Alphabet Challenge!

Use this secret PE code to send a message to your family! Can you spell your name or send back a reply?

1. 10 Jumping Jacks
2. 15 High Knees
3. 5 Squats
4. 4 Push ups
5. 4 Sit ups
6. 1 Burpee
7. One legged balance
8. 10 second wall sit
9. Fast running for 10 seconds
10. 6 Elbow to knees
11. 10 Skips
12. 10 Second Plank
13. 5 Star Jumps
14. 6 Tuck Jumps
15. 10 front Lunges
16. 10 Crunches
17. Superman balance
18. 10 Side Lunges
19. Hold a squat for 5 seconds
20. 3 squat jumps
21. 3 Jumping Jacks
22. 6 Jumps
23. 2 Burpee’s
24. 5 steps up the stairs and back
25. 5 Crunches
26. 3 Sit ups