

PE Activities for 1st-2nd Grade

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

Week 1	What's Your Name Game	25 Jumping Jacks	Dance to your favorite music for 10 minutes	Run in Place for 3 minutes	Play Outside for 20 minutes
Week 2	What's Your Name Game	Gallop 3 laps around your yard	Dance to your favorite music for 10 minutes	Skip 3 laps around your yard	Play Outside for 20 minutes
Week 3	What's Your Name Game	Skip 3 laps around your yard	Dance to your favorite music for 10 minutes	25 Sit Ups 10 Push Ups	Play Outside for 20 minutes
Week 4	What's Your Name Game	Run in Place for 3 minutes	Dance to your favorite music for 10 minutes	25 Jumping Jacks	Play Outside for 20 minutes
Week 5	What's Your Name Game	25 Sit Ups 10 Push Ups	Dance to your favorite music for 10 minutes	Gallop 3 laps around your yard	Play Outside for 20 minutes

- A** jump up & 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 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

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

