

Special Edition!

Literacy Activities Summer Olympics 2024



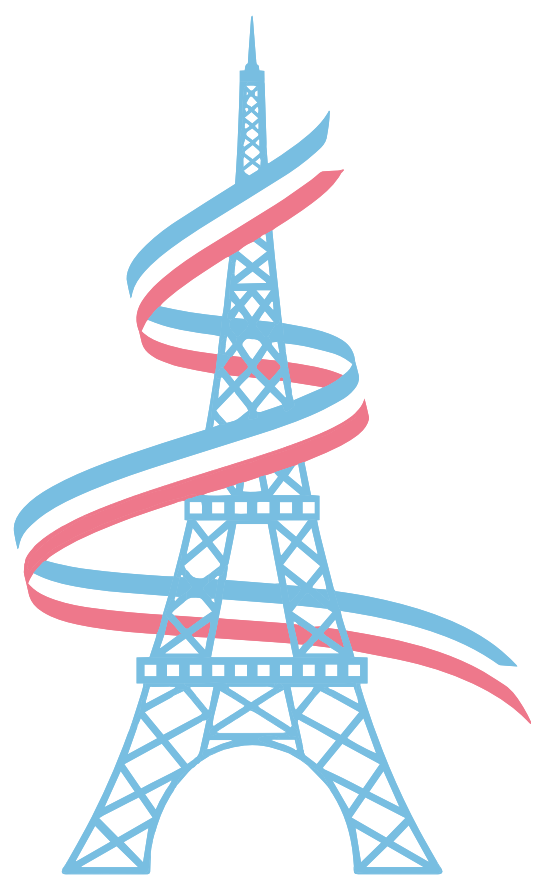
PARIS 2024



Practicing skills while moving makes learning fun!

Spell-your-name Work-out

Find each letter in your name & do the activity that goes with the letter in the box.
Ex: BETH B=5 lunges; E=run in place; T=take 4 deep breaths; H=walk like a crab
Added practice: try spelling *any* word and use the activities below for a challenge.



A	10 jumping jacks	N	8 arm circles
B	5 lunges	O	walk like a bear: 15 seconds
C	6 big kicks	P	3 push ups
D	4 squats	Q	6 torso twists
E	run in place: 15 seconds	R	3 side stretches on each side
F	8 toe touches	S	shake your body: 15 seconds
G	hop like a bunny: 15 seconds	T	take 4 deep breaths
H	walk like a crab	U	raise your arms overhead 5 times
I	make yourself as small as you can	V	flap your arms like a bird
J	reach up to the sky: 10 seconds	W	march in place: 20 seconds
K	hop on 1 foot: 15 seconds	X	skip in a circle
L	make yourself as big as you can	Y	dance to a fast song
M	10 hand claps behind your back	Z	dance to a slow song



For more information about
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