



Instructions: Using the alphabet below select your year group and spell out your full name by completing the exercises that correlate with the letters in your name. Why don't you try to spell out a family members name as well? If you are unsure of any of the exercises above please use Google to assist you. Good luck!

Bronze	Silver	Gold	Platinum
Reception	Year 1 & 2	Year 3 & 4	Year 5 & 6
A: 20 Star Jumps	A: 30 Star Jumps	A: 40 Star Jumps	A: 50 Star Jumps
B: 30 seconds running on the spot	B: 40 seconds running on the spot	B: 20 Sit Ups	B: 30 Sit Ups
C: 30 Seconds Jumping	C: 40 Seconds Jumping	C: 20 Squats	C: 30 Squats
D: 30 seconds hoping	D: 40 seconds hoping	D: 30 sec sprinting on the spot	D: 40 sec sprinting on the spot
E: 20 Burpees	E: 30 Burpees	E: 20 Burpees	E: 30 Burpees
F: 30 High Knees	F: 40 High Knees	F: 20 Mountain Climbers	F: 30 Mountain Climbers
G: 30 seconds balancing on one leg	G: 40 seconds balancing on one leg	G: 20 Arm Circles	G: 30 Arm Circles
H: 30 Seconds Jumping	H: 40 Seconds Jumping	H: 20 Squats	H: 30 Squats
I: 20 High Knees	I: 30 High Knees	I: 20 High Knees	I: 30 High Knees
J: 20 Star Jumps	J: 30 Star Jumps	J: 40 Star Jumps	J: 50 Star Jumps
K: 30 seconds hoping	K: 40 seconds hoping	K: 20 Press Ups	K: 30 Press Ups
L: 30 seconds balancing on one leg	L: 40 seconds balancing on one leg	L: 20 Lunges	L: 30 Lunges

M: 20 Burpees	M: 30 Burpees	M: 20 Burpees	M: 30 Burpees
N: 30 High Knees	N: 40 High Knees	N: 30 Second Plank	N: 40 Second Plank
O: 20 Star Jumps	O: 30 Star Jumps	O: 40 Star Jumps	O: 50 Star Jumps
P: 20 Burpees	P: 30 Burpees	P: 20 Arm Circles	P: 30 Arm Circles
Q: 30 seconds running on the spot	Q: 40 seconds running on the spot	Q: 20 Crunches	Q: 30 Crunches
R: 30 seconds hoping	R: 40 seconds hoping	R: 20 Press Ups	R: 30 Press Ups
S: 30 High knees	S: 40 High knees	S: 20 Mountain Climbers	S: 30 Mountain Climbers
T: 30 seconds balancing on one leg	T: 40 seconds balancing on one leg	T: 30 Second wall sit	T: 40 Second wall sit
U: 30 Seconds Jumping	U: 30 Seconds Jumping	U: 20 Squats	U: 30 Squats
V: 20 Burpees	V: 30 Burpees	V: 20 Burpees	V: 30 Burpees
W: 20 Star Jumps	W: 30 Star Jumps	W: 20 Star Jumps	W: 30 Star Jumps
X: 30 seconds running on the spot	X: 40 seconds running on the spot	X: 20 Crunches	X: 30 Crunches
Y: 30 seconds hoping	Y: 40 seconds hoping	Y: 20 Press Ups	Y: 30 Press Ups
Z: 30 High knees	Z: 40 High knees	Z: 30 Second wall sit	Z: 40 Second wall sit



*"INCREASING PHYSICAL ACTIVITY
THROUGH HIGH QUALITY PE & SPORT"*