

A=25 JUMPING JACKS
B= 15 CURL-UPS/
CRUNCHES
C=15 SQUATS
D=10 PUSH UPS
E=30 SECOND WALL SIT
F=10 BURPEES
G=20 ARM CIRCLES
H=10 SQUATS
I=20 JUMPING JACKS
J=10 CURL-UPS/CRUNCHES
K=10 PUSHUPS
L=30 SECOND WALL SIT
M=10 BURPEES
N=15 BURPEES
O=30 JUMPING JACKS
P=15 ARM CIRCLES
Q=15 CURL-UPS/
CRUNCHES
R=10 PUSHUPS
S=10 BURPEES
T=15 SQUATS
U=25 ARM CIRCLES
V=30 SECOND WALL SIT
W=15 BURPEES
X=25 JUMPING JACKS
Y=10 CURL UPS/CRUNCHES
Z=10 PUSHUPS

Alphabet Warm-Up

- The teacher will display a word as the class enters the gym.
- Copies of the alphabet warmup exercises will be posted around the gym.
- Students will “spell out” the displayed word by performing one exercise for each letter as posted on the wall.
- The teacher will attempt to link the alphabet warmup word with a theme included in the lesson.
- Example - One of the objectives of the lesson could be information about *hydration*. The alphabet warmup word could be “water”.
 - Each student will perform five exercises. One exercise for each letter included in the word.

W=15 BURPEES

A=25 JUMPING JACKS

T=15 SQUATS

E=30 SECOND WALL SIT

R=10 PUSHUPS