

Fitness Alphabet

Here is how it works:

Create a weekly calendar with a different word for each day eg waddle, giggle, summer, puddles. You can ask the kids to think of the words – maybe have a theme per week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness	Giggle	Waddle	Muscles	Puddles	Summer	Rainbow

Now assign an exercise to each letter of the alphabet depending on your child's age and ability.

For example:

A = 5 x jumping jacks

D = 7 x hop on one foot

G = 8 x squats

J = 5 x leap frogs

M = 10 x marching steps

P = 8 x leg raises

S = 6 x hop on one foot

V = 15 x step ups (stairs or step)

Y = 30 second balance on one leg

B = 2 x pushups

E = 6 x jump high

H = 5 x burpees

K = 10 second plank

N = 5 x crunches

Q = 5 x bridge lift

T = 1 minute stretching

W = 20 second skipping

Z = 4 x squats

C = 8 x arm circles

F = 15 x marching steps

I = 30 second wall sit

L = 30 second skipping

O = 1 minute dancing

R = 20 seconds running on the spot

U = 8 x jump high

X = 6 x arm circles

Each day, everyone can do the word of the day. If children have different levels of ability, the older kids can do one or two rounds.

Example: Monday: **FITNESS**
F – 15 marching steps
I – 30 second wall sit
T – 10 x jumping jacks
N – 5 x pushups
E – 6 x jump high
S – 6 x hop on one foot (right)
S – 6 x hop on one foot (left)

