

Activity Alphabet!

Working at home does not mean that you cannot have fun and be active! It really important to keep active and do something that gets your heart rate up and you are slightly out of breath.

This simple game can be played with your family, at school or even as a video chat with your friends!

Each of the letters of the alphabet have been given an activity. Choose a word and then spell it out using the letter activities! This could be a word, a name, the lesson you are starting – you decide!

A	30 sec plank	J	20 sec plank	S	1 min high knees
B	25 jumping jacks	K	10 air punches	T	30 arm circles
C	10 squats	L	1 min heel kicks	U	25 jumping jacks
D	10 burpees	M	10 burpees	V	20 air punches
E	1 min high knees	N	10 squat jump	W	10 burpees
F	5 press ups	O	10 star jumps	X	30 jumping jacks
G	20 arm circles	P	15 arm circles	Y	10 tuck jumps
H	7 squats	Q	25 sec plank	Z	1 min heel kicks
I	20 jumping jacks	R	10 press ups		