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 |