

Adapted PE Alphabet Exercise List

A=Arm circles or Arm curls

B=Beach Ball

C=Crunches or Child's pose

D=Dab or Deep Knee Bend or Dance, or Disc Throw

E=Egg (human egg shape) or Elbow to knee touches

F=Fly or Flap your arms

G=Glute Bridges

H=Hop or High Step March

I=Inchworm or Itch a body part

J=Jumping jacks or Javelin throw

K=Kick a ball

L=Lunge or Leg lifts

M=Move your..., mountain climbers

N=Neck rolls

O=Opposite side turn

P=Press-up or Plank

Q=Quick feet or Quick hands

R=Roll a ball

S=Side Step

T=Toe touch stretch

U=Up and Down Shoulder shrugs

V=V-sit stretch

W=Windmill

X=X-Cross reach

Y=Yoga post

Z=Zig-Zag walk