

A-Z Exercise Activity Sheet

	Exercise Activity List	Alternative Activity List
A	Arm Circles (30 Seconds)	Ask to do the dishes
B	Burpees (10 Exercises)	Balance on one foot for 3 minutes
C	Crunches (20 Exercises)	Create a new meal for your family (check with your parent/carer)
D	Dips (15 Exercises)	Dance to your favourite song
E	Elbow Plank (30 Seconds)	Enjoy a walk within 2 km of your home
F	Flutter Kicks (30 Seconds)	Fold all the washing for your Mum/Dad for four days
G	Glute Bridges (20 Exercises)	Grow a plant from seed
H	High Knees (30 Seconds)	Hop round your garden/space three times
I	Incline Push Up (10 Exercises)	Identify five common insects you see in the garden or park
J	Jumping Jacks (30 Seconds)	Joke – make up a new joke and share it with your family
K	Knee to elbow plank (20 Exercises)	Kite-making, take a photo and test it (safely) when we are allowed out
L	Left Side Lateral Plank (30 Seconds)	Learn to tie a new knot
M	Mountain Climber (30 Seconds)	Mime your favourite film to a friend online until they guess the title
N	Narrow squats (20 Exercises)	Note down your goals for when you get back to sport
O	Overhead Tricep Extension (15 Exercises)	Online research about your favourite swimming stroke or dive
P	Plank Walk outs (15 Exercises)	Paint a picture
Q	Quick Feet (30 Seconds)	Quietly meditate for 5 minutes
R	Right Side Lateral Plank (30 Seconds)	Reread your favourite book
S	Shadow Boxing (30 Seconds)	Share your favourite recipe with a friend
T	Triangle Push Ups (15 Exercises)	Test your knowledge of swimming with a friend by making up a quiz (5 questions)
U	Uppercut Boxing (30 Seconds)	Undo the knot you have learnt to tie
V	Virtual Skipping Rope (30 Seconds)	Voice record a message for your club mates about what you are doing
W	Walking lunges (20 Exercises)	Write a letter to your favourite person
X	X-Crunch (20 Exercises)	X ray – draw an x-ray of your hand or foot making sure you have all the bones
Y	Y-Raise (20 Exercises)	Yes/No game – play with your friends online by not answering questions with yes or no. See how long you last
Z	Zig Zag (30 Seconds)	Zoom call someone in your family