

Alphabet Fitness Code

a = army crawls

b = basketball side steps

c = cycling

d = dancing

e = elephant lunges

f = fireworks

g = gliders

h = hops

i = ice climbers

j = jumps

k = knees down (stand up)

l = log chop

m = marching

n = netball moves

o = octopus wiggles

p = push ups

q = quick feet

r = rodeo

s = star jumps

t = toe touches

u = ultra slow mo

v = v-sits

w = watch

x = x legs

y = yawn

z = zig zag

and remember..

space

(to start and finish)

Your Coach Challenge!



- 1) Practise the alphabet moves a few times.
- 2) Try spelling your name, street name, pet's name...What else can you think of?

We hope you and the children enjoy completing the challenge. Please keep in touch on Social Media!



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