

# A-Z NAME ACTIVITIES

## How to Play:

- Spell your name. For each letter of your name there is an exercise. If your name is short or if you want to challenge yourself then spell your last name as well

Have Fun!!!!

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| <b>A</b> jump up and down 10 times                 | <b>N</b> pick up a ball with without using your hands |
| <b>B</b> spin around in a circle 5 times           | <b>O</b> walk backwards 50 times and skip back        |
| <b>C</b> hop on one foot 5 times                   | <b>P</b> walk sideways 20 steps and hop back          |
| <b>D</b> run to the nearest door and run back      | <b>Q</b> crawl like a crab for 10 seconds             |
| <b>E</b> walk like a bear for 5 seconds            | <b>R</b> gallop like a horse for 10 seconds           |
| <b>F</b> do 3 cartwheels                           | <b>S</b> bend down and touch your toes 20 times       |
| <b>G</b> do 10 jumping jacks                       | <b>T</b> army crawl for 17 seconds                    |
| <b>H</b> hop like a frog 8 times                   | <b>U</b> roll a ball using your head                  |
| <b>I</b> balance on your foot for 10 seconds       | <b>V</b> fold your arms like a bird for 25 seconds    |
| <b>J</b> balance on your right foot for 10 seconds | <b>W</b> be a cowboy for 15 seconds                   |
| <b>K</b> march like a toy soldier for 10 seconds   | <b>X</b> try to touch the clouds for 15 seconds       |
| <b>L</b> pretend to jump rope for 12 seconds       | <b>Y</b> walk on your knees for 15 seconds            |
| <b>M</b> do 3 somersaults                          | <b>Z</b> do 10 pushups                                |