

PSCL ALPHABET FITNESS CHALLENGE

SPELL OUT YOUR FULL NAME TO COMPLETE THE FITNESS CHALLENGES BELOW. FOR AN EXTRA CHALLENGE SPELL OUT YOUR SCHOOL AND FOR VARIETY SPELL THEM OUT BACKWARDS!

MULTISKILLS = GREEN, GYMNASTICS = BLUE, DANCE = RED, YOGA = ORANGE

- | | | | |
|----------|---|----------|---|
| A | MAKE THE AEROPLANE YOGA POSTURE AND HOLD FOR 3 DEEP BREATHS | N | HOLD YOUR NINGA YOGA POSE ON EACH SIDE FOR 3 BREATHS |
| B | UNDERARM THROW 4 SOCKS INTO AN EMPTY BIN | O | TRANSFER 20 OBJECTS FROM LEFT TO RIGHT USING YOUR FEET |
| C | CHA CHA SLIDE INTO YOUR KITCHEN AND BACK | P | PERFORM 5 PRESSUPS |
| D | DANCE LIKE DIVERSITY AROUND YOUR LIVING ROOM | Q | PRETEND YOU'RE THE QUEEN WHILST SKIPPING 10 TIMES |
| E | DO YOUR BEST SOARING EAGLE YOGA POSTURE AND HOLD FOR 4 DEEP BREATHS ON EACH LEG | R | READ A BOOK WHILST BALANCING ON YOUR BOTTOM |
| F | BALANCE LIKE A FROG ON YOUR HANDS | S | PULL YOURSELF ALONG THE FLOOR LIKE A SNAKE |
| G | PERFORM THE GANGNAM STYLE FOR 20 SECONDS | T | PERFORM 20 TOE TAPS ON AN OBJECT OF YOUR CHOICE |
| H | COMPLETE 10 HIGH JUMPS OVER A TEDDY BEAR | U | SPRINT LIKE USAIN BOLT AROUND YOUR GARDEN |
| I | USE YOUR IMAGINATION TO MAKE A NEW ANIMAL YOGA POSTURE FOR 4 DEEP BREATHS | V | PERFORM 6 VINESTEPS WHILST WAVING YOUR ARMS |
| J | PERFORM 10 TUCK JUMPS | W | YOU ARE A STRONG WARRIOR, HOLD YOU WARRIOR POSE FOR 2 DEEP BREATHS ON EACH SIDE |
| K | TRY 5 KICK UPS WITH A TOILET ROLL | X | LIE ON YOUR BACK IN AN X, TAKE 3 RELAXATION BREATHS, SQUEEZE AND RELAX YOUR FINGERS |
| L | DO YOUR BEST LIZARD YOGA POSTURE AND HOLD FOR 2 DEEP BREATHS | Y | PERFORM THE YMCA TO SOMEONE IN YOUR HOUSE |
| M | MOONWALK FOR 20 SECONDS | Z | SIDESTEP IN A ZIG ZAG PATTERN 6 TIMES |