|  |  |  |  |
| --- | --- | --- | --- |
| AJumping Jacks |  Infants 5 1st – 3rd Class 10 4th – 6th Class 15 | NJump on 1 leg | Infants 51st – 3rd Class 104th – 6th Class 15 |
| BBunny Hops |  Infants 51st – 3rd Class 10 4th – 6th Class 15 | **O****Squat** |  Infants 51st – 3rd Class 104th – 6th Class 15 |
| CBalance on 1 leg  |  Infants 5 secs1st – 3rd Class 10 secs4th – 6th Class 15 secs | **P****Jumping Jacks** |  Infants 51st – 3rd Class 104th – 6th Class 15 |
| DJump on 1 leg |  Infants 51st – 3rd Class 104th – 6th Class 15 | **Q****Bunny Hops** |  Infants 51st – 3rd Class 104th – 6th Class 15 |
| ESquat | Infants 51st – 3rd Class 104th – 6th Class 15 | **R****Balance on 1 leg** |  Infants 5 secs1st – 3rd Class 10 secs4th – 6th Class 15 secs |
| FJumping Jacks | Infants 51st – 3rd Class 104th – 6th Class 15 | **S****Jump on 1 leg** | Infants 51st – 3rd Class 104th – 6th Class 15 |
| GBunny Hops |  Infants 51st – 3rd Class 104th – 6th Class 15 | **T****Squat** |  Infants 51st – 3rd Class 104th – 6th Class 15 |
| HBalance on 1 leg |  Infants 5 secs1st – 3rd Class 10 secs4th – 6th Class 15 secs | **U****Jumping Jacks** |  Infants 51st – 3rd Class 104th – 6th Class 15  |
| IJump on 1 leg | Infants 51st – 3rd Class 104th – 6th Class 15 | **V****Bunny Hops** |  Infants 51st – 3rd Class 104th – 6th Class 15 |
| JSquat |  Infants 51st – 3rd Class 104th – 6th Class 15 | **W****Balance on 1 leg** |  Infants 5 secs1st – 3rd Class 10 secs4th – 6th Class 15 secs |
| KJumping Jacks | Infants 51st – 3rd Class 104th – 6th Class 15 | **X****Jump on 1 leg** |  Infants 5 1st – 3rd Class 10 4th – 6th Class 15 |
| LBunny Hops |  Infants 51st – 3rd Class 104th – 6th Class 15 | **Y****Squat** |  Infants 51st – 3rd Class 104th – 6th Class 15 |
| MBalance on 1 leg |  Infants 5 secs1st – 3rd Class 10 secs4th – 6th Class 15 secs | **Z****Jumping Jacks** |  Infants 51st – 3rd Class 104th – 6th Class 15 |

**Its your name Challenge**

**Rules**

Complete the activity for each letter of your name.

You must do your 1st name and your surname.

To increase the challenge try using more family member’s names.

The number beside your class group is the amount of the exercise you have to do. i.e Infants 5 means the infant classes have to do the exercise 5 times.

**Exercises:**

 **Jumping Jacks**: Jump feet out to side and back together. Arms come up to shoulder height.

**Bunny Hop**: 2 feet together. Jump up and down on the spot.

**Balance on 1 leg**: Stand on 1 foot with knee slightly bent.

**Jump on 1 leg**: Stand on 1 leg. Jump forward and land on the other foot.

**Squat:** Put a seat behind you. Sit back until you touch the seat and stand back up again.