



Challenge Day 12: SPELL YOUR NAME

SPELL YOUR NAME



Hey GO4it Team,

Check out this awesome spell your name game.

Spell your name using the card below and do each skill for each letter in your name.

If you want to challenge yourself add your middle or last name as well. You could even do your favourite book characters name.

Remember to have some fun!

Play this indoors or outdoors
Have fun everyone,

The GO4it team

#GO4it

Share your
challenges with
your teachers & us!

#Go4it

SPELL YOUR

NAME

WORKOUT!



Spell out your full name and complete the activity listed for each letter. For a challenge, try using a timer to see if you can complete the workout within 5 minutes etc., alternatively, you can try using your favorite TV/Movie character's name!

Equipment Needed: SPACE, A TIMER, BALL OF ROLLED UP

SOCKS, WATER BOTTLE

& MUSIC (OPTIONAL)



A: Jump Up and Down 10x

B: Hop on Right foot 10x

C: Run to the front door and back

D: Hop on Left foot 10x

E: Spin around 5x

F: Crawl like a bear for 30 seconds

G: Do 3x Push Ups

H: Do 10x Jumping Jacks

I: Hop like a frog 8x

J: Skip around the dining table

K: Balance on your Left foot for 10 seconds

L: March like a soldier for 20 seconds

M: Balance on your Right foot for 10 seconds

N: Pretend to Jump Rope for 30 seconds

O: Do 5x Squats

P: Walk backwards 30 steps and then 20 jumps forwards

Q: Perform 40 star jumps

R: Throw a ball of socks up in the air and catch it 10x

S: Hop of Left foot 20x

T: Hop on Right foot 20x

U: Pretend to ride a horse for 30 seconds

V: Roll the ball of socks only with your head

W: Balance on your knees for 10 seconds

X: Throw the ball of socks as far as you can

Y: Reach for the sky for 10 seconds

Z: Do 5 lunges on each leg

