

Alphabet Challenge

Make learning active and fun and have a go at the alphabet challenge with your family.

Each letter of the alphabet below has an exercise where you can challenge your child's spelling. All you have to do is ask your child to spell a word and to answer they must complete the exercises below.

For example to spell the word 'Ram' you must do 5 burpees followed by 10 star jumps then finally sprint on the spot for 15 seconds.



A 10 Star Jumps

B 5 Press Ups

C Plank for 10 Seconds

D 15 High Knees

E 5 Squats

F Run on the Spot for 15 Seconds

G 10 Sit Ups

H 10 Straight Jabs

I 10 Heel Flicks

J 10 Side Bends

K Side Leg Raises

L 10 Tricep Dips

M Sprint on the spot for 15 seconds

N Wall Sit for 15 seconds

O 10 Lunges

P 10 Arm Circles

Q 10 Shoulder Taps

R 5 Burpees

S 10 Upper Cuts

T 10 Tummy Crunches

U Hold the Crab for 20 seconds

V 10 Toe Touches

W 10 Flutter Flicks

X 15 Arm Circles

Y 10 Knee to Chest Jumps

Z 10 Ski Jumpers