

# MOVEMENT MONDAY

# Spell it out



Foundation

Spell out your full name by completing the activities listed below. Once you've completed your name, why not try to spell out your favourite super hero, football player or sports team?

**A** Jump up and down 10 times

**B** Do 20 toe-taps

**C** Try to touch the clouds for a count of 15

**D** Walk like a bear for a count to 10

**E** Roll an object using only your head

**F** Hop like a frog 15 times

**G** Dribble a ball for 20 seconds

**H** Spin around in a circle five times

**I** Do 10 star jumps

**J** Flop your arms like a bird 30 times

**K** Run to the nearest door and back five times

**L** Walk like a crab for 20 steps

**M** Throw and catch a pair of socks 20 times

**N** Do 10 push ups/press ups

**O** High knees 20 times

**P** Hop on your right foot 10 times

**Q** Run as fast as you can on the spot for 20 seconds

**R** Walk on your tip-toes as quiet as possible for 30 steps

**S** Do 10 keepy-ups (ball/ balloon)

**T** Swing your arms in circles five times (backwards & forwards)

**U** Walk backwards for 20 steps

**V** Dance for 10 seconds

**W** Balance on your left foot for 10 seconds, then on our right foot

**X** Pick up an object from the ground 10 times without using your hands

**Y** Kick a ball against a wall 20 times

**Z** Freeze and don't move for 20 seconds

LET THEM PLAY