**Summer Term 1: Week 5**

**Sports challenge**

Can you write your own name challenge? Think of an activity for every letter. You can repeat the activity with a different number of reps to help!

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| A 5 star jumps | N 10 burpees |
| B Touch the floor 5 times | O Throw and catch a ball 10 times |
| C 5 spotty dogs | P Touch the floor 10 times |
| D Run 1 lap of the garden | Q 10 tuck jumps |
| E 5 burpees | R Throw and catch a ball 15 times |
| F Throw and catch a ball 5 times | S 10 star jumps |
| G 5 tuck jumps | T High knees for 10 seconds |
| H Touch the floor 15 times | U Run 2 laps of the garden |
| I Run on the spot for 10 seconds | V Run on the spot for 20 seconds |
| J Run 3 laps of the garden | W 15 spotty dogs |
| K 10 spotty dogs | X 15 burpees |
| L 15 star jumps | Y High knees for 20 seconds |
| M DO THE MACARENA! | Z Run on the spot for 30 seconds |

Can you create your own alphabet challenge for your family?