

exercise spelling

SPORT-FOLIO

WHILE SPELLING WORDS, PERFORM THE ASSIGNED TASK FOR EACH LETTER.



A = 15 Jumping Jacks

B = 8 Squats

C = 30 Second Forearm Planks

D = 7 Push-Ups

E = 20 Lunges

F = 10 Curl-Ups

G = 10 Arm Circles -front & back

H = 8 Burpees

I = 20 Windmills

J = 1 Minute Wall Sit

K = 20 Crab Kicks

L = 10 Curl-Ups

M = 3 Laps Skipping

N = 5 Laps Running

O = 10 Calf Raises

P = 10 Squat Jumps

Q = 20 Flutter Kicks

R = 1 Minute Push-Up Plank

S = 20 Mountain Climbers

T = 15 Crab Dips

U = 7 One Leg Dips

V = 10 Supermans

W = 1 Lap Crab Walking

X = 25 Ski Jumps (side to side)

Y = 1 Minute Running in Place

Z = 20 Plank Shoulder Taps