

# Alphabet PE Challenge



1. Using the alphabet key, do the exercises that spell out *Whale, Dolphin and Porpoise*.  
You might like to copy the exercises onto this sheet to remind you.

	Exercise	Complete (Yes/No)
W H A L E	e.g. 10 high-knees	

	Exercise	Complete (Yes/No)
D O L P H I N		

	Exercise	Complete (Yes/No)
P O R P O I S E		

2. Using the alphabet key, do the exercises that spell out *Lockdown*.

	Exercise	Complete (Yes/No)
L O C K D O W N	e.g. 25 star jumps	

3. Using the alphabet key, do the exercises that spell out *Your Name*.

You can do just your first name, surname or any combination of your name(s)

Letters of your Name	Exercise	Complete (Yes/No)

**NOTE TO PARENTS/GUARDIANS :** PLEASE SUPERVISE CHILDREN and ensure that the exercises are suitable for them. WDC does not accept responsibility for any injuries sustained whilst participating in this challenge.

### FAQ's

- 1. When can I do the challenge?** It closes at the end of October, so you don't have to do it all at once.
- 2. What if I can't do some of the exercises?** The substitute exercises can all be done when sitting on a chair/the floor. Alternatively, you can do any other exercises that are more appropriate for you.
- 3. What if I don't know all of the exercises?** No problem! Ask a parent/guardian to find suitable exercise tutorials online (for example, Joe Wicks' PE videos). You could also ask your PE teacher to help.
- 4. Can I do more or vary the challenge?** Of course! If you're feeling super-energetic, repeat the challenge as many times as you like! Could you do the challenge once a week for a month or add more words? How about ocean, flukes, pod or migration? We'd love to hear from you so get in touch at [events@whales.org](mailto:events@whales.org) with your name, age and what you did.

If you are under 13 years of age and would like to send us a photo of you doing your challenge, please ask a parent or guardian to email one to [events@whales.org](mailto:events@whales.org) . With their permission, we may like to include your photo in Splash! magazine. (NB. High-res image around 1- 2MB required for print).