

# ABC Challenge!

***Challenge children to perform the following movements:***

**A is for Air:** Can you take 5 deep breaths of air?

**B is for Bouncing:** Can you bounce like a ball?

**C is for Curling:** Can you curl your body into a round shape?

**D is for Dodging:** Can you dodge from side to side?

**E is for Exercises:** Can you do your favorite exercise?

**F is for Football:** Can you pass a ball like a quarterback?

**G is for Golf:** Can you swing your golf club and hit the ball hard?

**H is for Helmet:** Can you put yours on and ride your bike?

**I is for Ice Skating:** Can you skate around the room?

**J is for Jump:** Can you jump up high?

**K is for Kick:** Can you kick each foot up high?

**L is for Lean:** Can you lean to the left, then lean to the right? Do it again 5 times.

**M is for Muscles:** Can you pose and show me your muscles?

**N is for Nose:** Can you touch your nose? Sing and do Head, Shoulders Knees & Nose.

**O is for Over:** Can you jump over 3 great big holes?

**P is for Push-ups:** Can you do 10 push-ups?

**Q is for Quietly:** Can you tip toe quietly?

**R is for Run:** Can you run in place very fast?

**S is for Swim:** Can you swim like a fish?

**T is for Throw:** Can you throw the ball really far?

**U is for Under:** Can you get under a desk or table?

**V is for Vibrate:** Can you shake and vibrate like a washing machine

**W is for Wiggle:** Can you wiggle like a worm?

**X is for X-ray:** Can you trace the bones in your arms and hands that an x-ray could see?

**Y is for Yo-yo:** Can you go up and down like a yo-yo?

**Z is for Zigzag:** Can you zigzag around the room?