

PE Activities for Kindergarten

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

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| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

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