****

**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 timesB spin around in a circle 5 timesC hop on one foot 5 timesD run to the nearest door and run backE walk like a bear for a count of 10F do 3 cartwheelsG do 10 jumping jacksH hop like a frog 12 timesI balance on your left foot and count to 10J balance on your right leg and count to 10K march around the room and count to 10L pretend to jump a rope for the count of 20M do 3 forward rollsN pick up a ball without using your handsO walk backwards 50 steps then skip forward | P walk sideways for 20 steps and hop backQ crawl like a crab for the count of 10R do 12 jumps as high as you canS Bend down and touch your toes 20 timesT Pretend to peddle your bike with your legs in the air for the count of 20U Roll a ball only using your headV Flap your arms like a bird 20 timesW Pretend to ride a horse and count to 20X Try and reach the clouds for a count of 20Y Walk on your knees for the count of 10Z Throw a ball against the wall and catch it as many times as you can in 30 seconds |