

RECESS!

waco parks and recreation

WHAT'S YOUR NAME? (FITNESS ACTIVITY FOR KIDS)

Spell out your name, and complete the activity listed for each letter.
For a greater challenge, include your middle name and perform each activity twice.

A jump up and down 10 times

B spin around in a circle 5 times

C hop on one foot 5 times

D run to the nearest door then run back

E walk like a crab for a count of 5

F do 3 cartwheels

G do 10 jumping jacks

H hop like a frog 8 times

I balance on your left foot for a count of 10

J balance on your right foot for a count of 10

K march like a toy soldier for a count of 12

L pretend to jump rope for a count of 20

M do 3 somersaults

N pick up a ball without using your hands

O walk backwards 50 steps and skip back

P walk sideways 20 steps and hop back

Q crawl like a crab for a count of 10

R walk like a bear for a count of 5

S bend down and touch your toes 20 times

T pretend to pedal a bike with your hands for a count of 17

U roll a ball using only your head

V flap your arms like a bird 25 times

W pretend to ride a horse for a count of 15

X try and touch the clouds for a count of 15

Y try and touch the clouds for a count of 15

Z do 10 push-ups

