

## Active Spellings!

Use the exercises below to spell out all of your challenge words. I have attached your challenge word list at the bottom. Happy active spelling everyone!

A - 5 Star Jumps

B - Jog on the spot for 20 seconds

C - Hop on your left leg for 20 seconds

D - High knees for 20 seconds

E - Run around your garden

F - Hop on your right leg for 20 seconds

G - 5 sit-ups

H - 5 push-ups

I - Jog on the spot for 30 seconds

J - Run on the spot, punching up in the air for 20 seconds

K - Hop scotch for 20 seconds

L - Jump as high as you can for 20 seconds

M - Sit down and stand up as many times as you can in 20 seconds

N - 5 Star Jumps

O - Jog on the spot for 20 seconds

P - 5 Star Jumps

Q - Jog on the spot for 20 seconds

R - Hop on your left leg for 20 seconds

S - High knees for 20 seconds

T - Run around your garden

U - Hop on your right leg for 20 seconds

V - 10 sit-ups

W - 5 push-ups

X - Jog on the spot for 30 seconds

Y - Run on the spot, punching up in the air for 20 seconds

Z - Hop scotch for 20 seconds

## Year 4 Challenge Words

accident  
actually  
busy  
eighth  
forward  
forwards  
guide  
possess  
occasion  
Wednesday

## Year 3 Challenge Words

accidentally  
breathe  
century  
consider  
eight  
guard  
heard  
peculiar  
possible  
quarter