



TWSPS

A TO Z FITNESS

MVPA 60

Students should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily

A
Arm circles



B
Burpees



C
Cycling



D
Duck Walk



E
Elbow to Knee



F
Frog Jump



G
Galloping



H
Heel Kicks



I
Inchworms



J
Jumping Jacks



K
Kicks



L
Lunges



M
Mountain Climber



N
Narrow Squat



O
Overhead Arm Clap



P
Push-up



Q
Quick Feet



R
Reverse Crunch



S
Step Hopping



T
Toe Touches



U
Up & Down



V
V-steps



W
Wall-sit



X
X-abs



Y
Yoga pose



Z
Zig Zag Hops

