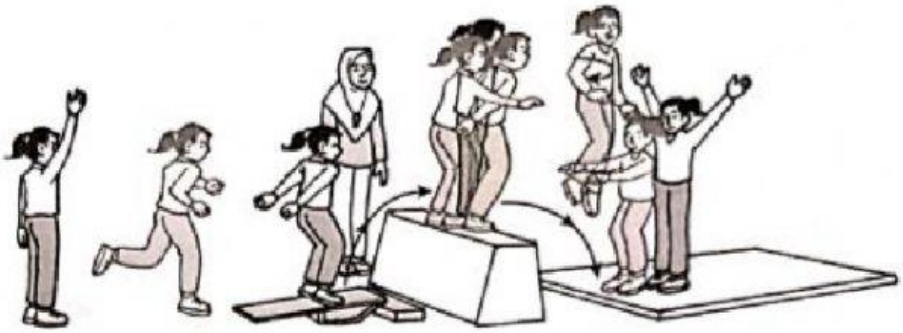
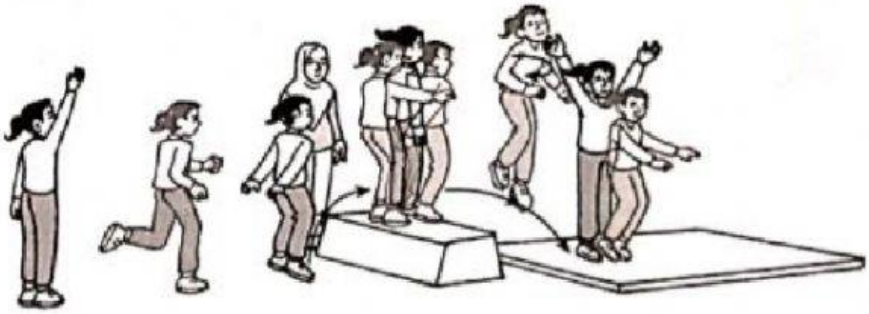
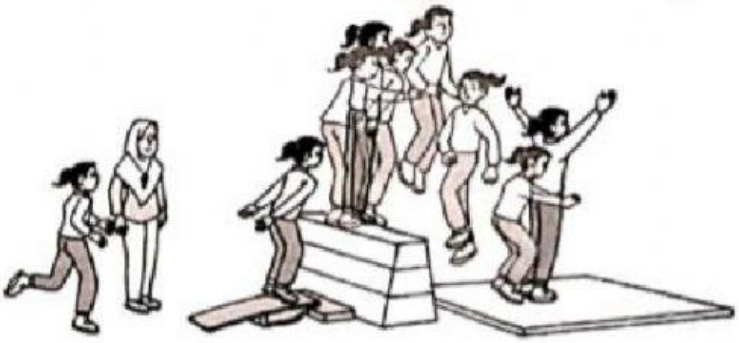
GIMNASTIK ASAS.

Namakan jenis kemahiran menghambur dalam gambar di bawah.

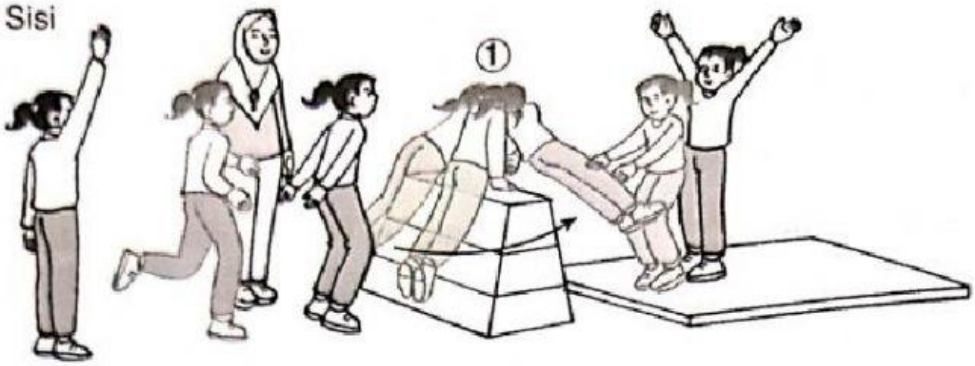






Nyatakan Gerakan yang perlu dilakukan oleh murid semasa melakukan kemahiran melombol berpandukan label di bawah.

Lombol Sisi



Lombol Kangkang

Lombol Tegak Lalu