****

**Greystones CNS A-Z of activity**

Spell out your full name and complete the activities listed for each letter. Spell out your teacher’s name, your granny’s name or even you pet’s name. Or why not just do one activity a day- it’s your choice!!! We would love to see some photos or videos of you doing the activities too.

|  |  |
| --- | --- |
| 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 10  F do 3 cartwheels  G do 10 jumping jacks  H hop like a frog 12 times  I balance on your left foot and count to 10  J balance on your right leg and count to 10  K march around the room and count to 10  L pretend to jump a rope for the count of 20  M do 3 forward rolls  N pick up a ball without using your hands  O walk backwards 50 steps then skip forward | P walk sideways for 20 steps and hop back  Q crawl like a crab for the count of 10  R do 12 jumps as high as you can  S Bend down and touch your toes 20 times  T Pretend to peddle your bike with your legs in the air for the count of 20  U Roll a ball only using your head  V Flap your arms like a bird 20 times  W Pretend to ride a horse and count to 20  X Try and reach the clouds for a count of 20  Y Walk on your knees for the count of 10  Z Throw a ball against the wall and catch it as many times as you can in 30 seconds |