



ABC - pres...



ABC Preschool Challenge

Do the exercise for each letter of your name.

A 5x Rock & rolls & then stand up	J 5x Jump half turns each way	S 20sec Pike stretch
B 5x Forward rolls	K 10x Marching on the spot	T 20sec Straddle stretch (trying to get elbows on floor)
C 5x Bunny hops	L 10sec Front support	U 20sec Butterfly stretch
D 5x Tuck handstands	M 10sec Rear Support	V 20sec Seal stretch
E 5x Spin in a circle each way	N 5sec Dish hold	W 5x Teddy bear rolls each way
F 10x Hops on each foot	O 10x Jumps on the spot	X 10sec L sit
G 5x Pike handstand (3sec, feet on chair)	P 5x tuck jumps	Y 5x Forward Kicks (Left & Right)
H 5x Throw & catch a ball or soft toy	Q 10x Skipping around the room	Z 5x Sit ups
I 5x Roll a ball to a partner	R 5sec Arch hold	

