**A-life Alphabet Fitness Code**

**A = Army Crawls**

**B = Basketball side steps**

**C = Cycling**

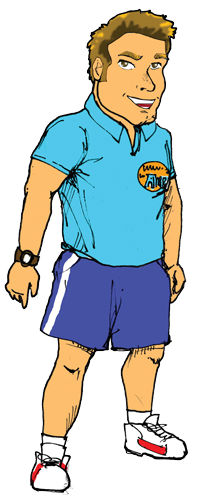
**D = Dancing**

**E = Elephant lunges**

**F = Fireworks**

**G = Gliders**

**H = Hops**

**I = Ice climbers**

**J = Jumps**

**K = Knees down (stand up)**

**L = Log chop**

**M = Marching**

**N = Netball moves**

**O = Octopus wiggles**

**P = Push ups**

**Q = Quick feet**

**R = Rodeo**

**S = Star jumps**

**T = Toe touches**

**U = Ultra slow mo**

**V = V-sits**

**W = Watch**

**X = X legs**

**Y = Yawn**

**Z = Zig zag**

**And remember..**

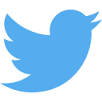
**Space**

**# (to start and finish)**

**YOUR CHALLENGE:**

1. **Practise the alphabet moves a few times. Why not try it backwards too?**
2. **Try spelling your name, street name, pet’s name…**
3. **Send a video message to your teachers using the alphabet code!**
4. **If your parents/carers add any videos on social media please copy us in and use #alphabetchallenge #alife onto the handles below.**

**Visit** [**www.a-life.co.uk**](http://www.a-life.co.uk) **for more information.**

We hope you and the children enjoy completing the challenge. Please keep in touch on Social Media!

Like us @Alife.healthy.schools follow us @A\_lifeltd follow us @Alifeltd