Spell your name PE!

A- 5 Jumping Jacks
B- 5 Jumping Jacks
C- 10 jumps
D- hop on your right foot
E- hop on your left foot
F- crab walk for 10 seconds
G- do 5 sit ups
H- 10 mountain climbers
I- 5 push ups
J- 30 second high knees
K- kick your left foot as high as you can
L- kick your right foot as high as you can
M- 5 jumping jacks
N- 10 jumps
O- hop on your right foot
P- hop on your left foot
Q- do 5 sit ups
R- do 10 mountain climbers
S- crab walk for 10 seconds
T- 5 push ups
U-kick your right foot as high as you can
V- kick your left foot as high as you can
W- Run in place for 30 seconds
X- run with high knees
Y-5 push ups
Z- 5 sit ups