

Activity Alphabet



Spell out your full name with our activity alphabet! To collect a letter, complete each corresponding activity. Too easy? Add your middle name in or try a few different names. Why not set up a zoom call and challenge your friends or grandparents to have a go too? Make sure you have a clear space - in the living room, garden or local park.

A

Do 10 star jumps

B

Pick up a ball without using your hands

C

Do 3 push ups

D

Hop on one leg 10 times

E

Run on the spot for 1 minute

F

Skip around the room/garden for 30 seconds

G

Balance on 3 parts of your body

H

Walk backwards 10 steps and march forwards

I

Bend down and touch your toes 20 times

J

Do 10 shuttle runs

K

Hop like a rabbit 10 times

L

Do a standing jump as far as you can 5 times

M

Reach for the sky 3 times!

N

Walk like a bear to the end of the room and back

O

Spin in a circle 3 times

P

March up and down the space 10 times

Q

Step up and down a step 20 times

R

Walk in a zig-zag across the room

S

Lie on your back and pretend to pedal a bike

T

Circle your arms backwards 10 times

U

Do 20 sit ups

V

Throw and catch a ball or balloon 20 times

W

Put some music on and dance for 2 minutes

X

Do 5 tuck jumps



Y

Gallop around the room like a pony

Z

Throw an object into a target 10 times in a row

