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| **What’s your name?**  **Spell your name out and do the activities.**  **Set a timer for 10 minutes and see how many rounds you can get through!**  **Get your parents, caregivers, brothers, sisters, cousins, aunts, uncles to get involved too! How many rounds can you do? Can you beat them?**  A: Spin around in a circle 5 times  B: hop on one foot and then on the other 5 times  C: jump up and down 5 times  D: run to the nearest door and back  E: 2 cartwheels  F: 10 jumping jacks  G:10 cartwheels  H: Balance on one foot for 20 seconds  I: Jump up and down 20 times  J: Hop on one foot to the nearest door  K: Do 10 burpees  L: Pretend to jump rope for 30 seconds  M: Do 2 cartwheels  N: walk backwards 20 steps  O: do the grapevine  P: pick up a ball without using your hands  Q: crab walk 10 steps forward and 10 back  R: touch your toes without bending your knees for 10 seconds  T: lie on your back and pretend to ride a bike for 30 seconds  U: flap your arms like a bird for 30 seconds  V: Do 5 burpees  W: Crawl like a bear  X: Do 10 push-ups  Y: Gallop around the room  Z: Do 25-star jumps |