

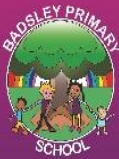
Growing Together; Aiming High

# Keep Fit and Have Fun!

Spell out your name and complete the challenges

<b>A</b> – 5 star jumps	<b>B</b> – Run on the spot for 10 seconds
<b>C</b> – Hop on one foot 5 times	<b>D</b> – Jump to the nearest door and back
<b>E</b> – Walk backwards 10 steps	<b>F</b> – Pick up a ball without using your hands
<b>G</b> – Complete 10 tiptoe rises	<b>H</b> – A cheer of your choice
<b>I</b> – Balance on one leg for the count of 15	<b>J</b> – 5 star jumps
<b>K</b> – High speed running on the spot for 10 seconds	<b>L</b> – Hopscotch for the count of 15
<b>M</b> – Balance something on your head for the count of 15	<b>N</b> – Balance on a part of your body that isn't your feet for the count of 5
<b>O</b> – Crawl sideways like a crab	<b>P</b> – Complete 5 burpees
<b>Q</b> – 5 star jumps	<b>R</b> – 5 frog jumps
<b>S</b> – Hold the plank position for a count of 10	<b>T</b> – 10 High knees
<b>U</b> – Hop to the nearest door and back	<b>V</b> – A cheer of your choice
<b>W</b> – Move like a caterpillar	<b>X</b> – 5 squats
<b>Y</b> – Make a bridge with your body	<b>Z</b> – 5 star jumps

What else could you spell out?



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Create your own challenges

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

How tough will you make it?