Hello Broom Valley Children!

Here is your challenge for the week.

Alphabet Fitness

The aim:
- To get fit
- To learn some physical skills
- To spell words
- To start a new game
- To have fun with your family.

How to use the sheet:

1. Look at each letter and try the move that you need to do.

2. Write down your name and your families names. Then spell the names through movements, for example,

   The name **Sally** would be:

   - S = 1 minute spotty dog
   - a = 20 star jumps
   - l = 5 hops on each leg
   - y = 20 front arm circles

3. When you want a challenge.... Do the actions and get your family to spell the word.

   For example:

   **20 squats + 20 star jumps + 20 side lunges** = **CAT**

4. 1 person says a letter and your family have to do that move.

5. Make up your own sporting code for your family.

Have fun and keep moving!
A list of words for you to spell using the fitness alphabet!

cat
dog
man
star
house
zebra
horse
nose
vase
umbrella
insect
balloon

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(I think you may need a rest after this one 😊).

Now make up your own list for your family.

Have fun and keep moving!