



date

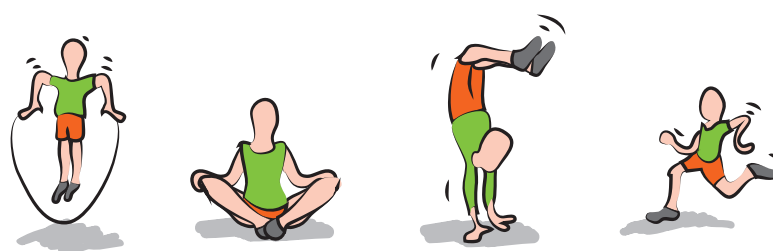
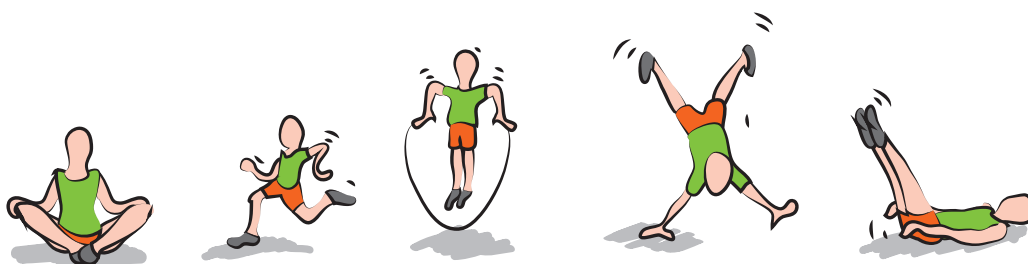
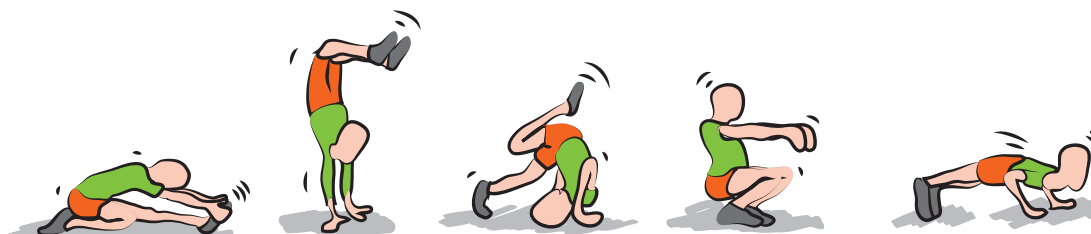
class

name

..... www.jazyky-online.info/deti

Write instructions under the correct pictures:

bend – do cartwheel – do handstand – do knee bend – do leg lift – do push up – do sit up
do somersault – jump rope – run – sit cross legged – stretch



**How often do you do
these exercises?**

every day
every other day
every week
twice a month
every month...