

ALPHABET DANCE EXERCISE – GRADES K-12

Each letter will have a dance move and participants will spell out their name and complete the dance move listed beside the letter. Participants are more than welcome to change moves for letter or do a completely new list. Allow creativity and fun to direct this activity.

A – clap

B – Shake

C – Sway

D – Jump

E – Turn

F – Slide

G – Kick

H – knee lift

I – leap

J – Tap toes

K – skip

L – Plie

M – Stomp

N – Step touch

O – Ball change

P – Two step

R – Grapevine

S – Step kick

T – Relieve

U – Cross step

V – Cross kick

W – Shoulder roll

X – Arm waves

Y – Twist hips

Z - Gallop

SUPER FUN EXERCISES FOR KIDS

what's *fit activity for kids* your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE, INCLUDE YOUR MIDDLE NAME & DO EACH ONE THrice! FOR VARIETY, YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

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| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 5 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |