**Home Learning**

**Physical Education**

Below there are different movements for each letter of the alphabet. You are going to be creating your own short workout using these different movements. You can choose to spell out your name and use the movements for each letter of your name, you could also choose a name of a friend, someone at home or a pet, it is up to you. Complete your short workout and ask an adult to take a video of your doing it. Upload this video to Teams please.

You could also choose a song to play in to background of your workout ☺

So as an example, I am going to choose the name of my hamster, Fudge. So, my short workout would be as follows:

**F** - 10 arm circles

**U -** 15 second plank

**D** - 3 burpees

**G** - 5 squats

**E** - Jog on the spot for 1 minute

**Alphabet Exercises:**

A – Jump as high as you can 5 times

B – 5 push ups

C – 10 bunny hops

D – 3 burpees

E – Jog on the spot for 1 minute

F – 10 arm circles

G – 5 squats

H – Shoulder to toe tap 5 times

I – 15 seconds plank

J – 5 sit ups

K – Sprint on the spot for 30 seconds

L – 10 high knees

M – Jump like a frog for 20 seconds

N - 15 spotty dogs

O – 10 dabs

P – 5 star jumps

Q – 10 side steps both ways

R – 10 arm circles

S – Balance on one leg for 30 seconds

T – 10 skips

U – 15 second plank

V - Jump like a frog for 20 seconds

W – Hop on one leg 10 times

X - 8 lunges

Y – 5 sit ups

Z – 5 squats

**Extension:** If you would like to you can choose to do your first and last name, or you can choose to do 2 names. For example, you may choose to do your name and your teddies name, or you may choose to do your mums or dads name and your best friends name.