

E-Learning PE packet

Parents please read through this with your child(ren).

What is included:

3 months of activity calendars, March, April, May

1 set of paper playing cards

1 set of foldable paper dice

Daily activities

Exercise Log

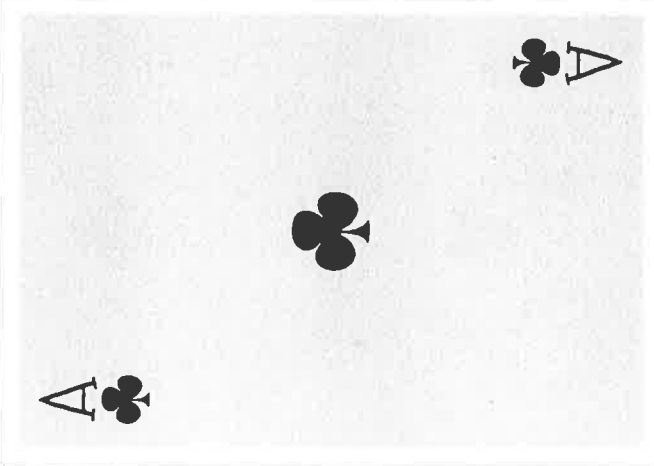
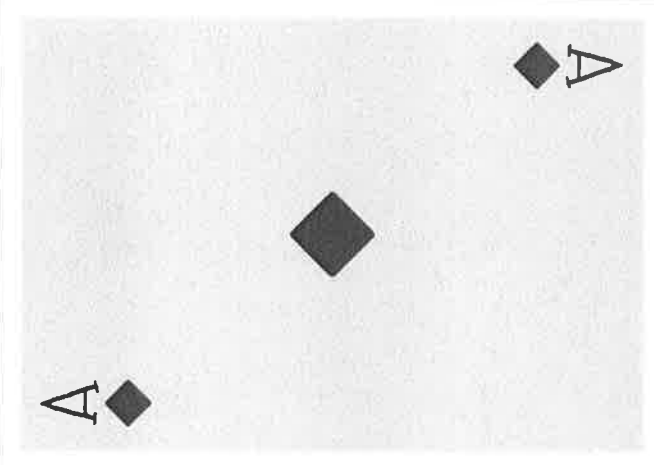
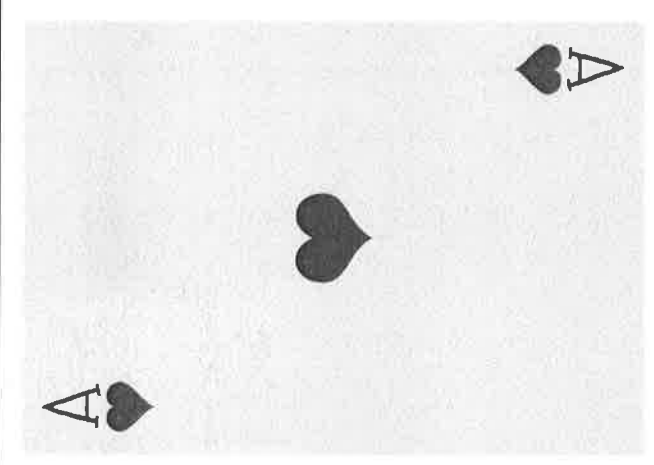
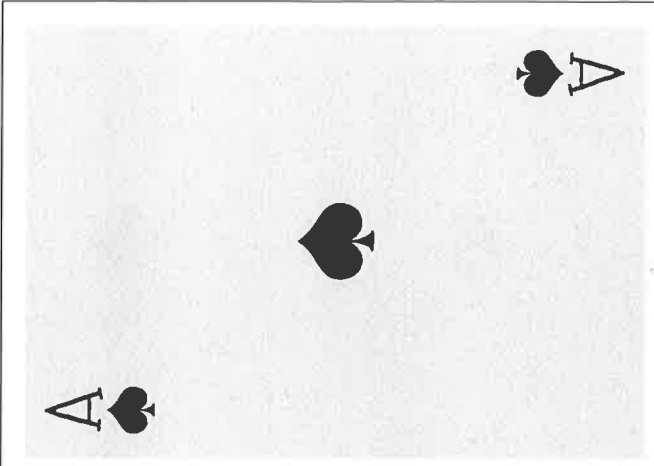
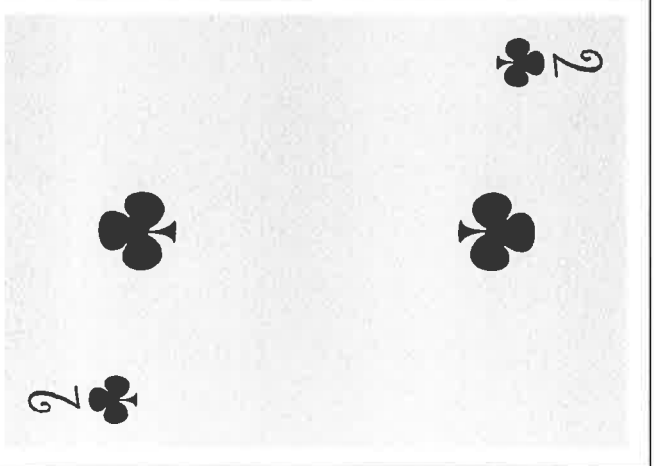
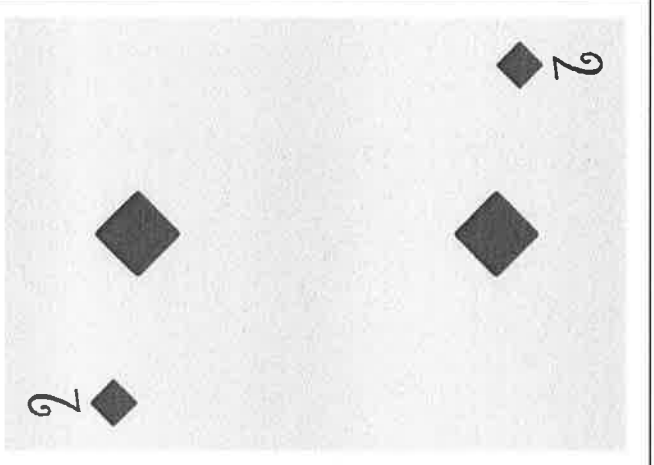
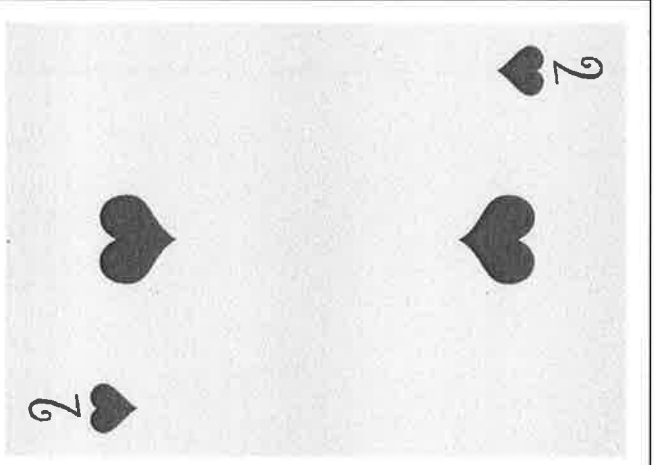
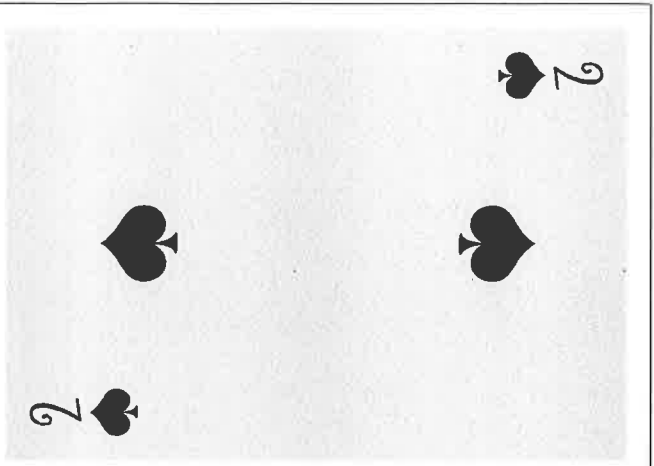
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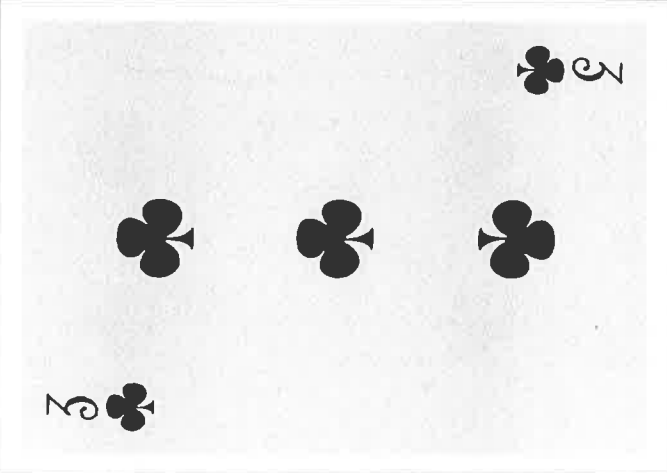
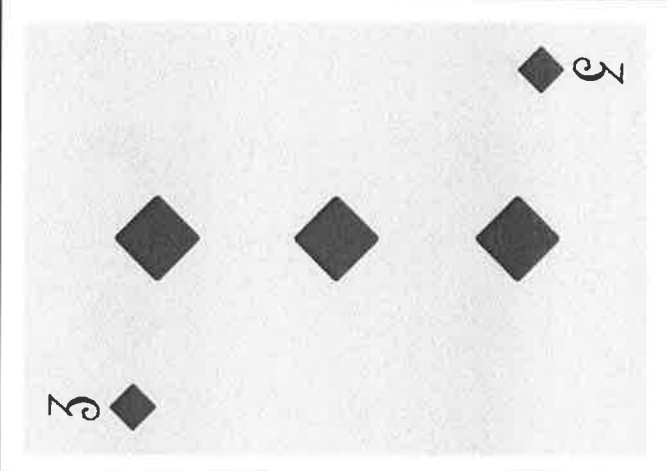
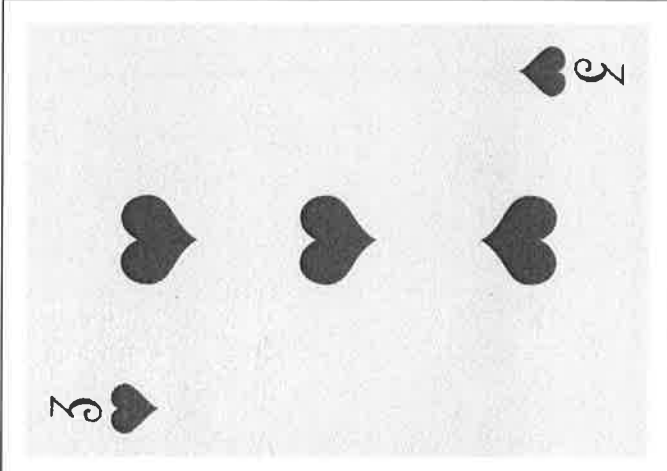
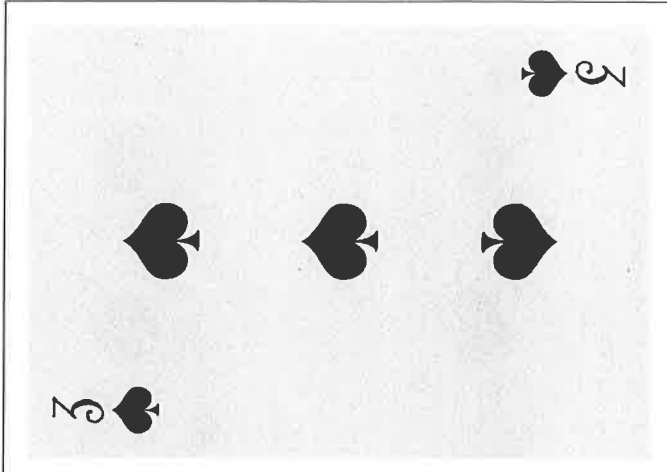
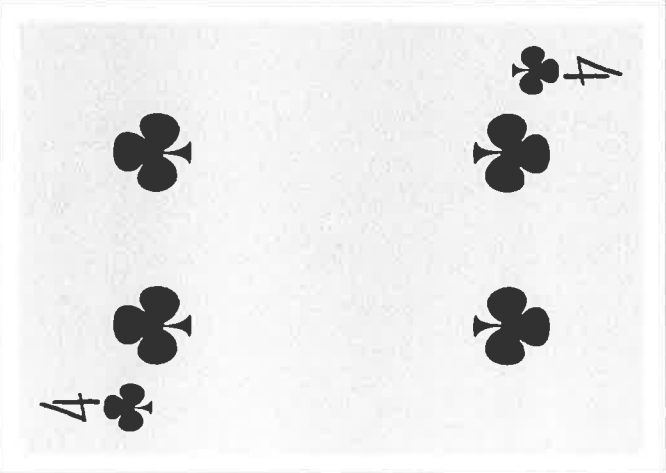
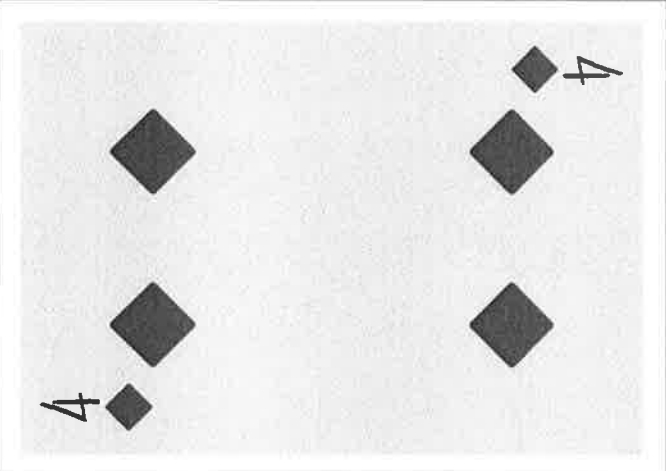
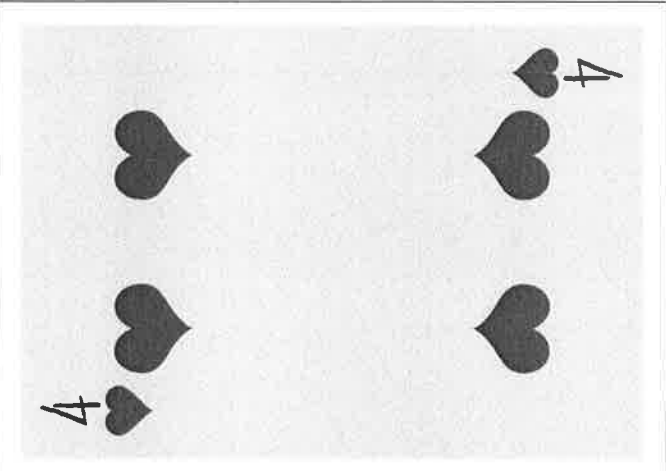
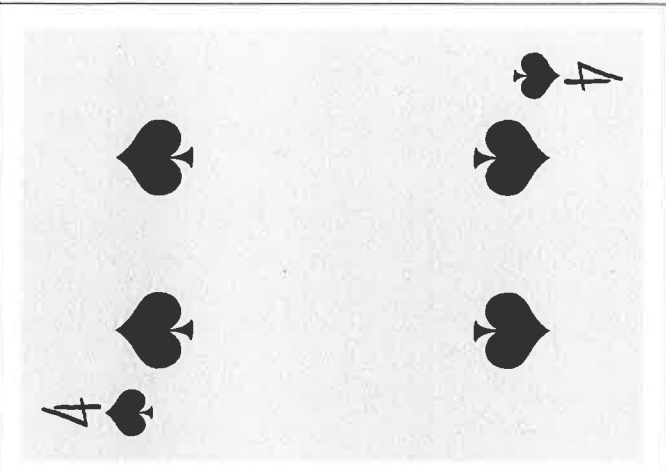
Everything is included in the packet, but you can also use your own dice or playing cards, if you have them.

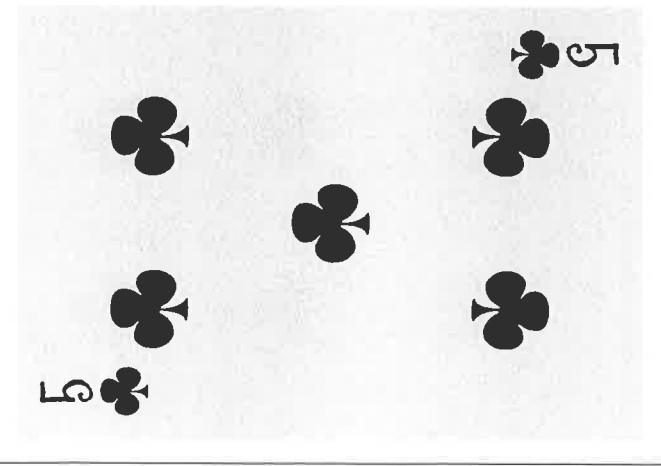
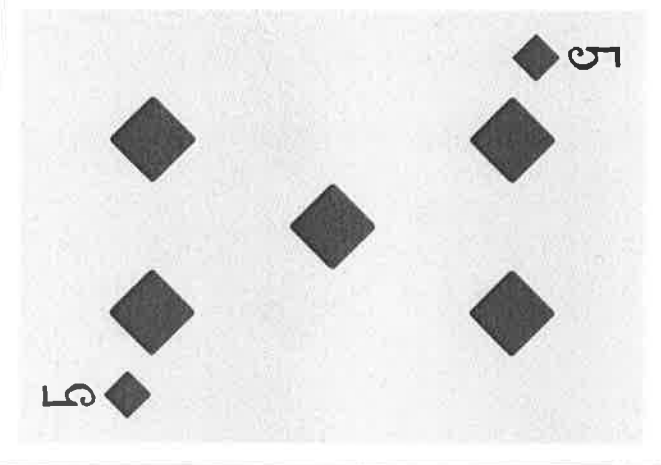
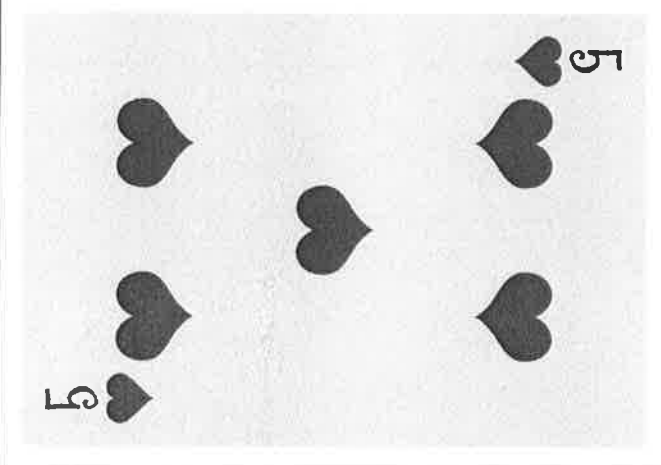
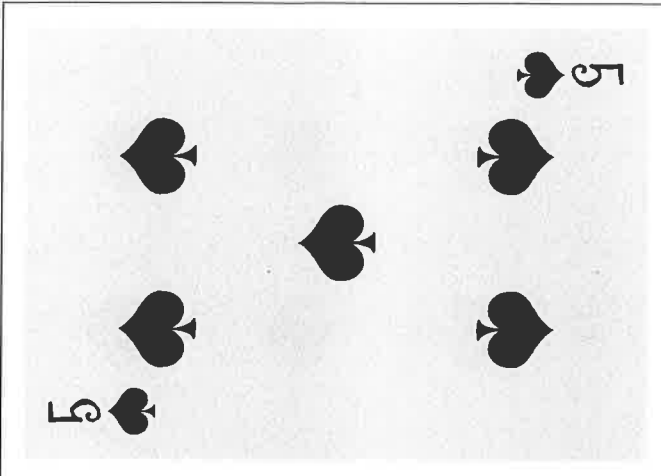
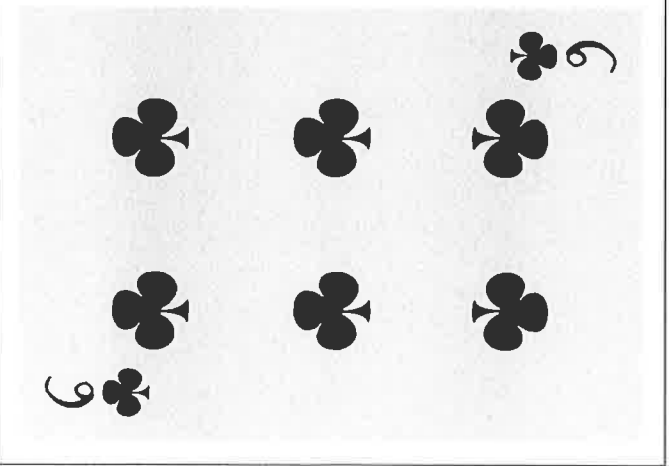
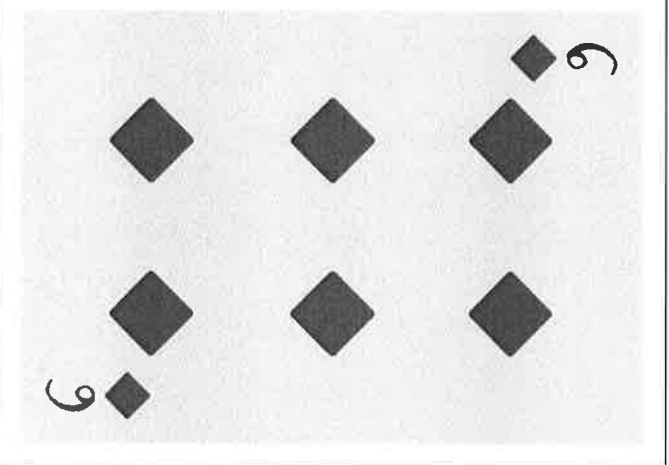
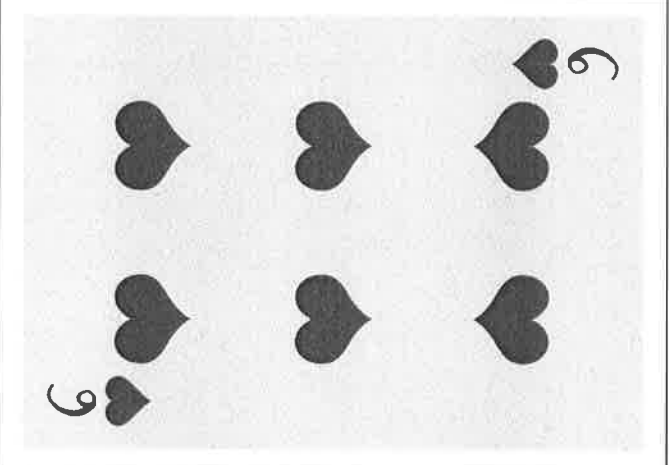
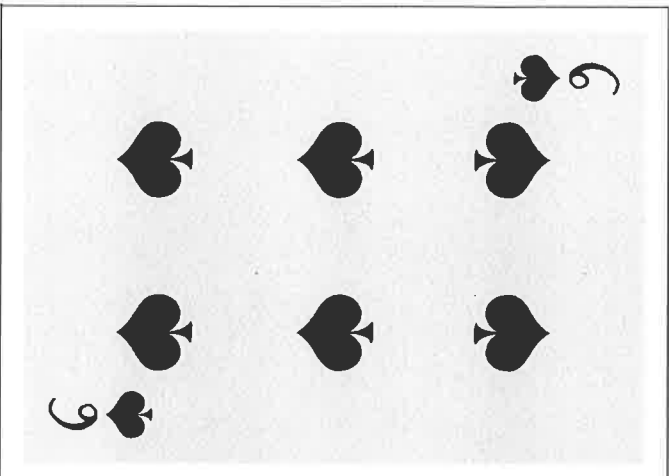
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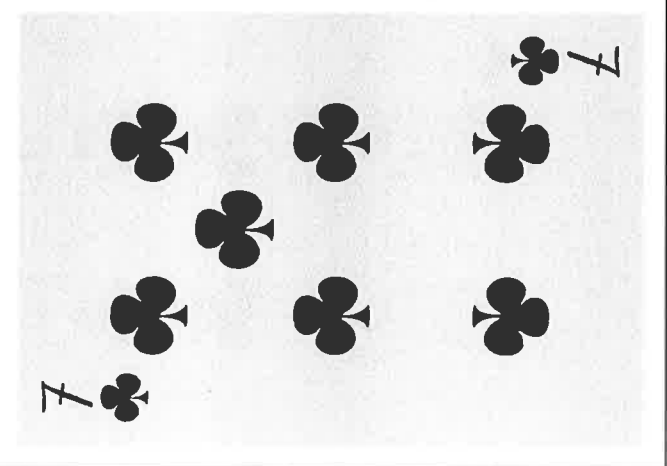
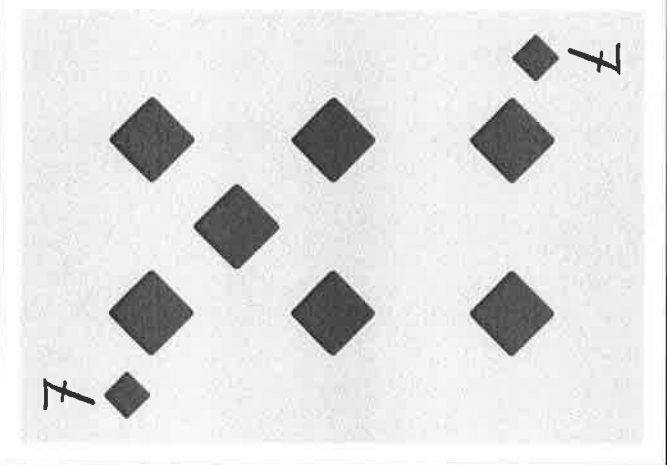
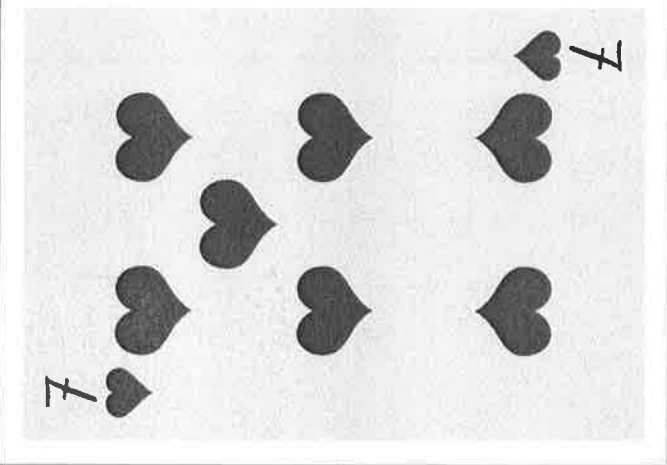
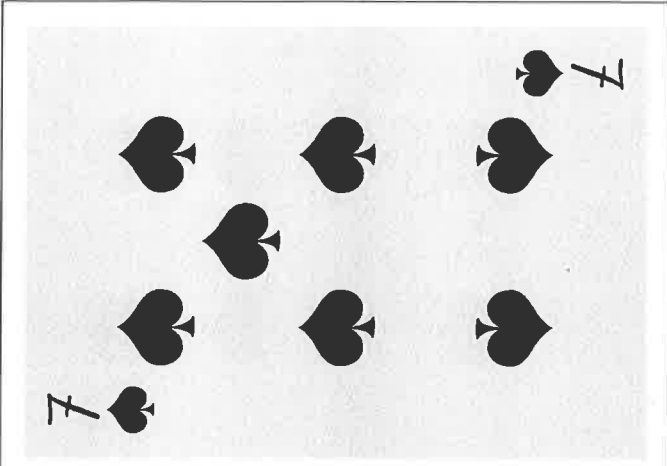
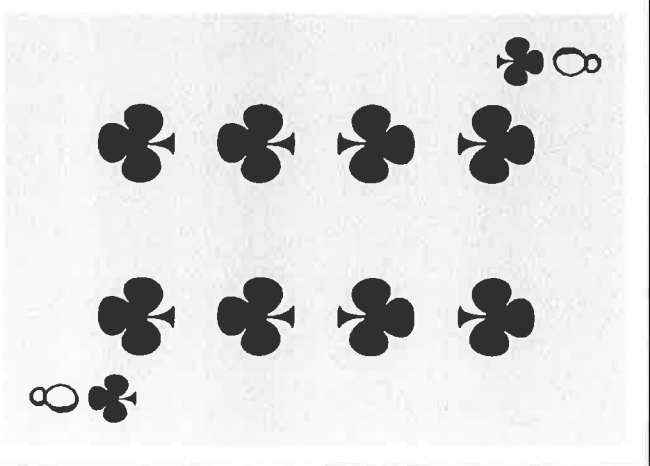
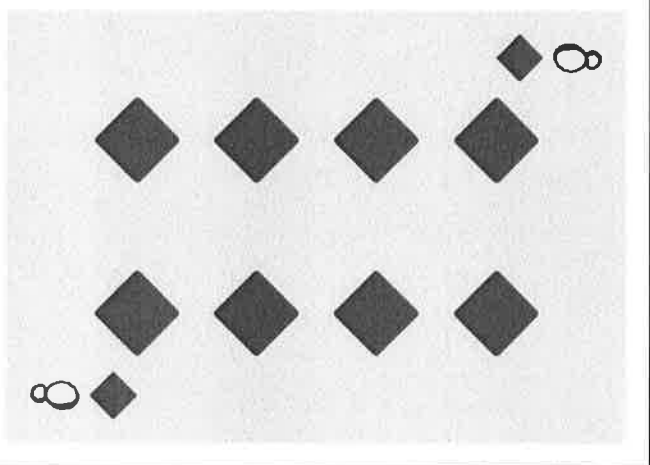
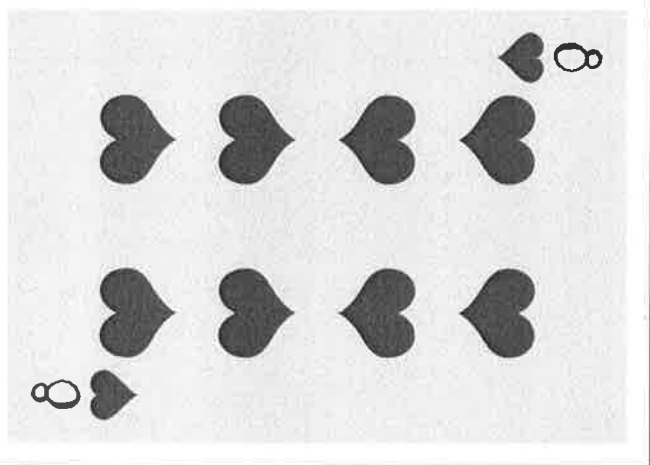
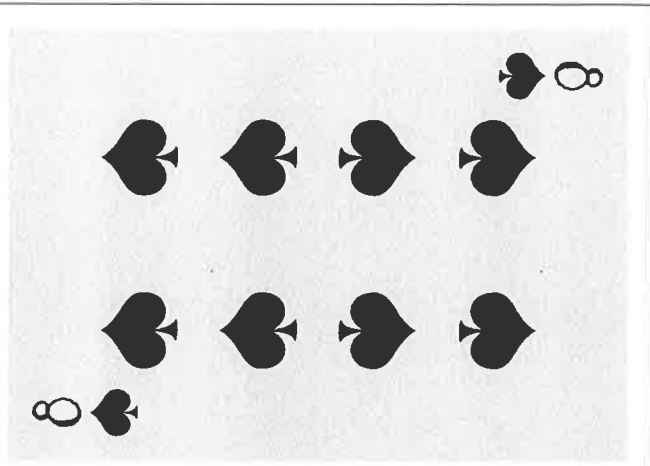
1. Cut the cards out for card fitness games. Cut out and fold the dice for dice games (or use your own.)
2. For a warm-up, please complete the daily activity on the calendar. If that day says "rest day", please pick an exercise of your choice.
3. Please pick an activity from the packet to complete for that day. If you do not remember how to perform an exercise, and you can't look it up, feel free to pick a different one.
4. Please participate in the warm-up and activity for a minimum of 20 minutes.
5. Please find a way to be active every day for 60 minutes, as recommended by medical professionals.
6. Remember, you can do more than one activity per day if you want, and you can play an activity for more than 15 minutes.
7. When you get your 60 minutes of daily activity, include things you love to do, jumping rope, playing catch, taking a walk, etc.
8. Please complete the exercise log. If you miss a day, don't sweat it, but try to find time EVERY day for fun exercise. Have your parents Initial your exercise log every week.
9. If you get the chance, check your email for more fun online workouts.

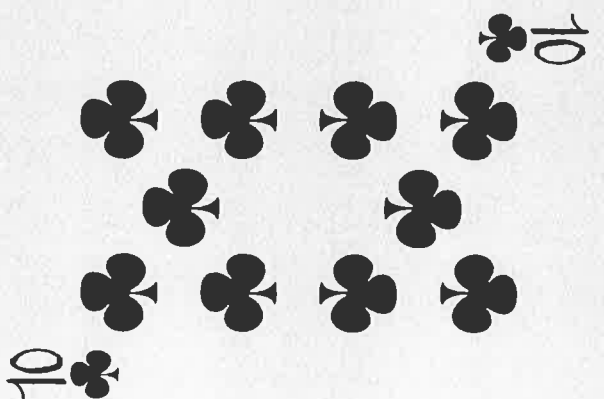
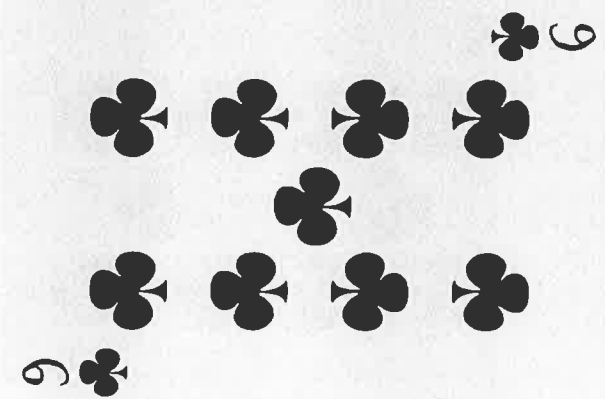
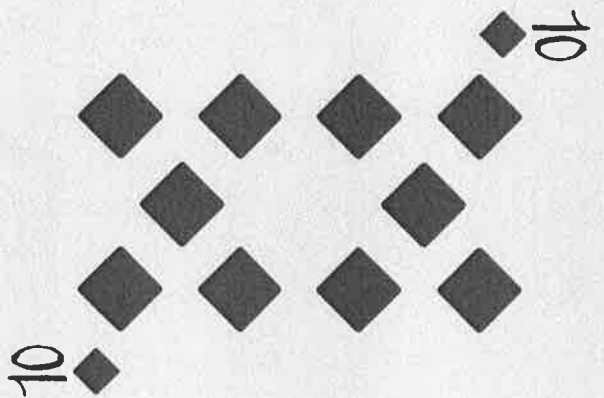
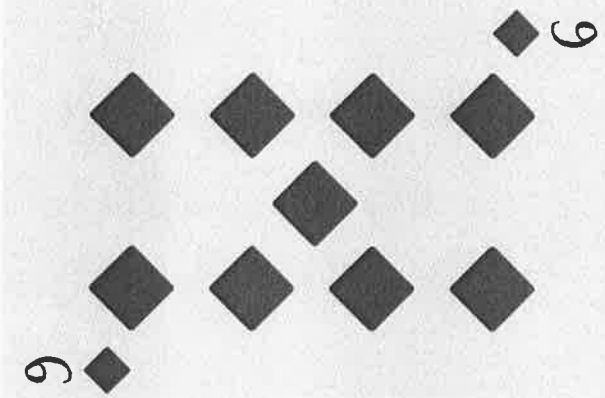
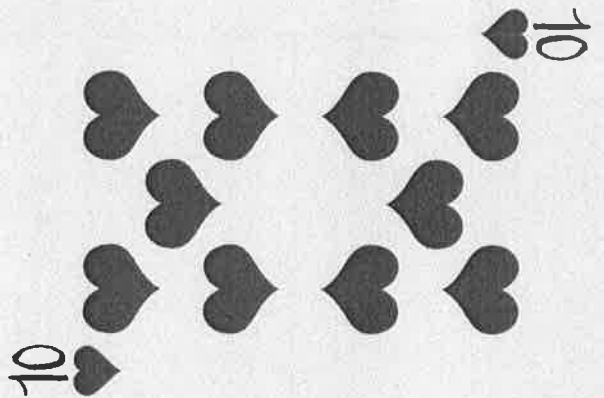
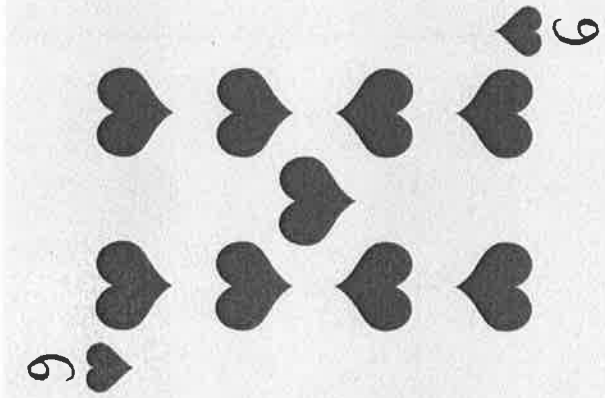
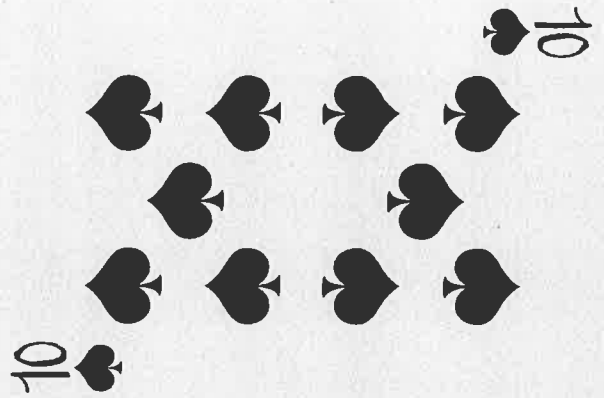
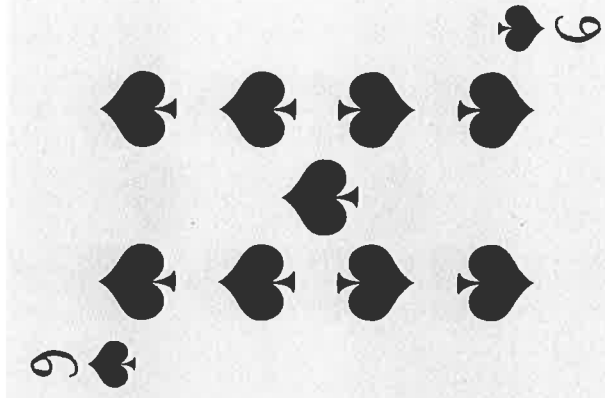
We can't wait to see you again soon! Remember fitness can be fun!

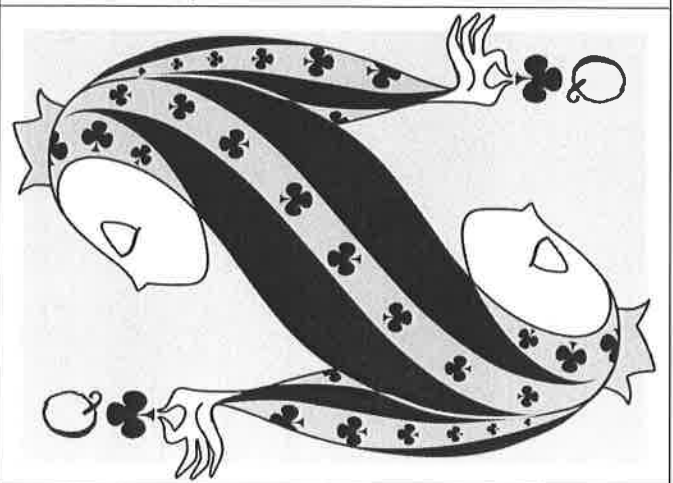
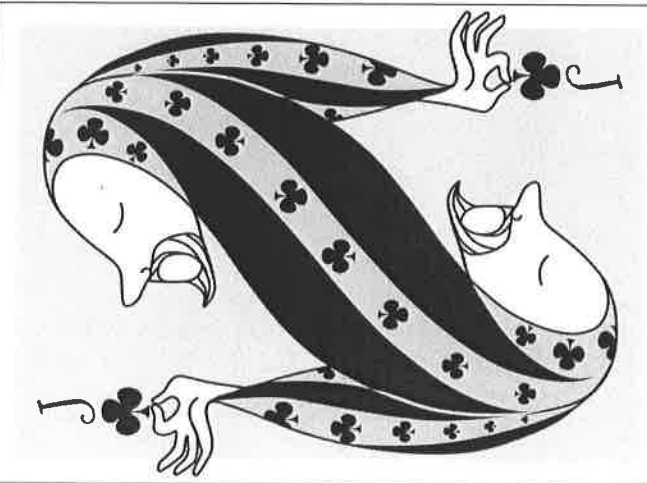
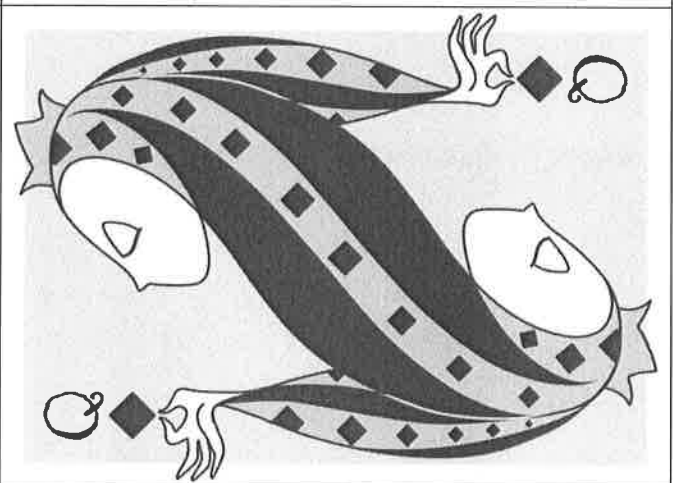
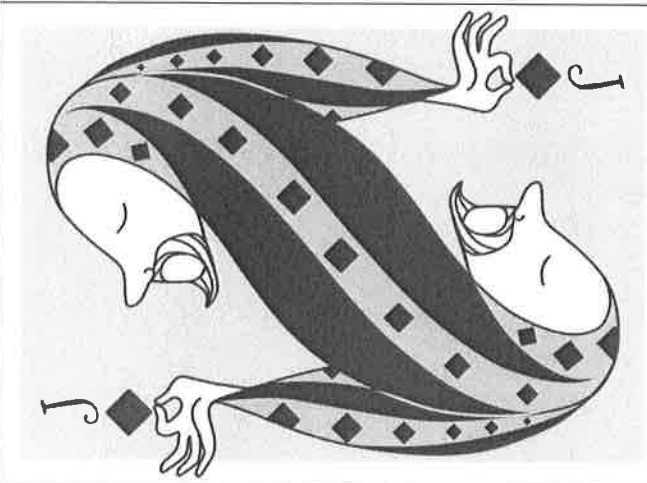
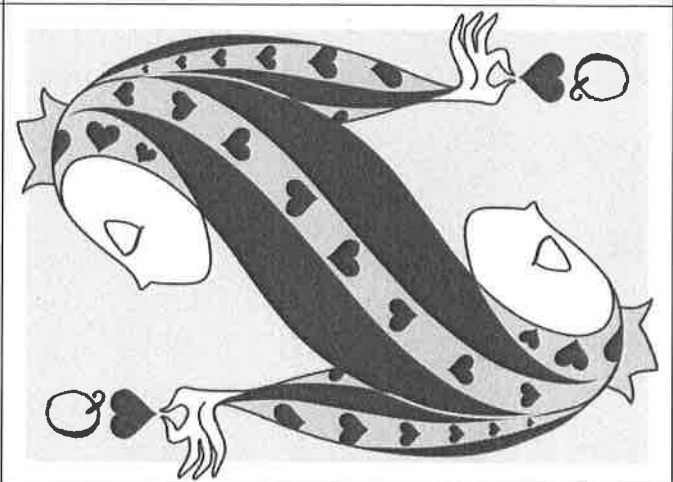
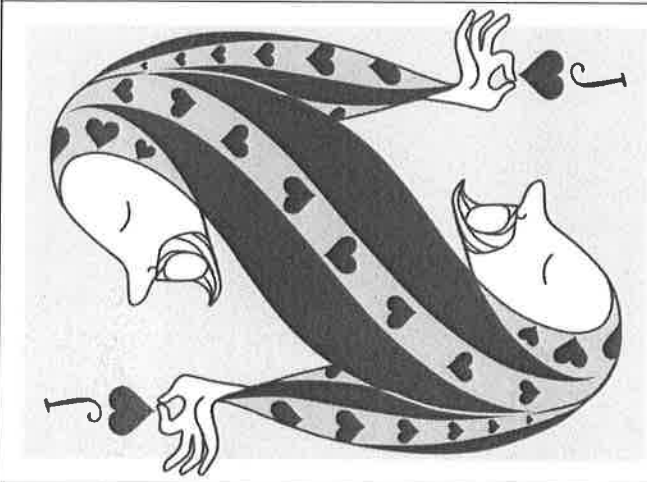
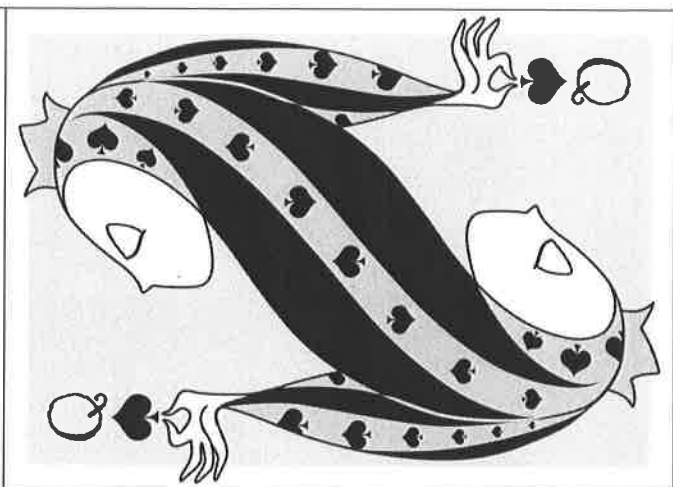
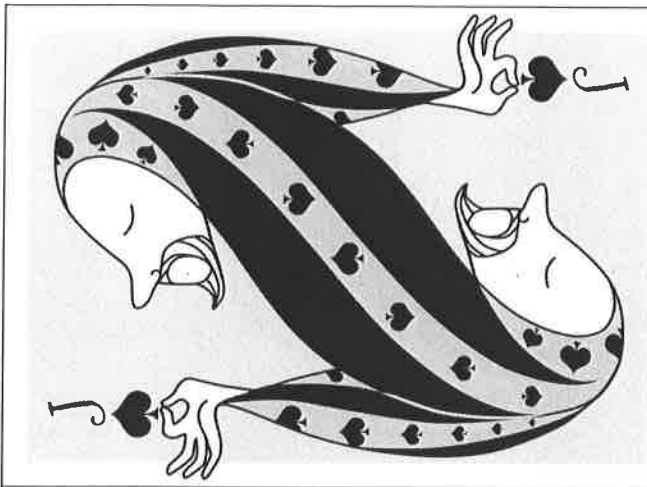


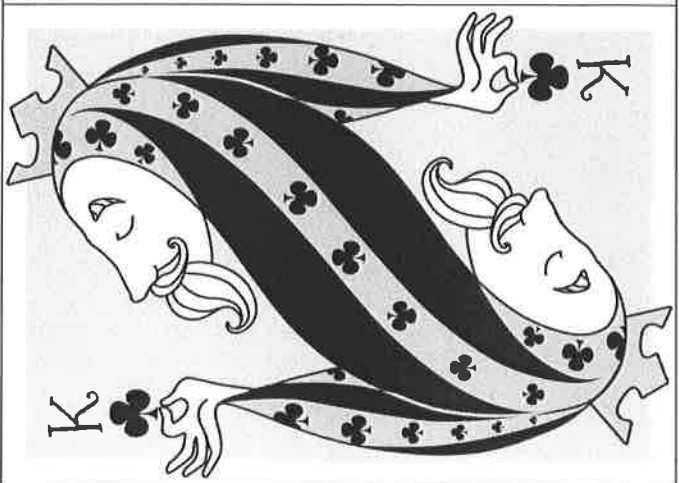
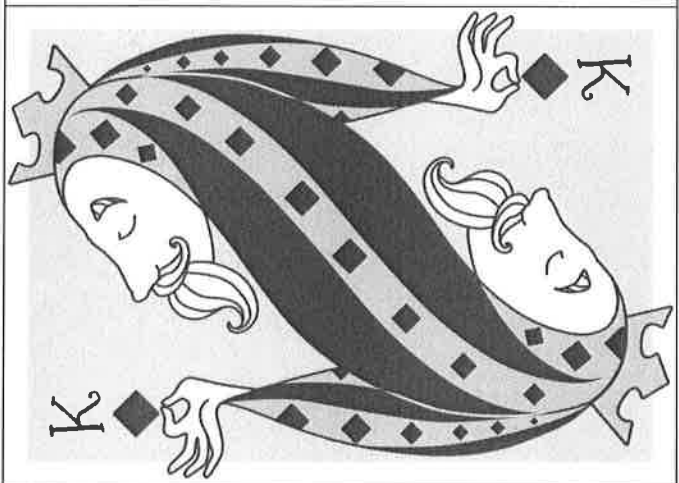
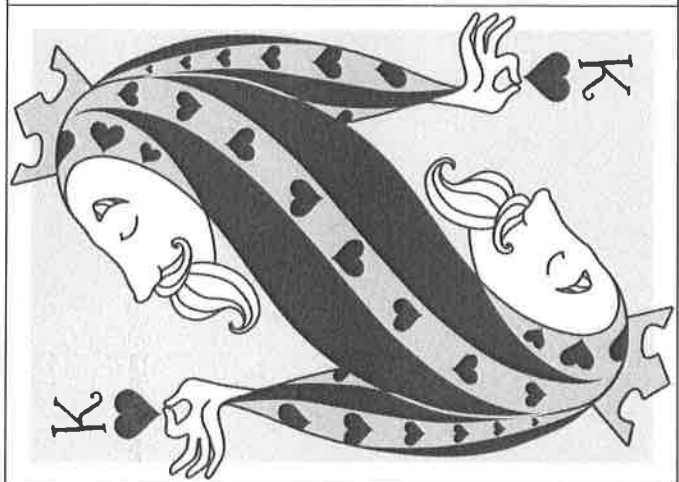
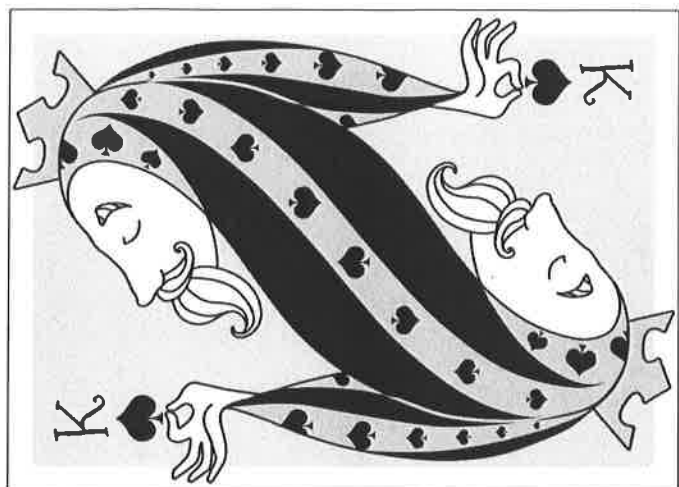




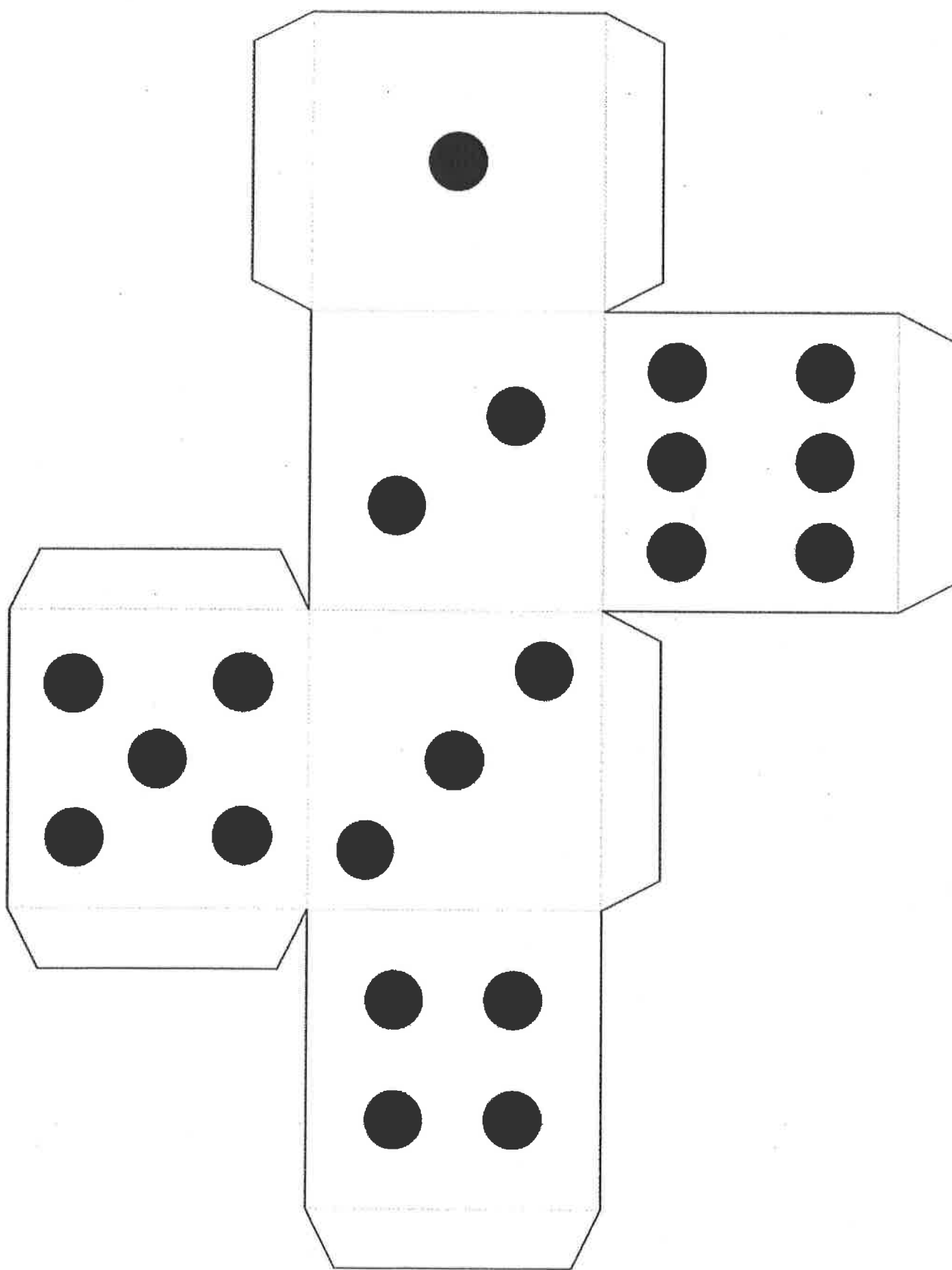




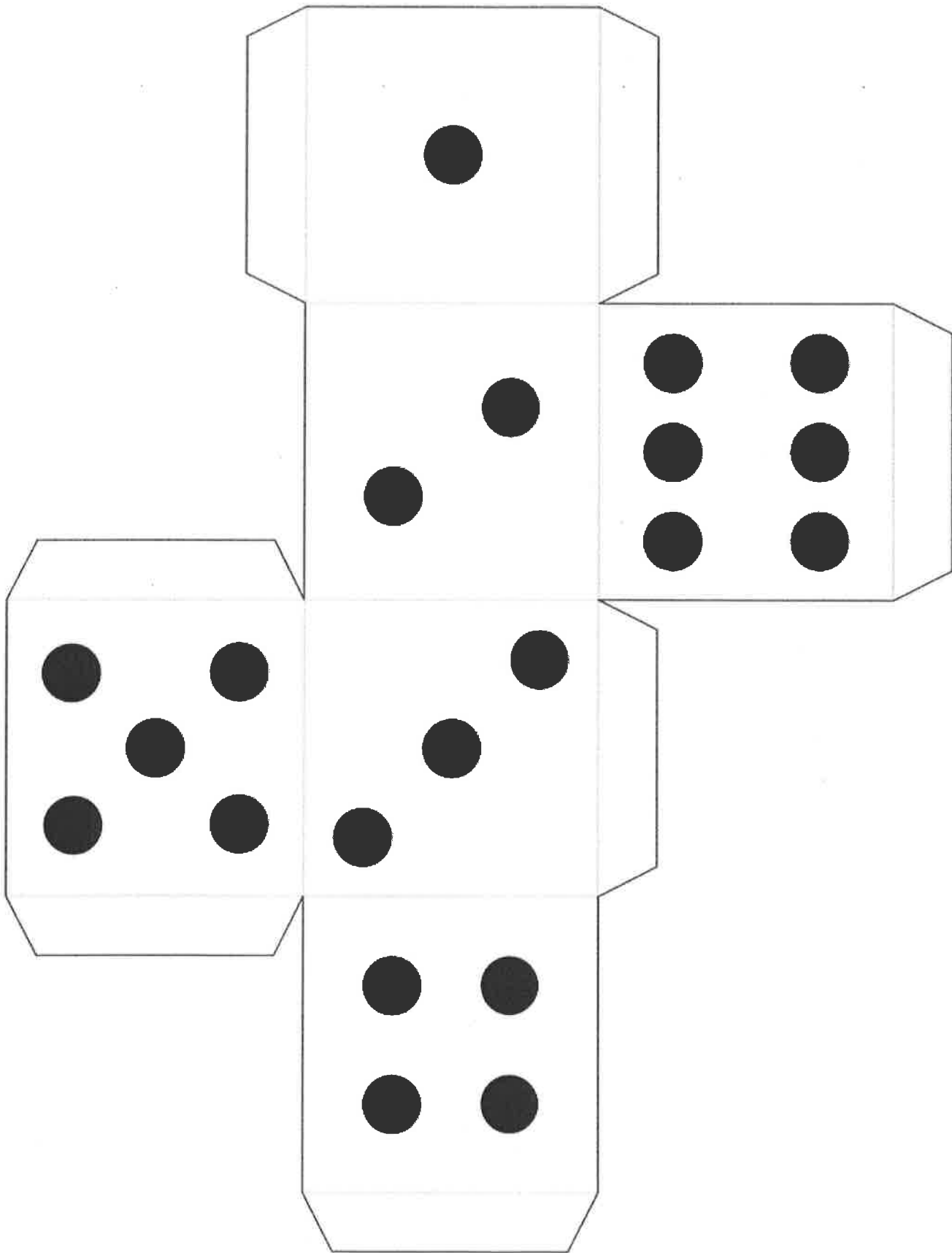




Printable Dice for Detective Badge and other games



Printable Dice for Detective Badge and other games



























Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

March 2020







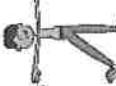







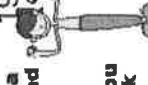






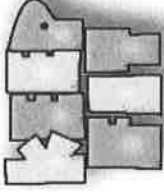
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>Hold onto a chair and stand on your tippie toes for 1 minute.</p> 	<p>2</p> <p>Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</p> 	<p>3</p> <p>Jog in place for 30 seconds in every room of your home.</p> 	<p>4</p> <p>Do 25 back legs kicks per leg.</p> 	<p>5</p> <p>Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</p> 	<p>6</p> <p>Rest Day</p>	<p>7</p> <p>Do bicycle legs with a family member or friend for 60 seconds.</p> 	
<p>8</p> <p>Do 15 push-ups with a family member or friend.</p> 	<p>9</p> <p>Do a side plank for 30 seconds each arm.</p> 	<p>10</p> <p>Do side lunges 30 times per leg.</p> 	<p>11</p> <p>In the Superhero pose lift a book off the ground and read one entire page.</p> 	<p>12</p> <p>Rest Day</p>	<p>13</p> <p>Hold the Bird Dog position for 45 seconds per side.</p> 	<p>14</p> <p>Do 50 Jumping Jacks with a family member or friend.</p> 	
<p>15</p> <p>Do 25 front lunges per leg with a family member or friend.</p> 	<p>16</p> <p>Put your feet under the couch and do 20 curl-ups.</p> 	<p>17</p> <p>Hold onto your toes while balancing on your bottom for 30 seconds.</p> 	<p>18</p> <p>Rest Day</p>	<p>19</p> <p>Do side legs lifts 30 times per leg.</p> 	<p>20</p> <p>Do high knees while singing the school song.</p> 	<p>21</p> <p>Hold hands with a family member or friend and do 25 squats together.</p> 	
<p>22</p> <p>Challenge a family member or friend to a "balance on one foot with eyes closed while keeping balance" contest.</p> 	<p>23</p> <p>Challenge a family member or friend to a "plank without laughing" competition.</p> 	<p>24</p> <p>Rest Day</p>	<p>25</p> <p>Do 30 Wall Push-ups.</p> 	<p>26</p> <p>See how many push-ups you can do in 30 seconds.</p> 	<p>27</p> <p>Put your toes under the couch and do 15 curl-ups.</p> 	<p>28</p> <p>Challenge a family member or friend to a "Y balance" competition.</p> 	
<p>29</p> <p>Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30</p> <p>Rest Day</p>	<p>31</p> <p>Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: _____ Parent Signature: _____</p> <p>Classroom Teacher: _____</p>				<p>Check off (✓) when you finish each day</p>

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Student Name:</p> <p>Classroom Teacher:</p>	<p>Parent Signature:</p>					
<p>5 Get some cans of food and do arm curls while a family member or friend sings to 100. Use both arms</p> 	<p>6 Keep your legs straight while you bend relaxed at the waist. Breathe in slowly making your hands reach for the floor.</p> 	<p>7 Do the butterfly stretch while saying out loud 10 words that begin with the letter "J".</p> 	<p>8 Hold a push-ups position while saying the months of the year 3 times.</p> 	<p>9 Skip around the house while you sing the school song.</p> 	<p>10 Grab walk from the kitchen to your bedroom (even if it's up or down the stairs)</p> 	<p>11 Balance on one foot while a family member or friend sings the ABC song 3 times.</p> 
<p>2 Challenge a family member or friend to a "Mountain Clamber To 50" Race.</p> 	<p>13 Pretend to hula hoop while saying the alphabet forwards then backwards. If you have a hula hoop, use it!</p> 	<p>14 Dance to one of your favorite songs.</p> 	<p>15 Do 60 seconds of arm circles.</p> 	<p>16 Reach and touch your toes while counting to 30. Go slow! Repeat 3 times.</p> 	<p>17 Grab one foot and stretch your thigh for 30 seconds. Repeat. Repeat using the other leg. Then try it with your eyes closed.</p> 	<p>18 Hold a push-ups position while giving a high five to a family member or friend 25 times.</p> 
<p>19 Stand in front of a mirror and flex or move every muscle you can think of.</p> 	<p>20 Get some cans of food and do lunges while a family member or friend sings you THEIR favorite song.</p> 	<p>21 Spell your full name while you jump in the air for each letter.</p> 	<p>22 Rest Day</p>	<p>23 Rest Day</p>	<p>24 Do 50 side bends. While doing them sing your favorite song out loud.</p> 	<p>25 Challenge a family member or friend to a "Jumping Jack race to 50" contest.</p> 
<p>26 Do 100 Jumping Jacks.</p> 	<p>27 With your back flat against the wall, do the Wall Sit for 60 seconds.</p> 	<p>28 Rest Day</p>	<p>29 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30 Pick One Of Your Favorite Days And Do It Again!!!</p>		<p>Check off (✓) when you finish each day</p>

Physical Education Fitness Calendar

Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Student Name: _____</p> <p>Classroom Teacher: _____</p> <p>Parent Signature: _____</p>	<p>Check off (✓) when you finish each day</p>	<p>3 Do squats while singing the school song.</p> <p>4 Do 15 push-ups.</p> <p>5 Hold a plank position while counting to 100 by 5's.</p> <p>6 Do 25 back leg kicks for each leg.</p> <p>7 Ask a family member or friend to read a short passage from a book to you while you hold one toe.</p> <p>8 Do 50 windmills touching one foot, then the other.</p> <p>9 Rest Day</p>	<p>10 Reach to both sides of your body while listening to one of your favorite songs.</p> <p>11 Stretch your calf muscles while you watch 3 commercials on T.V.</p> <p>12 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg.</p> <p>13 Do 50 Jumping Jacks with a family member or friend.</p> <p>14 In a straddle position reach for one toe and count to 10. Repeat reaching for the other toe. Do that 3 times per leg.</p> <p>15 Rest Day</p>	<p>16 Hold one foot while balancing and counting to 20. Repeat holding the other foot. Do that 3 times per leg.</p> <p>17 Do jumping every time a commercial comes on T.V.</p> <p>18 With both legs straight, see how far you can stretch. Do slow breathe in and out each time you reach.</p> <p>19 Jog in place while you answer 10 math questions. Then jog with a family member or friend.</p> <p>20 With legs crossed reach up and over your body as far as you can while reaching the other way. Repeat 3 times per side.</p> <p>21 Rest Day</p>	<p>22 Do 50 lunges.</p> <p>23 Put your toes under the couch and do 15 curl-ups.</p> <p>24 Do a plank while spelling your full name backwards 3 times.</p> <p>25 Do windmills while you count to 100 by 2's.</p> <p>26 Hold a plank position while counting to 50.</p> <p>27 Rest Day</p> <p>28 Do a jumping jack for every letter of the alphabet.</p> <p>29 Jog 3 times around the outside of your home or block.</p> <p>30 Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>31 Pick One Of Your Favorite Days And Do it Again!!!</p>
EXERCISE						

2 - Triangle Pose

3 - Resting Pose

4 - Warrior II

5 - Tree Pose

6 - Namaste

7 - Child's Pose

8 - Cobra Pose

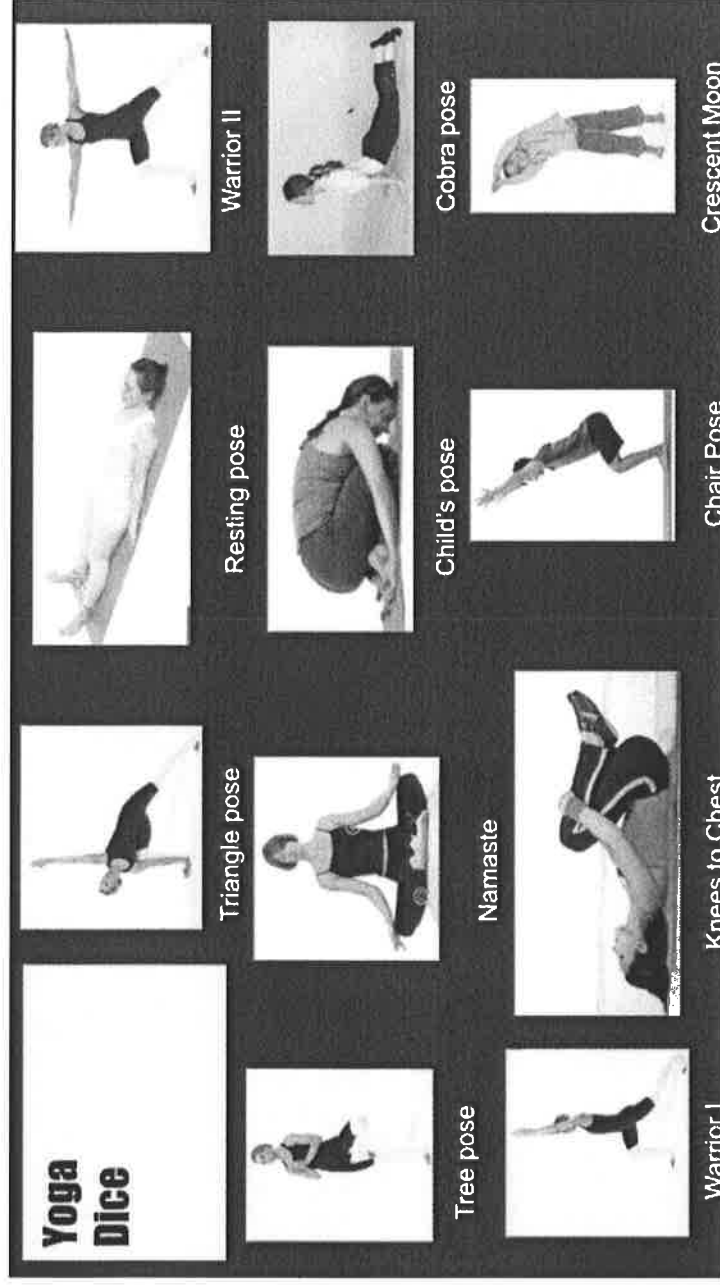
9 - Warrior I

10 - Knees to Chest

11 - Chair Pose

12 - Crescent Moon













Yoga Dice: Roll The dice and perform that exercise for 30 seconds. Play for 15 minutes.



YOGA CARDS

- 2: Downward Facing Dog
- 3: Triangle Pose
- 4: Resting Pose
- 5: Warrior II
- 6: Tree Pose
- 7: Namaste
- 8: Child's Pose
- 9: Cobra Pose
- 10: Warrior I
- J: Knees to Chest
- Q: Chair Pose
- K: Crescent Pose
- A: You Pick the Pose

Yoga Cards: Shuffle the cards. Pick a card. Match the card with the exercise. Perform the pose for 30 seconds. Play for 15 minutes.

			
Downward facing dog	Triangle pose	Resting pose	Warrior II
			
Tree pose	Namaste	Child's pose	Cobra pose
			
Warrior I	Knees to Chest	Chair Pose	Crescent Moon

Roll the Dice for Fitness - 1


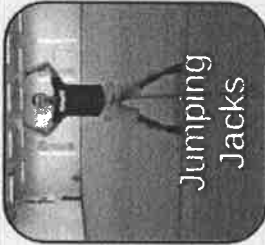




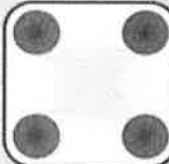



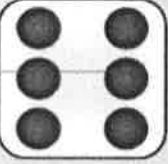

Roll a single die.
Match the number with the exercise.
Exercise for 40 seconds. Take a 20 second break. Play for 15 minutes.

Created by Derrick Blehl @MrBlehlPE

Inspired by Randy Spring's "Dicey Do" @MrSpringPE

Roll The Dice

Directions: Roll the Dice in your squad, match the exercise to the number on the dice and do the exercise as a TEAM!


 15 Reps	 Jumping Jacks	 10 Reps	 Sumo Squats	 10 Reps	 Mountain Climbers
 10 Secs	 Wall Sit	 5 Reps	 Burpees	 20 Reps	 Shoulder Taps

Exercise Dice

Directions: Roll 1 or 2 Dice. Match the total number with the exercise and perform that exercise for 40 seconds. Take a 20 second break. Play again. Continue for a total of 12 rolls.

<p>Mountain Pose</p>  <p>1</p>	<p>Tree Pose</p>  <p>4</p>	<p>Hop 5 times one foot, then other. Repeat</p>  <p>7</p>	 <p>10 Child's Pose</p>
<p>Plank Pose</p>  <p>2</p>	<p>Scissor Jumps</p>  <p>5</p>	 <p>8 Downward Dog Pose</p>	<p>Frog Jumps</p>  <p>11</p>
<p>Jumping Jacks</p>  <p>3</p>	 <p>6 Airplane Pose</p>	<p>Run in place</p>  <p>9</p>	 <p>12 Cobra Pose</p>



Roll a single  and match the number with the exercise. Perform the exercise for 40 seconds. Take a 20 second break and roll again. Play for 15 minutes.



Planks



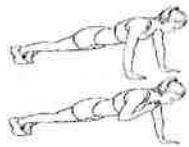
Side Planks



Burpees



Caterpillar Walk



Shoulder Taps



Push Ups



Roll 'Em Dice 2-

Roll 2 dice. Perform the correct exercise for 40 seconds. Take a 20 second break.

Play for 15 minutes.

3. Jumping Jacks
4. Alternating Lunges
5. Star Jumps
6. Line Jumps
7. Wall Sit
8. Plank
9. Push Ups
10. Crunches
11. Windmills

Doubles are a choice roll.





Roll 'Em Dice

3

JUMPING JACKS
FULL BODY
6 10 14



• Jump with hands over head and feet split

4

THE BRIDGE
MIDDLE BODY
20 30 50



Right: Hip flexor power, arch in backfoot
Stable: Hip flexor, glutes
Lift: Core and floor or wall's right hand support
Tip: Breathe in, exhale on the lift

5

KNEE TAPS
LOWER BODY
24 30 60



• Stand with feet hip-width apart
• Feet in place with knees rising high and out to touch palms
• Every other knee tap equals one repetition
Tip: Keep head straight and breathe parallel to floor

6

LUNGES
Stairway
LEVEL BODY
12 20 24



• Step into lunge position until thigh is parallel to floor
• With feet remaining stationary, move up and down slowly
• Switch legs halfway through set
Tip: Do not let knee to go forward of toe

7

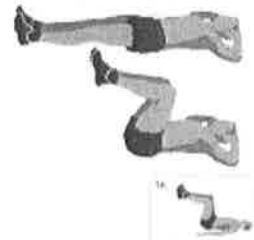
STAR JUMPERS
FULL BODY
4 8 12



• Stand tall with knees slightly bent
• Lower to a crouching position with thighs parallel to floor
• Explode up into the air and extend hands to sky
• Land in starting position on one second after lift

8

REVERSE CURLS
MIDDLE BODY
3 12 18



• Lie on back and cup feet loosely with hands
• Curl legs toward chest while keeping upper body still
• Slowly return legs to fully extended position
Option: Place hands on floor for more support (see 14)

9

ARM ROTATIONS
Horizontal
UPPER BODY
40 60 80



• Extend arms straight out to sides parallel to floor
• Rotate arms in circle until reaching 180 degrees
• Switch direction of rotation halfway through set
Option: Use paper and pencil or string for added variety

10

PUSH UPS
Standard
UPPER BODY
8 12 20



• Place hands shoulder-width apart
• Keep body straight, lower chest to floor
• Return to starting position
Option: Perform exercise on knees if fatigued (see 14)

11

CHASE THE RABBITS
FULL BODY
10 20 30



• Begin in crouching position
• Quickly inhale and lean to other leg as far as you can
• Every other knee to floor equals one repetition
Tip: Keep head straight with neck and back in slight arch

Doubles are a choice roll.



Exercise Cards 2

How to use this chart:

Pick a card from your deck of cards.

Match the card with the exercise on the right. (The suit of the card doesn't matter.)

Perform the exercise for 40 seconds.

Take a 20 second break.

Pick a new card and repeat.

Play for 15 - 20 minutes.

Play again later if you like.

2: Side Plank

3: Tuck Jumps

4: Russian Twists

5: Wall Sits

6: Crunches

7: Jump Squats

8: Jump Lunges

9: Tricep Dips

10: Bicycle Crunches

Jack: Burpees

Queen: Mountain Climbers

King: Push Ups

Ace: You Choose Any

EXERCISE CARDS 2



Side Planks



TUCK JUMPS

Tuck Jumps



Russian Twists



Wall Sits



CRUNCHES

Crunches



Jump Squats



Jump Lunges



Tricep Dips



Bicycle Crunches



Burpees



Mountain Climbers



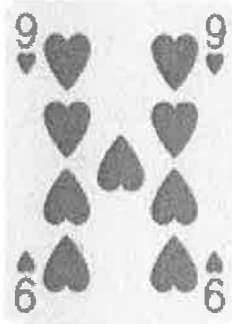
Push Ups

Deck Fitness

- Each card is associated with a specific exercise that is done
- The number on the card tells you how many times or seconds the exercise is done
- Kings, Queens, and Jacks are 10X the exercise.
- Aces are a "your choice". You can decide which exercise you would like to do 10X
- After you take your turn, it's your partner's turn to go. Continue to take turns for 15 minutes.

Spades	Mountain Climbers
Hearts	Jumping Jacks
Clubs	PUsh-Ups
Diamonds	Sit - Ups
King	Burpees (10)
Queen	Planks (10 seconds)
Jack	Jog in place (10 seconds)
Ace	Your Choice

Example: If I picked the 9 of Hearts, I would do 9 Jumping Jacks



EXERCISE LOG

Student name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Student Signature: _____

Parent Signature: _____

Exercise Log

Student name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Student Signature: _____

Parent Signature: _____

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.

Name: _____

Date: _____

MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

what's your name? workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|-------------------------------|---------------------------------|
| A 10 jumping jacks | N 10 second jump rope |
| B 5 push-ups | O 10 russian twists |
| C 1 burpee | P 5 plie squats |
| D 20 high knees | Q 10 arm circles |
| E 5 crunches | R 10 skaters |
| F 10 mountain climbers | S 10 second jog in place |
| G 5 squats | T 10 butt kickers |
| H 10 front lunges | U 5 inchworms |
| I 10 side lunges | V 5 tricep dips |
| J 10 second wall sit | W 3 star jumps |
| K 5 calf raises | X 5 bird dogs |
| L 5 second plank | Y 10 leg raises |
| M 3 squat jumps | Z 5 squat jacks |

what's *Fit activity* FOR kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |