

LAWRENCE COUNTY 4-H FUNDAY FRIDAY ALPHABET EXERCISE

Using the next slides, do the exercise next to each letter of your name. Post your video in the comments below.



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 AND BACK

E MARCH LIKE A TOY SOLDIER FOR A COUNT OF 10

F DO 3 CARTWHEELS

G DO 10 JUMPING JACKS

H HOP LIKE A FROG 10 TIMES

I BALANCE ON YOUR LEFT FOOT FOR A COUNT OF 10

J BALANCE ON YOUR RIGHT FOOT FOR A COUNT OF 10

K WALK LIKE A BEAR FOR A COUNT OF 10

L PRETEND TO JUMP ROPE FOR A COUNT OF 20

M SHAKE THE WIGGLES OUT FOR A COUNT OF 5

N DO THE TWIST FOR A COUNT OF 10

O WALK BACKWARDS 20 STEPS

P WALK SIDeways 10 STEPS

Q CRAWL LIKE A CRAB FOR A COUNT OF 10

R RUN IN PLACE FOR A COUNT OF 10

S DO 10 TOE TOUCHES

T PEDAL A BIKE WITH YOUR HANDS FOR A COUNT OF 10

U DO 10 LEG KICKS

V FLAP YOUR ARMS LIKE A BIRD 20 TIMES

W PRETEND TO RIDE A HORSE FOR A COUNT OF 25

X TRY TO TOUCH THE CLOUDS FOR A COUNT OF 15

Y DO 10 KNEE LIFTS

Z DO 10 SQUATS

