

ST. PADDY'S DAY ALPHABET GAME

Format: Small group or as a class

Materials: Alphabet skill chart (below) - print out or project at front of class

Set-Up: Students get into pairs, small groups or participate as a class

Objective: Spell the St. Patrick's Day words by doing the skills

Details:

 Students or Trainer/Teacher will chose the word(s) to spell

 Word choices - SHAMROCK, LEPRECHAUN, RAINBOW, POT OF GOLD

Example: S = students do 25 high knees, H = students to 20 squats, and continue

A 10 jumping jacks

B 20 crunches

C 15 squats

D 5 push-ups

E 20 high knees

F 10 burpees

G 20 dips from floor

H 20 squats

I 10 donkey kicks

J 15 crunches

K 10 push-ups

L 5 tuck jumps

M 30 second wall sit

N 10 lunges

O 5 burpees

P 15 mountain climbers

Q 30 crunches

R 10 walking lunges

S 25 high knees

T 10 supermans

U 30 lunges

V 10 jump squats

W 20 bunny hops

X 15 push-ups

Y 15 second plank hold

Z 20 plank jacks