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Town of Aurora

The Name Activity Challenge

Community Services

Spell out the letters of your name and complete the challenge that is listed!

A – hop on one foot 5 times

B – spin in a circle 3 times

C – 2 cartwheels

D – 10 jumping jacks

E – crab crawl for 10 seconds

F – throw and catch a ball 5 times

G – run to the nearest door and back

H – roll a ball using only your elbow

I – walk sideways 10 steps

J – jog on the spot for 10 secs

K – 20 arm circles forwards

L – hop forwards on one foot

M – 20 high knees

N – walk backwards 10 step

O – balance on one foot for 20 secs

P - jog on the spot for 20 secs

Q – 3 cartwheels

R – 20 jumping jacks

S – run to the nearest wall and back

T – throw and catch a ball 10 times

U - hop backwards on one foot

V – Pick up a ball with no hands

W - 20 arm circles backwards

X - walk sideways 20 steps

Y – 1 cartwheel

Z – bend down and touch your toes

For more Recreation at home fun, visit
our website at aurora.ca/recathome