

- A=** Jump up and down 10 times
- B=** Hop on left foot 5 times
- C=** Hop on right foot 6 times
- D=** Run and touch the nearest door
- E=** Walk like a bear forwards and backwards 5 times
- F=** Do 12 jumping jacks
- G=** March like a soldier 15 times
- H=** Lie down stand up 5 times
- I=** Do 5 press ups
- J=** Touch the floor jump up 20 times
- K=** Get in a crab position and touch alternate toes
- L=** Spin in a circle 4 times
- M=** Kangaroo jumps 6 times
- N=** Flap your arms like a bird 12 times
- O=** Pretend to skip 30 times
- P=** Run and touch something blue
- Q=** Do a handstand
- R=** Kneel down stand up 5 times
- S=** Do 3 tuck jumps
- T=** Do 3 pencil rolls
- U=** Balance on one leg for a count of 10
- V=** Do 4 burpees
- W=** Squat and kick forwards 6 times
- X=** Skip 20 times
- Y=** Hop forwards for 5 do 5 star jumps
- Z=** Hop scotch forwards 10 times

