

Here is a link to the DFE Letters and Sounds lesson - Learning focus 'igh' -

<https://www.youtube.com/watch?v=7anrdHnwGbs>

Fitness Fun!

- Spell out your name - then do the activities.
- Challenge - write down someone in your household's name - now do those activities.

Enjoy ☺

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

