

# Spelling Fitness Challenge

I challenge you to spell your name and record it. Please send it to me either on Seesaw or Hwb. You can also challenge your family members! Have fun 😊

**A** - 5 squats

**B** - 5 marches

**C** - 2 sit ups

**D** - 5 jogs

**E** - 5 waves

**F** - 2 triangle toes

**G** - 4 knee twist

**H** - 4 kicks

**I** - 3 criss cross

**J** - 4 lunges

**K** - 6 knees up

**L** - 5 jumps

**M** - 3 bunny hops

**N** - 3 star jumps

**O** - 4 side twists

**P** - 4 scissors jumps

**Q** - 5 runs

**R** - 4 side steps

**S** - 2 press ups

**T** - 4 side stretches

**U** - 10 air punches

**V** - 5 ladder climbs

**W** - 3 windmills

**X** - 5 skips

**Y** - 3 touch toes

**Z** - 2 pea jumps

