



LIIKUMA KUTSUV KOOL

A

Jump as high as you can 10 times.

B

Step to the side 20 times and jump back sideways.

C

Jump on your right leg 10 times.

D

Run to the closest door and back.

E

Put on your backpack and hike around the classroom. Make sure that you walk through every aisle.

F

Touch every green object in the classroom as quickly as you can.

G

Jump in the air 10 times and spread out your arms and legs as wide as you can.

H

Touch every yellow object in the classroom as quickly as you can.

I

Stand on your right leg, close your eyes, and slowly count to 10.

J

Stand on your left leg, close your eyes, and slowly count to 10.

K

March 12 steps in the direction of your choosing. Return marching backwards.

L

Jump with an invisible jump rope 20 times.

M

Squat as quickly as you can 10 times and go as low as you can.

N

Choose a desk and crawl under it as quickly as you can.

O

Take 7 long steps backwards and jog back.

P

First gallop to the teacher's desk, then to your desk, then to the door, and then gallop back to the poster.

Q

Try to lift a pencil from the floor with your toes. You can try 3 times with each foot.

R

Touch 5 of the furthest desks and 4 of the furthest chairs.

S

Lean forward and touch your toes 12 times.

T

Touch the wall that is furthest from you and then run back quickly.

U

Put a textbook on your head and walk 8 steps forwards and 8 steps backwards. Do not hold the textbook with your hands!

V

Repeat the activity you did at the last letter.

W

Walk 10 steps on your tiptoes in a direction of your choosing and 10 steps on your heels.

X

Spin around 5 times.

Y

Step 10 times while raising your knees as high as you can and slowly return backwards.

Z

Go to your seat as quickly as you can, sit down for a second, and then go back to the poster.