

# THE ALPHABET CHALLENGE!

## SPELL YOUR NAME!

**A** – Jump up and down  
10 times

**B** – Wave your arms in  
the air for 20 seconds

**C** – Spin 3 times

**D** – Perform the 'night  
fever' move 5 times on  
each arm

**E** – Hop for 10 seconds

**F** – March like a soldier  
for 30 seconds

**G** – Do 15 star-jumps

**H** – Floss for 30 seconds

**I** – Perform the 'night  
fever' move 10 times on  
each arm

**J** – Dab 10 times

**K** – Perform your  
favourite dance move for  
30 seconds

**L** – Hop for 20 seconds

**M** – Frog squat 4 times

**N** – Dance like a robot |  
for 30 seconds

**O** – Spin on the spot

**P** – Floss for 10 seconds

**Q** – Side reaches for 15  
seconds

**R** – Dance to your  
favourite song for 30  
seconds

**S** – Do 5 star-jumps

**T** – Dab 5 times

**U** – Perform 5 burpees

**V** – Skip for 30 seconds

**W** – Jump up and down  
20 times

**X** – Lunges for 10  
seconds

**Y** – Balance on one leg  
for 10 seconds

**Z** – Dance to your  
favourite song for 1  
minute