

NAME GAME

Spell your first name and complete the activity listed for each letter.

For a greater challenge, include your middle or last name!

A	jump on two feet 3 times
B	elbow to opposite knee 10 times
C	travel at a low level
D	do a plank for a count of 5
E	gallop for a count of 10
F	balance on right foot for a count of 3
G	run in place for a count of 10
H	side slide for a count of 10
I	act like you're walking on a tightrope
J	bear walk for a count of 5
K	hop on right foot 3 times
L	do downward dog for a count of 5
M	travel at a middle level

N	hand to opposite foot 10 times
O	skip for a count of 10
P	balance on left foot for a count of 3
Q	travel in a curvy pathway
R	march in place for a count of 10
S	crawl on your hands and knees
T	crab walk for a count of 5
U	hop on left foot 3 times
V	wiggle your body for a count of 5
W	travel at a high level
X	do 3 log rolls
Y	travel in a zig-zag pathway
Z	leap 3 times