

PENDIDIKAN JASMANI DAN KESIHATAN

KSSR PENDIDIKAN KHAS TAHUN 6

LARI PECUT

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ARAHAN : Senaraikan 5 contoh latihan bagi meningkatkan kelajuan larian.



A blue rectangular box with a horizontal line across the middle, intended for writing an exercise example.



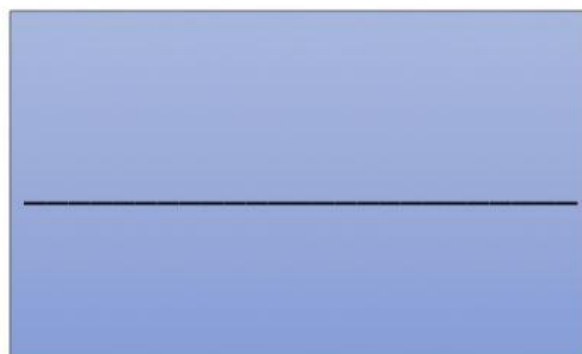
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