

## Pre-k 3-4 workout sheet

### What's your name?

Spell your name and do the activity listed for each letter. You can also spell your middle name, your pet's name, your favorite character's name, or try different words.

- |  |   |
|--|---|
| A Spin around in a circle 5 times                | N Walk backwards 25 steps                                   |
| B Hop on one foot 5 times then on the other foot | O Walk sideways 25 steps                                    |
| C Jump up & down 10 times                        | P Pick up a ball without your hands                         |
| D Run to the nearest door and back               | Q Crawl like a crab for a count of 10                       |
| E Do 2 cartwheels                                | R Touch your toes 25 times                                  |
| F Do 10 jumping jacks                            | S Roll a ball using only your head                          |
| G Walk like a bear for a count of 10             | T Pretend to pedal a bike with your hands for a count of 20 |
| H Balance on your left foot for a count of 10    | U Flap your arms like a bird 25 times                       |
| I Hop like a frog 5 times                        | V Reach for the clouds for a count of 15                    |
| J March like a toy soldier for a count of 10     | W Walk on your knees for a count of 10                      |
| K Balance on your right foot for a count of 10   | X Do 10 push-ups  |
| L Pretend to jump rope for a count of 20         | Y Pretend to ride a horse for a count of 20                 |
| M Do 2 somersaults                               | Z Do 25 jumping jacks                                       |



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Tuesday= your name

Wednesday= your middle name

Thursday = your pets name or favorite stuffed animals name

Friday= your favorite superhero or favorite character name

Example+ Miss A-N-N-I-E

A=spin round in circle 5 times

N=walk backwards 25 steps

N=walk backwards 25 steps

I=hop like a frog 5 times

E=do 2 cartwheels