Spell It Out Movement Key

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| Do 10**A**jumping jacks | Identify 3 foods from**N**the dairy group |
| Jog to the nearest **B**door and back | Hold a plank for**O**15 counts |
| Balance on left foot**C**for 10 counts | Bend down and touch**P**your toes 10 times |
| Balance on right foot**D**for 10 counts | Skip to the nearest**Q**door and back |
| Do 10**E**push-ups | Do 10 lunges**R**on each leg |
| Give a high five to **F**8 different people | Jump rope**S**15 times |
| Jump up and down**G**15 times | Dribble with hands**T**10 times |
| Identify 3 foods from **H**the vegetable group | Identify 3 aerobic**U**exercises |
| Do 10**I**curl-ups | Do a hamstring**V**stretch for 10 counts |
| Do a triceps stretch**J**for 10 counts | Hold a triangle**W**pose for 10 counts |
| Hold a tree pose**K**for 10 counts | Identify 3 benefits of**X** physical activity |
| Throw & catch with**L**a partner 10 times | Hop on left foot**Y**10 times |
| Balance on 3 body**M**parts for 8 counts | Hop on right foot**Z**10 times |