

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. Why not try it backwards too?
- 2) Try spelling your name, street name, pet's name...
- 3) Send a video message to your teachers using the alphabet code! Share it on social media with #alphabetchallenge #alife



Exercise helps my...

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

- BODY
- BONES
- BRAIN
- CONCENTRATION
- ENERGY
- FITNESS
- HEART
- MEMORY
- MOOD
- MUSCLES
- SLEEP

We'd love to see how you get on so if you or your parents/carers add any Alphabet Fitness Code videos on social media, please copy us in and #alphabetchallenge #alife on the handles below!

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



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