



### ACTIVITY SHEET

This activity is a 15 to 20 minute physical activity that doesn't require any equipment. Simply use the exercises and letters below to answer at least five of the following questions!

1. Your first and last name
2. Your best friend's full name
3. The name of your favorite sports team
4. The name of your favorite athlete
5. Your favorite coach or teacher's name
6. Your favorite fruit or vegetable to eat
7. Your favorite healthy snack
8. Your favorite school lunch meal

A = 7 air squat

B = 5 push ups

C = 15 jumping jacks

D = 10 sit ups

E = 7 air squats

F = 3 burpees

G = 7 push ups

H = 10 sit ups

I = 5 push ups

J = 7 air squats

K = 3 burpees

L = 15 jumping jacks

M = 3 burpees

N = 10 sit ups

O = 15 jumping jacks

P = 10 sit ups

Q = 5 push ups

R = 3 burpees

S = 7 air squats

T = 5 push ups

U = 3 burpees

V = 5 push ups

W = 3 burpees

X = 15 jumping jacks

Y = 10 sit ups

Z = 7 air squats