

## FITNESS SESSION #6

### ALPHABET FITNESS

Spell out different words using the alphabet below.

Try spelling your name, your friends name, your dogs name or you could practise your spellings.

<b>A</b>	10 hops on left leg	<b>J</b>	30 second run on the spot	<b>S</b>	45 second balance on 1 foot
<b>B</b>	5 sit ups	<b>K</b>	15 teddy bear rolls	<b>T</b>	10 lunges
<b>C</b>	1 burpee	<b>L</b>	Pick up a teddy without using hands	<b>U</b>	15 second walk on your tip toes
<b>D</b>	30 hops on either leg	<b>M</b>	30 speed jumps over a cushion	<b>V</b>	2 180 degree jumps
<b>E</b>	20 second plank	<b>N</b>	7 log rolls	<b>W</b>	20 pike sit to tuck sit
<b>F</b>	15 squats	<b>O</b>	45 second balance socks on head	<b>X</b>	25 throwing socks up and down
<b>G</b>	15 hops on right leg	<b>P</b>	45 second arm circles	<b>Y</b>	15 second skip on the spot
<b>H</b>	10 forward jumps	<b>Q</b>	30 star jumps	<b>Z</b>	20 hit socks up and down with hand
<b>I</b>	25 second balance on 1 hand and 1 foot	<b>R</b>	10 second jugglings with socks		