

Worksheet

The What's Your Name Dance

Spell out your name and do the actions listed against each letter

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 jump rope for a count of 20

M – do 3 somersaults

N – Pick up a ball without using your hands

O – Walk backwards 10 steps and skip back

P – Walk sideways 10 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 5 times

T – Pedal with your hands for a count of 10

U – Roll a ball using your head

V – Flap your arms like a bird

W – Ride a horse

X – Reach for the clouds

Y – Walk on your knees for a count of 10

Z – do 10 push-ups