

# Class One's Activity Alphabet

Please email me to let me know how you have been keeping active and I will add to to our activity alphabet.

# Aa

What a great **arabesque**!



# Bb



Aron went all the way  
to Linton on his **bike**!



# Cc



Thea has **cycled** 10k, wow!

# Dd

## Dancing





# Ee



## Egg and spoon race

# Ff

# Football





# Gg

## Go Noodle

Conor recommends Henry Danger, Seth likes Cat Party and our favourites to do together in class are 'I'm Still Standing', 'Believer', 'Banana, banana, meatball' and 'Skip Counting'.

## Gymnastics



# Golf



# Hh

Mrs White likes **hula hooping**.



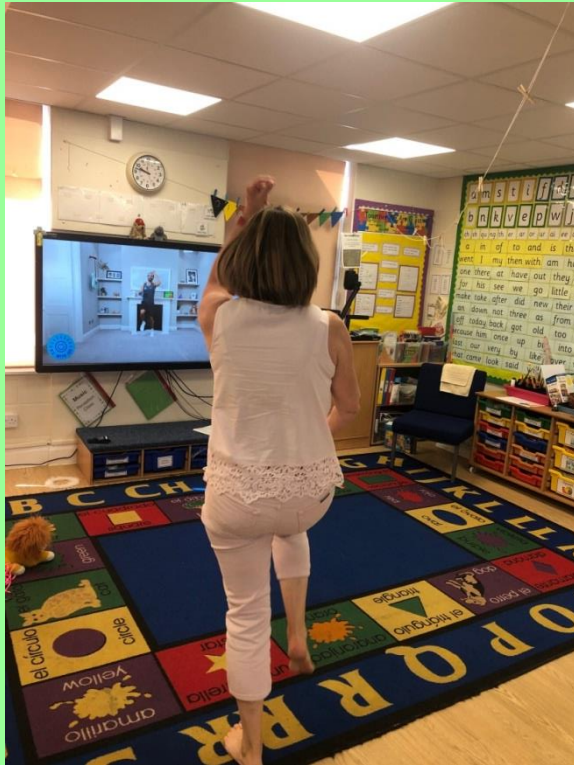
# Ii

I is for playing 'it'





Jj J is for **jumping jacks**



**And neither does Hermione!**



Mrs Brown never misses her **Joe** Wicks workout!!



# Kk

K is for karate and kite flying





LL

# Mm

M is for **mindfulness**

It is really important to find some time to be still and quiet if you can.





Nn

Oo



# Pp



## Press ups



## Pony riding



# Qq

**Q is for quidditch!**



Rr

Thea has been **running**.



# Ss

S is for **s**kipping...



....and for **s**couting





# Tt



## Trampolining!

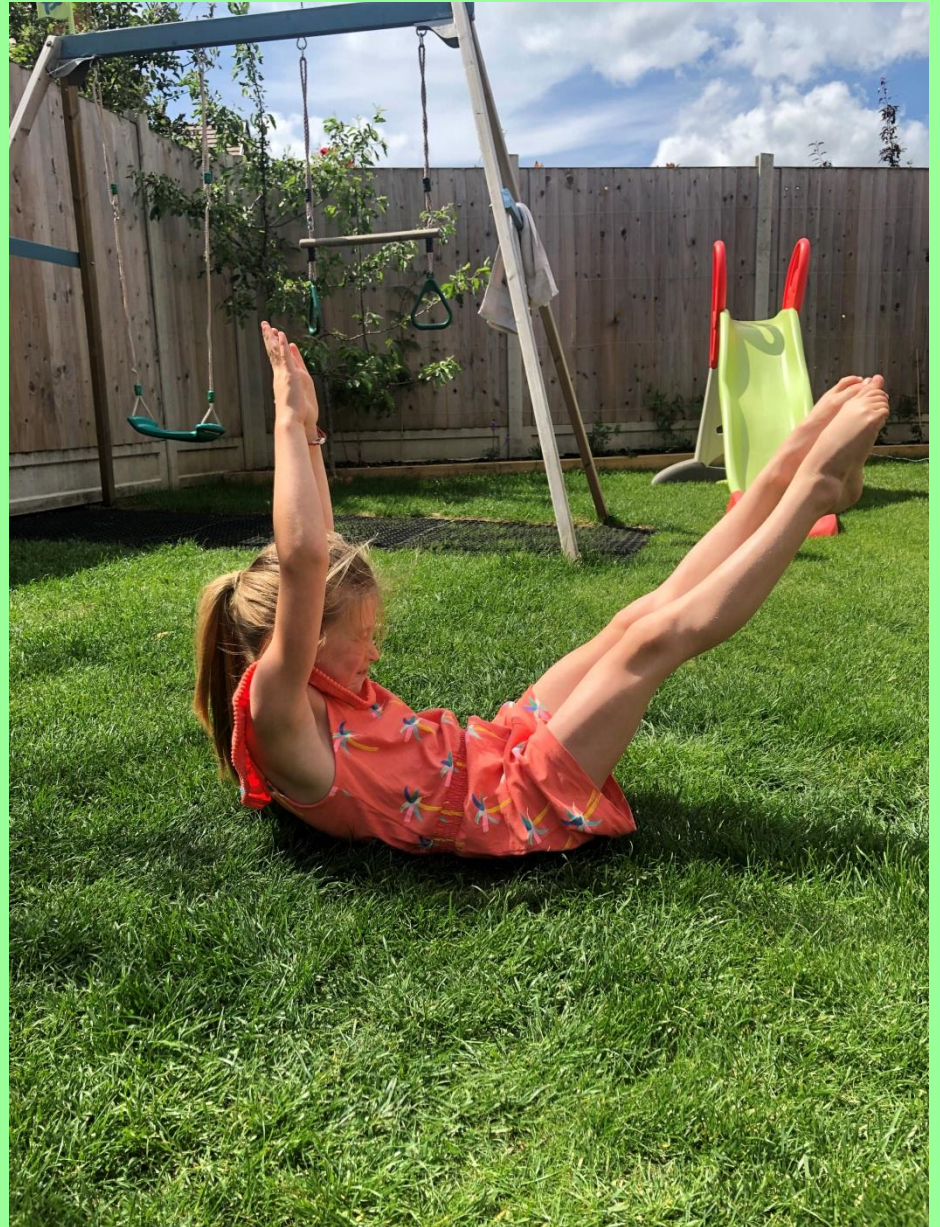


Uu



Vv

**V** is for **v-sits**



# Ww

Theodora has been going for lots of **walks**.



W is for **w**aterslide!



# Xx



**X Country running!!!**

**X Trail bike**





# Yy

Y is for **yoga**



# Zz



Z is for **zigzag** sprints.

Lay 6 plant pots out in a zigzag then sprint between them touching each as you go. Run back to the start. Repeat.