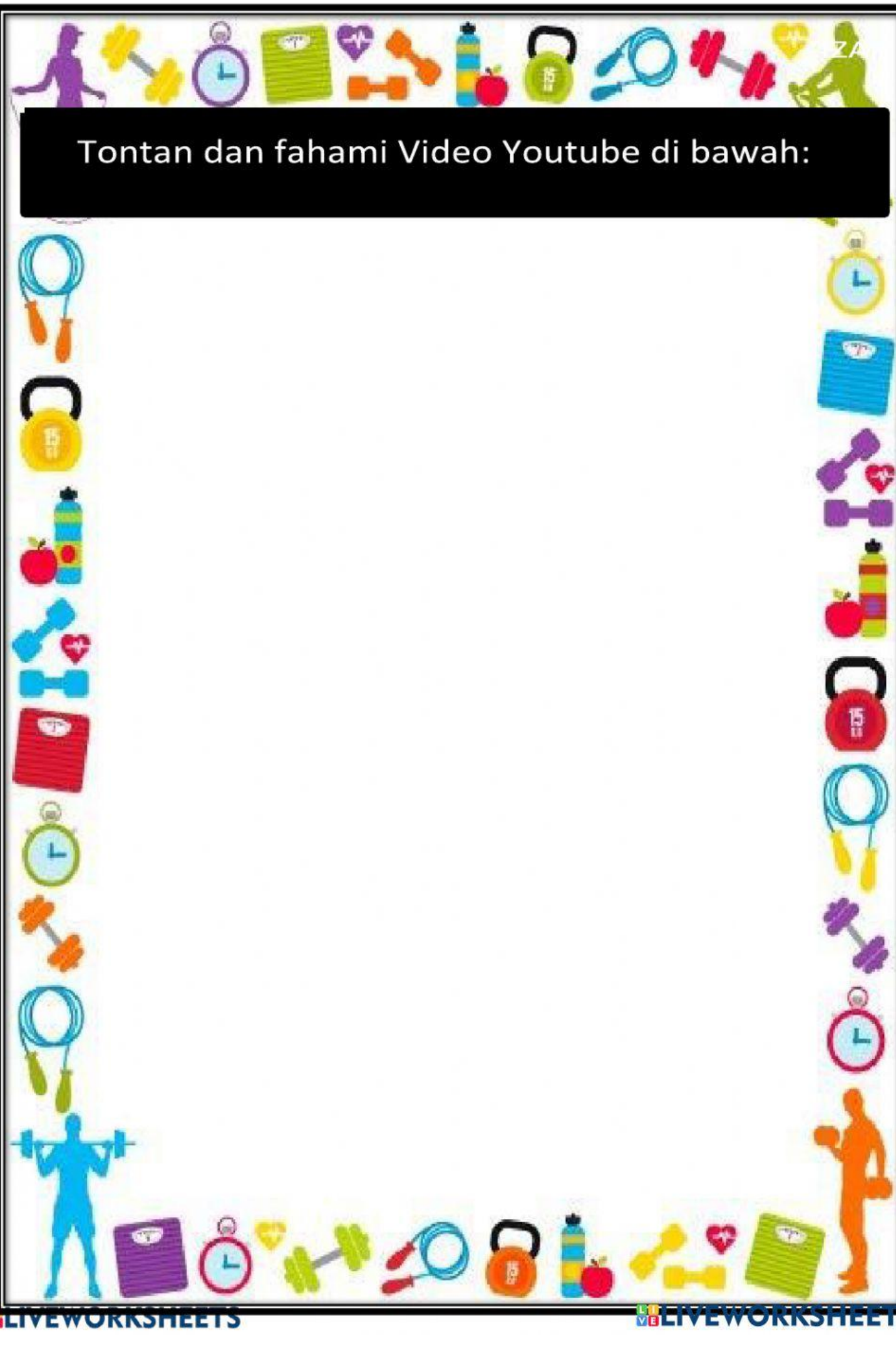


A decorative border surrounds the central text area, featuring various fitness-related icons. The top border includes a person running, a dumbbell, a stopwatch, a scale, a heart with a pulse line, a dumbbell, a water bottle, a red apple, a kettlebell, a jump rope, a dumbbell, a heart with a pulse line, and a person cycling. The left border features a jump rope, a kettlebell, a water bottle, a red apple, a dumbbell, a heart with a pulse line, a scale, a stopwatch, a dumbbell, a jump rope, and a person lifting weights. The right border includes a stopwatch, a scale, a dumbbell, a heart with a pulse line, a water bottle, a red apple, a kettlebell, a jump rope, a dumbbell, a stopwatch, and a person lifting weights. The bottom border features a person lifting weights, a scale, a stopwatch, a heart with a pulse line, a dumbbell, a jump rope, a kettlebell, a water bottle, a red apple, a dumbbell, a heart with a pulse line, and a scale.

Tonton dan fahami Video Youtube di bawah:



BADAN CERGAS OTAK CERDAS

NOTA

Rujuk Buku Teks
mukasurat 47

3. Warnakan aktiviti yang betul berdasarkan gambarajah yang diberi. (Rujuk buku teks)

1



Aktiviti memanaskan badan

Aktiviti menyejukkan badan

2



Aktiviti memanaskan badan

Aktiviti menyejukkan badan

3



Aktiviti memanaskan badan

Aktiviti menyejukkan badan

4



Aktiviti memanaskan badan

Aktiviti menyejukkan badan

3.1.1,
3.1.2,
4.1.1,

TP



☐ Menguasai

☐ Belum Menguasai



3



BADAN CERGAS OTAK CERDAS

NOTA

Rujuk Buku Teks
mukasurat 47

4. Nyatakan tujuan melakukan aktiviti memanaskan dan menyejukkan badan.

- | | |
|---|---|
| ☐ mengalami kecederaan | ☐ keletihan |
| ☐ kadar nadi | ☐ suhu badan |
| ☐ kekejangan otot | ☐ pengaliran darah |



Tujuan Aktiviti
Memanaskan Badan

Tujuan Aktiviti
Menyejukkan Badan

a) Mengelakkan diri daripada

_____.

b) Meningkatkan _____

_____.

c) Mengelakkan _____

_____.

a) Mengurangkan _____

pada badan.

b) Menurunkan _____

_____ secara beransur.

c) Menggalakan _____

_____ ke jantung.



TP H

☐ Menguasai ☐ Belum Menguasai



4