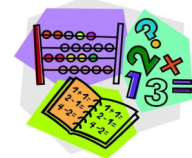
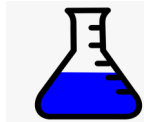


Screen Free Project for Elementary School



Alphabet Exercise Challenge



Instructions:

- Spell out your name or any word (Here are a few words to get you started: smart, maze, work, monkey, violet, symbols).
- For each letter, do the exercise on the Alphabet Exercise Challenge sheet.

ALPHABET EXERCISE CHALLENGE

A Hop on 1 foot 6 times

B Do 10 jumping jacks

C Touch your toes 17 times

D Do 2 forward rolls

E Circle arms 13 times

F Skip 10 times

G Jump up & down 5 times

H Walk on tiptoes 11 steps

I Do 8 leg lifts on each leg

J Walk backward 6 steps

K Do 8 crunches

L Skip 10 times

M Circle arms 11 times

N Jog in place for 20 steps

O March in place 25 steps

P Walk backward 5 steps

Q Balance on 1 foot for 8 counts

R Touch your toes 15 times

S Do 5 lunges on each leg

T Circle arms 12 times

U March in place 25 steps

V Skip 10 times

W Do a downward dog

X Walk on tiptoes 11 steps

Y Do 8 leg lifts on each leg

Z Stretch arms up for 9 counts

NOTE: ALWAYS OBTAIN PARENTAL PERMISSION & SUPERVISION WHEN ATTEMPTING ANY EXERCISE.