



# WHATS YOUR NAME?



A-Z

Can you spell your name using activities?

## HOW TO PLAY SPELL YOUR NAME!



- > Stand in one place
- > Follow the activities on the next page
- > Spell out your full name and complete the activity listed for each letter

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



**YOU WILL NEED:**

- > Floor space



### REMEMBER



You can use this for lots of things! Why not spell out your favourite pet's name? Your favourite character from a book or tv? Or someone in your family?

### SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



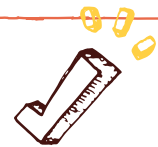
### Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



### CHALLENGE!

Try including your middle name!



**ju:MP @HOME**



For more fun activities visit:  
**JUMPATHOME.ORG**





# WHAT'S YOUR NAME?

A-Z

Spell out your full name and complete the activity listed for each letter. For a greater challenge include your middle name and do each one twice! For variety you can use a favourite character's name or a family members name.

A

Jump up and down 10 times

B

Spin around in a circle 5 times

C

Hop on one foot 5 times

D

Run to the nearest door and run back

E

Walk like a bear for a count of 5

F

Do 3 cartwheels



G

Do 10 jumping jacks

H

Hop like a frog 8 times

I

Balance on your left foot for a count of 10

i

Balance on your right foot for a count of 10

K

March like a toy soldier for a count of 12

L

Pretend to jump rope for a count of 20

M

Do 3 somersaults



N

Pick up a ball without using your hands

O

Walk backwards 50 steps and skip back

P

Walk sideways 20 steps and hop back

Q

Crawl like a crab for a count of 10

R

Walk like a bear for a count of 5

S

Bend down and touch your toes 20 times

T

Pretend to pedal a bike with your hands for a count of 17

U

Roll a ball using only your head

V

Flap your arms like a bird 25 times

W

Pretend to ride a horse for a count of 15

X

Try and touch the clouds for a count of 15

Y

Walk on your knees for a count of 10

Z

Do 10 push-ups

