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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 timesB: hop on one foot and then on the other 5 timesC: jump up and down 5 timesD: run to the nearest door and backE: 2 cartwheelsF: 10 jumping jacksG:10 cartwheels H: Balance on one foot for 20 secondsI: 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 secondsM: Do 2 cartwheelsN: walk backwards 20 stepsO: do the grapevineP: pick up a ball without using your handsQ: crab walk 10 steps forward and 10 backR: touch your toes without bending your knees for 10 secondsT: lie on your back and pretend to ride a bike for 30 secondsU: flap your arms like a bird for 30 secondsV: Do 5 burpeesW: Crawl like a bearX: Do 10 push-upsY: Gallop around the roomZ: Do 25-star jumps |