|  |  |  |  |
| --- | --- | --- | --- |
| A  Jumping Jacks | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | N  Jump on 1 leg | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| B  Bunny Hops | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **O**  **Squat** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| C  Balance on 1 leg | Infants 5 secs  1st – 3rd Class 10 secs  4th – 6th Class 15 secs | **P**  **Jumping Jacks** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| D  Jump on 1 leg | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **Q**  **Bunny Hops** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| E  Squat | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **R**  **Balance on 1 leg** | Infants 5 secs  1st – 3rd Class 10 secs  4th – 6th Class 15 secs |
| F  Jumping Jacks | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **S**  **Jump on 1 leg** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| G  Bunny Hops | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **T**  **Squat** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| H  Balance on 1 leg | Infants 5 secs  1st – 3rd Class 10 secs  4th – 6th Class 15 secs | **U**  **Jumping Jacks** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| I  Jump on 1 leg | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **V**  **Bunny Hops** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| J  Squat | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **W**  **Balance on 1 leg** | Infants 5 secs  1st – 3rd Class 10 secs  4th – 6th Class 15 secs |
| K  Jumping Jacks | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **X**  **Jump on 1 leg** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| L  Bunny Hops | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 | **Y**  **Squat** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |
| M  Balance on 1 leg | Infants 5 secs  1st – 3rd Class 10 secs  4th – 6th Class 15 secs | **Z**  **Jumping Jacks** | Infants 5  1st – 3rd Class 10  4th – 6th Class 15 |

**Its your name Challenge**

**Rules**

Complete the activity for each letter of your name.

You must do your 1st name and your surname.

To increase the challenge try using more family member’s names.

The number beside your class group is the amount of the exercise you have to do. i.e Infants 5 means the infant classes have to do the exercise 5 times.

**Exercises:**

**Jumping Jacks**: Jump feet out to side and back together. Arms come up to shoulder height.

**Bunny Hop**: 2 feet together. Jump up and down on the spot.

**Balance on 1 leg**: Stand on 1 foot with knee slightly bent.

**Jump on 1 leg**: Stand on 1 leg. Jump forward and land on the other foot.

**Squat:** Put a seat behind you. Sit back until you touch the seat and stand back up again.