

THE NAME ACTIVITY CHALLENGE

SPELL OUT THE LETTERS OF YOUR NAME AND COMPLETE THE CHALLENGE 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