

Body Alphabet – use your body to write your name every day!

A = Bunny hops

B = Pretend to surf

C = Hopscotch

D = Climb the stairs

E = Spotty dogs

F = Step ups

G = Karate kicks

H = Skip with a hoop, rope or around a space

I = March and clap under you knee

- J = Tuck jumps

- K = Touch the floor reach up tall

- L = Kangaroo jumps side to side

- M = Do some swimming without the water!

- N = Can-can legs

- O = Skate on ice

- P = Lying on your back pretend to ride your bike

- Q = Walk the plank like a pirate

R = Spin on a body part

S = Lasso arm like a cowboy/girl

T = Jump from 2 feet to 1 foot

U = Hop up and down

V = Balance on just your bottom

X = Star jumps

Y = Mountain climbers on the floor

Z = Twist jumps side to side

**Aimed at
children in
Year 2, 3
and 4!**



*Can you remember the actions? Can you perform them in the correct order?
Can you write different words and others crack the code?*



Crack the code!

Copy the actions below can someone else crack the code?



- Tuck jump – hop – swim with out water – ride your bike on your back
- Step ups – bunny hops – lasso arms – jump from 2 feet to 1.
- Touch the floor stretch up tall – Touch the floor reach up tall – ride your bike on your back
- Skip – spotty dogs – bunny hops – kangaroo jumps – jump from 2 feet to 1 – mountain climbers
- Lasso arms – jump 2 feet to 1 – bunny hops – mountain climbers
- Bunny hops - hopscotch - jump 2 feet to 1 - march and clap under leg – balance on just your bottom – spotty dogs

