

## A to Z of Exercises

Spell out your name or other funny words

### **A** Animal

Pretend to be an animal for 30 seconds

### **B** Bridge

Hold a bridge for as long as you can

### **C** Crab Walk

Around your room or garden

### **D** Dad Dancing

Dance like your dad for 2 mins

### **E** Extra

Choose one of the letters and do it an extra time

### **F** Frog Hops

Hop like a frog for 30 secs

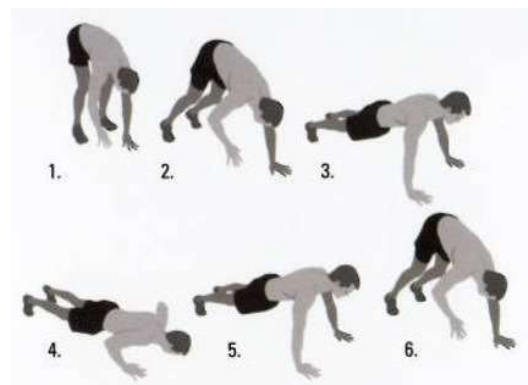
### **G** Gigantic Steps

Do gigantic steps all around your home or garden

### **H** Hopscotch

Hopscotch for 2 mins

### **I** Inchworm



Do 10

### **J** Jumps

From standing still see how far you can jump. Do it 10 times and try to beat your furthest each time

## **K** Knee Kicks

Put your arms out in front of you straight from your shoulders. Bring your knees up to kick your hands. Do 50 on each knee.

## **L** Leg Raises

Lay on your back and slowly raise one leg at a time and lower it again. When your legs are down hold them 2 inches off the floor. 10 on each leg

## **M** Mind

Sit somewhere peaceful for 10 mins. Think about your breathing. Concentrate on happy thoughts

## **N** Nose Touch

Get into the press up position with a teddy in the middle of your hands. Do 10 press ups and on each one touch the teddy with your nose. Remember to keep your bum down

## **O** Obstacle Course

Set up an obstacle course around your garden and time all your family members doing it. See who wins

## **P** Plank

Hold a plank for as long as you can

## **Q** Quick Feet

Run with your feet as fast as you can on the spot for 30 secs

## **R** Run

Run for 10 minutes around your garden

## **S** Superman



Do this 20 times holding for a count of 10 on each one

## **T** Tightrope Walk

Make a line on the floor with tape or string and walk along it without falling off

## **U** Under Over

Climb under and over something for 5 mins. Could be a climbing frame, table, chair the more obscure the item the better!

## **V** V Sit



10 times

## **W** Wall Sit



For 2 mins

## **X** X Jumps

Jump into an X shape (star jump) and back again 50 times

## **Y** Yellow

Run around your house touching anything yellow till you have touched 30 things

## **Z** Zig Zag

Run in zig zags across your garden and back for 2 mins