



Foundation

Alphabet Name Game

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| A | 10 press ups | N | 20 throw and catches with a loo roll |
| B | 10 star jumps | O | 10 sit ups |
| C | 10 lunges 5 each leg | P | Play a game of MFC Foundation's Tic-Tac-Toe with someone |
| D | Balance on your right leg for 10 seconds | Q | Run to the nearest door and back |
| E | Balance on your left leg for 10 seconds | R | 5 kick-ups with a loo roll |
| F | Play a game of MFC Foundation's quarantine bingo | S | Find a big space and try a roly-poly |
| G | Stand up without putting your hands on the floor | T | 10 second wall sit |
| H | Complete 5 bottle flips | U | 10 squats |
| I | Sit on every chair in your household | V | 10 second sprint on the spot |
| J | 10 Toe taps with a loo roll | W | Learn a new sport skill e.g around the world (football) |
| K | Hop on your left leg for 10 seconds | X | 10 second plank |
| L | Hop on your right leg for 10 seconds | Y | Bicep curl a tin of something 10 times on each arm |
| M | Catch something behind your back | Z | 10 seconds of high knees on the spot |



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