourself to think of different words to spell. Can you think of a 10 letter word?

- |          |   |          |   |
|----------|---|----------|---|
| <b>A</b> | Balance on 1 leg for 10 seconds             | <b>N</b> | Perform a safe egg roll                                       |
| <b>B</b> | Perform 40 star jumps                       | <b>O</b> | Hopscotch for 60 seconds                                      |
| <b>C</b> | Jump side to side over a pillow 40 times    | <b>P</b> | Perform a tuck shape three different ways                     |
| <b>D</b> | Perform a 2 feet to 1 foot jump             | <b>Q</b> | Balance an object on your head for 30 seconds                 |
| <b>E</b> | Create and perform a 2 minute dance routine | <b>R</b> | Balance on one leg and close your eyes for 20 seconds         |
| <b>F</b> | Perform 30 sit ups                          | <b>S</b> | Perform a safe pencil roll                                    |
| <b>G</b> | Skip for 1 minute                           | <b>T</b> | Jumping side to side, how many jumps can you do in 30 seconds |
| <b>H</b> | Perform a balance using 1 hand and 1 foot   | <b>U</b> | Complete 20 shuttle runs                                      |
| <b>I</b> | Perform 3 different types of jumps          | <b>V</b> | Draw and design a new type of ball in 20 seconds              |
| <b>J</b> | Keep a balloon in the air for 60 seconds    | <b>W</b> | Balance in a plank position for 60 seconds                    |
| <b>K</b> | Jump on the spot 50 times                   | <b>X</b> | Dribble a ball using either hands or feet                     |
| <b>L</b> | Perform a safe forward roll                 | <b>Y</b> | Throw an object into a target 10 times in a row               |
| <b>M</b> | Can you perform a pike 3 different ways     | <b>Z</b> | Think of your own 30 second challenge                         |