

A

Jump up and down
10 times

N

4 Windmills

B

10 Bottom-kickers

O

6 Ice-skater hops

C

Hop on right foot
5 times

P

Reach to the sky
for a count of 10

D

Squat 5 times

Q

Walk like a duck
for a 10 count

E

Walk like a bear for
a count of 5

R

8 Crisscross hops

F

10 Arm circles

S

10 Lunges

G

10 Jumping jacks

T

10 Standing
mountain climbers

H

Hop like a frog
8 times

U

10 Backward lunges

I

Balance on your
left foot for a
count of 10

V

5 Star jumps

J

Balance on your
right foot for a
count of 10

W

10 High knees

K

March like a soldier
for a count of 12

X

6 Opposite knee to
opposite elbow

L

Pretend to jump
rope 12 times

Y

Hop on left foot
5 times

M

7 Toe touches

Z

Squat 10 times



A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

