

What's Your Name

Kids Fitness Challenge

Spell out your name, find the activities for the letters in your name and do them!



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| a | Act like a monkey for 30 seconds | n | Nip in and out to the garden 10 times |
| b | Bounce side to side 20 times | o | Organise your toys from biggest to smallest |
| c | Crawl like a crocodile | p | Prance around like you are on a horse for 30 seconds |
| d | Dance to your favourite song for 1 minute | q | Curtsey 10 times for the Queen |
| e | Explore your garden for fairies | r | Do a Roly Poly (somersault)! |
| f | Flap your wings like an eagle for 30 seconds | s | Skip down the hall and back |
| g | Gather 10 leaves from outside | t | Twirl like a ballerina 10 times |
| h | Hop forward 5 times and then hop backward 5 times | u | Pretend to peddle your unicycle with your hands for a count of 20 |
| i | Inspect the front garden for insects for 1 minute | v | Volley a ball 12 times |
| j | Do 10 Jumping Jacks | w | Walk like a chicken for 10 steps |
| k | Kick your heels for a count of 20 | x | X marks the spot. Mark a spot in the garden and race to it. |
| l | Leap like a frog 8 times | y | Jump up and down like a yo-yo 12 times |
| m | Move 10 steps back and jump 5 steps forward | z | Pretend you're riding a zebra for 1 minute |



For a bigger challenge, include your middle name and do each activity twice! Or pick a favourite character or someone else in your family for a change.

**Make sure and consult with your doctor before taking part in any physical activity*

