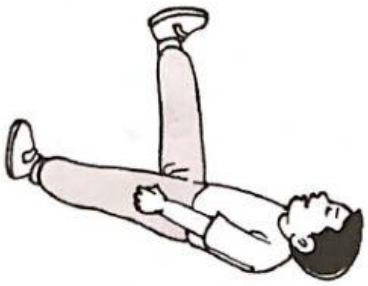
C Kenal pasti bahagian otot-otot utama yang meregang semasa melakukan aktiviti kelenturan. SP 3.3.1 SP 4.3.1 SP 5.1.1 TP 1 TP 3

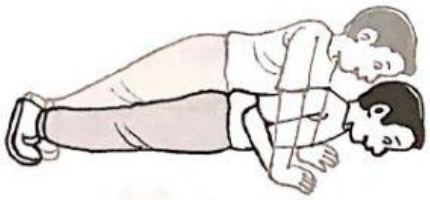
Otot tangan	Otot paha	Otot pinggang	Otot tangan dan pinggang

1.



3.

2.



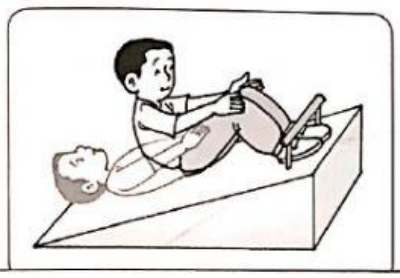
4.

LIVEWORKSHEETS

Otot paha | Otot bahu | Otot betis

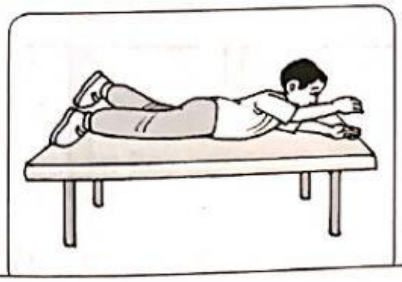
Otot belakang | Otot abdomen

1.

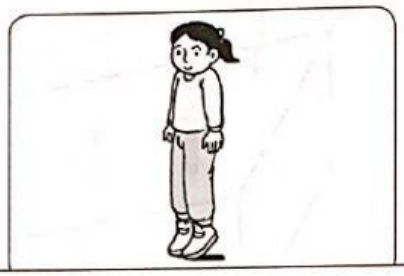


2.

3.

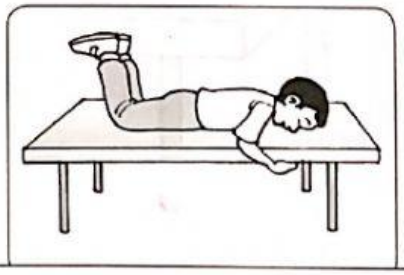


4.



5.

6.



LIVEWORKSHEETS