



# Healthy Activity Alphabet

By Holly, Emilia & Anabella (Y4)

**A**- Adventure



**B**- Bounce a ball 50 times

**C**- Cheerleading



**D**- Dancing

**E**- Eat your 5-a-day

**F**- Find animal tracks & follow

**G**- Grow something and eat it

**H**- Hydration: 1L of water a day

**I**- Include fruit in your diet

**J**- Jump up and down 20 times

**K**- Kick a ball



**L**- Learn to do something new

**M**- Make a fruit smoothie/ salad

**N**- No chocolate for a day



**O**- Outstand your family by counting to 5 in a new language

**P**- Practice juggling



**Q**- Quit using electricity for a day

**R**- Research your favourite fruit

**S**- Swim as far as you can

**T**- Test your knowledge on fruit



**U**- Use a compass to find your way around a park or woods



**V**- Voyage on a boat

**W**- When you've learnt a sport, join a club



**X**- X-ray: find out about bones and their uses

**Y**- You can learn to surf

**Z**- Zzz... Get a good night's rest

**How many can you complete?**

Send in your photos to:

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