

Move Your Body!

Spring Spell-and-Move

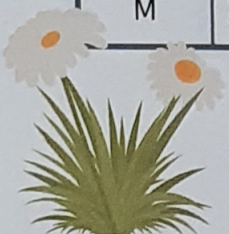
Each letter in the table matches an exercise. Spell some spring words by completing the exercises that go with each letter of the word. Here are some words to try:

1. Spring
2. Flower
3. Birds
4. Butterfly
5. Rainbow

Which word is the easiest to complete? Which word is the most challenging? Why?

How many more spring words can you think of? Create an exercise routine based on the spelling of your five (5) favourite spring words.

A	10 jumping jacks	N	5 squats
B	10 forward arm circles	O	5 frog jumps
C	10 backward arm circles	P	5 supermans (lie on belly; lift hands and feet)
D	10-second imaginary jump rope	Q	15-second running on the spot
E	10-second dance	R	5 jumps side to side
F	5-second backward crab walk	S	10-second walk on your knees
G	5-second forward crab walk	T	10 toe touches (bend at the waist)
H	5 spins	U	5 bear walks
I	5 long jumps	V	5 steps on tiptoes
J	5-second balance on right foot	W	5-second balance on left foot
K	5 hops on one foot	X	5 steps on heels
L	10 push-ups	Y	5-second balance on 3 body parts
M	20-second plank	Z	5 jumps forward and back



Example: Spell "Bat" by doing
B: 10 forward arm circles
A: 10 jumping jacks
T: 10 toe touches