



## WARMUP WITH WORDS

Use the below exercises to spell your favorite words based on the movements associated with each letter. For an extra challenge, grab a friend and guess the word based off the movements!

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| <b>A.</b> Do a goal celebration                   | <b>N.</b> Spin around 5 times                    |
| <b>B.</b> Do 10 sit-ups                           | <b>O.</b> Do a 5 second plank                    |
| <b>C.</b> Flap your flippers like a penguin       | <b>P.</b> Waddle like a penguin                  |
| <b>D.</b> Do 5 push-ups                           | <b>Q.</b> Do 10 arm circles going backward       |
| <b>E.</b> Do high knees for 10 seconds            | <b>R.</b> Do 15 lunges                           |
| <b>F.</b> Do 15 jumping jacks                     | <b>S.</b> Do 5 burpees                           |
| <b>G.</b> Do wall squats for 10 seconds           | <b>T.</b> Balance on your left leg for 5 seconds |
| <b>H.</b> Skate in place                          | <b>U.</b> Act like a goalie and make a save      |
| <b>I.</b> Do 15 mountain climbers                 | <b>V.</b> Do 10 toe touches                      |
| <b>J.</b> Do 10 squats                            | <b>W.</b> Do a hockey forehand shot              |
| <b>K.</b> Rocket Jump 5 times                     | <b>X.</b> Skip around for 10 seconds             |
| <b>L.</b> Do a hockey backhand shot               | <b>Y.</b> Do 10 arm circles going forward        |
| <b>M.</b> Balance on your right leg for 5 seconds | <b>Z.</b> Run in place for 15 seconds            |