

CONFID-KIDS
SPELL YOUR NAME CIRCUITS CLASS

- 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 run back
- E** Walk like a bear for a count of 5
- F** Do 3 cartwheels
- G** Do 10 Jumping Jacks
- H** Hop like a frog 8 times
- I** Balance on your left foot for a count of 10
- J** Balance on your right foot for a count of 10
- K** March like a toy soldier for a count of 12
- L** Pretend to skip with a rope for a count of 20
- M** Do 3 somersaults
- N** Pick up a ball without using your hands
- O** Walk backwards 50 steps and skip back
- P** Walk sideways 20 steps and hop back
- Q** Crawl like a crab for a count of 10
- R** Walk like a bear for a count of 5
- S** Bend down and touch your toes 20 times
- T** Pretend to pedal a bike with your hands for a count of 17
- U** Roll a ball using only your head
- V** Flap your arms like a bird 25 times
- W** Pretend to ride a horse for a count of 15
- X** Try and touch the clouds for a count of 15
- Y** Walk on your knees for a count of 10
- Z** Do 10 push ups